



**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

€11.90

### NAMASTÉ

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

€11.90

### VEGACHI

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

€12.90

### ASIA

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

€13.90

### ORIENTAL

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

€14.90

## Build your own bowl

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

## All-day salads

### COLOURFUL LEAVES SALAD

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

€11.90

### CRUNCH FITNESS SALAD

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

€13.90

**PICK  
YOUR  
DRESSING**

One free  
dressing


**ROLL  
YOUR BOWL**


Our bowls  
rolled into a wrap  
Only €0.50 extra


## Add-ons


€3.20 each


**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**


€16.90

## Shots


€3.20 each

**BERRY BOOST** 

**TURMERIC SHOT** 

**LINSEED SHOT** 


## Dressings


**COLOURFUL LEAVES** 

**LINSEED LIME** 

**TURMERIC CARROT** 

**SPINACH COCONUT** 

**BEETROOT** 

**BALSAMIC VINEGAR** 

**& OLIVE OIL**

Second  
dressing  
€1.90



## Breakfast Bowls €6.50 each

### LAYOVERNIGHT OATS

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

### NOATMILK 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

WITH FRESH  
ESPRESSO  
SHOT



## Yoghurt, fruit and more

### FRUIT CUP

Pure fruit cups

€5.90

### VEGGI STRAW

Sliced vegetable sticks

€6.90

### COCONUT YOGHURT & FRUIT SALAD & GRANOLA

Coconut yoghurt with fruit salad and granola

€6.90

## Sweet Balls & Bars

### CHOCOMILL BALLS

€3.50

### BERRY BEET BALLS

€3.50

### GRANOLA CHOCO COCO BAR

€3.90

### GRANOLA BERRY BEET BAR

€3.90



## 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

**LAVAZZA**  
TORINO, ITALIA, 1895



ESPRESSO	€2.90
ESPRESSO DOPPIO	€3.90
ESPRESSO MACCHIATO	€3.20
CAFÉ CRÈME	€3.90
CAPPUCCINO	€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

0.1 | €6.90

### WINE

0.1 | €4.40 0.2 | €7.90

White, Rosé, Red

## Home-made Iced Tea

### EARL ORANGE

0.4 | €5.20

### ASSAM APPLE

### APPLE THYME

### LEMON MINT

### RED LAVENDER

