breakfast to dinner available all-day

home-made bowls, salads, wraps & drinks

BY NATURE • PLANT-BASED
All-day bowls

**MOTHER EARTH**
Brown rice, red cabbage, baby spinach, radishes, tomato-raspberry salsa, purple mole mayo, roasted sunflower seeds, cress, popcorn-hibiscus flower, sprinkle of sumac

**NAMASTÉ**
Basmati rice, quinoa, baby spinach, mint-cucumber, lentil mole, marinated chickpeas, sesame mayo, coriander cress, lentil flips, Jaipur curry

**VEGACHI**
Basmati rice, salad mix, vegetables, kimchi, mint-cucumber, lentil mole, mint-pea cream, sesame mayo, shishimi togarashi, rice cracker, sprinkle of wasabi

**ASIA**
Basmati rice, salad mix, kimchi, mung bean sprouts, cucumber, pepper, smoked tofu, shishimi togarashi vegan salmon, sesame mayo, sprinkle of wasabi

**ORIENTAL**
Brown rice, quinoa, salad mix, vegetables, beetroot, aubergine-sesame, marinated chickpeas, brown lentils, purple mole mayo, cress, sprinkle of sumac

Build your own bowl

**BASICS:** select 2 + **ADD-ONS:** select 6 + **DRESSINGS:** select 1

**Add-ons**

**NUTS FOR THE NERVES**

**CURRY BALLS**

**HOLY BALL**

**LENTO BALL**

**AUBERGINE-SESAME SLICE**

**SHISHIMI TOGARASHI VEGAN SALMON**

**SMOKED TOFU CUBES**

**ZA’ATAR FETA**

**STRIPS OF CHICKEN BREAST**

**Shots**

**BERRY BOOST**

**TURMERIC SHOT**

**LINSEED SHOT**

**Dressings**

**COLOURFUL LEAVES**

**LINSEED LIME**

**TURMERIC CARROT**

**SPINACH COCONUT**

**BEETROOT**

**BALSAMIC VINEGAR & OLIVE OIL**

**All-day salads**

**COLOURFUL LEAVES SALAD**
Salad mix, mint-cucumber, beetroot, tomato-raspberry salsa, mint-pea cream, Coco Corn, roasted sunflower seeds

**CRUNCH FITNESS SALAD**
Salad mix, cucumber, radishes, pepper, carrots, aubergine-sesame, roasted sunflower seeds, lime mayo, mixed nuts

**PICK YOUR DRESSING**
One free dressing

**ROLL YOUR BOWL**
Our bowls rolled into a wrap Only €0.50 extra
Breakfast Bowls €6.50 each

LAYOVERNIGHT OATS 🌿
Overnight oats, granola, red fruit and beetroot jelly, barberry, lemon balm

NOAMILK RICE 🌿
Brown rice pudding, oat milk, stewed apple, rice cracker, lemon balm, sprinkle of cinnamon buds

RED BERRYOATS 🌿
Oat porridge, red berry jelly, granola, mint

ESPRESSOATS 🌿
Oat porridge, hot Lavazza espresso, fine dark chocolate, granola, mint

Yoghurt, fruit and more

FRUIT CUP 🌿
Pure fruit cups

VEGGI STRAW 🌿
Sliced vegetable sticks

COCONUT YOGHURT & FRUIT SALAD & GRANOLA 🌿
Coconut yoghurt with fruit salad and granola

Sweet Balls & Bars

CHOCOMILL BALLS 🌿
€3.50

BERRY BEET BALLS 🌿
€3.50

GRANOLA CHOCO COCO BAR 🌿
€3.90

GRANOLA BERRY BEET BAR 🌿
€3.90

Sweet Sweets €5.50 each

BERRIES & BEETS 🌿
Berry and Beetroot Boost, oat cream, granola, fresh mint, sprinkle of lemon balm

FRUITS 'N' OATS 🌿
Overnight oats, fruit salad, barberry, rice cracker, lemon balm, sprinkle of cinnamon buds

CHOCONANA 🌿
Chocolate mousse, Coconana Banana, coconut yoghurt, Choconana Crunch, sprinkle of Golden Milk

Coffee

ESPRESSO
€2.90

ESPRESSO DOPPIO
€3.90

ESPRESSO MACCHIATO
€3.20

CAFÉ CRÈME
€3.90

CAPPUCCHINO
€3.90

LATTE MACCHIATO
€4.20

All with oat milk or soya milk

Tea

FRESH MINT
€4.00

FRESH GINGER & ORANGE
€4.00

FRESH GINGER & LEMON
€4.00

CHAI LATTE
€4.50

MATCHA LATTE
€4.50

All with oat milk or soya milk

Wine

SPARKLING WINE
0.11
€6.90

WINE
White, Rosé, Red
0.11
€4.40
0.21
€7.90

Home-made Iced Tea

EARL ORANGE
0.41
€5.20

ASSAM APPLE
APPLE THYME
LEMON MINT
RED LAVENDER