



MENU



TOASTS*

- Avocado** 6,00 €
Cherry tomato and sprouts
- Feta cheese or vegan cheese** 🍷 7,00 €
Avocado, cheese, cherry tomatoes and sprouts
- Scrambled** 🍳 7,50 €
Avocado, scrambled eggs, sprouts, arugula, cherry
- 🌱 **Mushrooms and hummus** 7,80 €
Extra poached egg +0.50€
- Tuna** 🌿 7,90 €
Avocado, sun-dried tomato, pickled onion, baby spinach
- Salmon with poached egg** 🍳 🌿 8,90 €
Smoked salmon, avocado, organic egg, sprouts, arugula

*



BAGELS

- 🌱 **Homemade Nutella or pistachio cream** 🍷 🍷 5,50 €
- Scrambled** 🍳 6,00 €
Free-range egg, avocados
- Salmon** 🌿 6,90 €
Lactose-free cream cheese, avocado, salmon, arugula



EGGS

- Omelette** 🍳 7,70 €
Free-range eggs, lactose-free milk and cheese, with toast (mushrooms + €1.00)
- Turkish eggs** 🍳 🍷 7,90 €
Poached free-range eggs, Greek yogurt, toast

VARIOUS SPREADS

- 🌱 **Homemade classic hummus** 🍷 6,00 €
Accompanied with bread, celery and carrot



WRAPS

- Chicken Salad*** 🌿 🍷 🍷 8,90 €
*chicken, celery, Greek yogurt, walnuts, apple, onion
- 🌱 **Vegan Chicken** 🌿 🍷 🍷 8,90 €
With veganise, avocado, arugula, cheese, lettuce
- Doner** 🍷 9,50 €
Chicken, lettuce, tomato, onion, yogurt sauce



PANCAKES

- 🌱 **Simple** 8,00 €
With seasonal fruits and syrup* to choose from
- * Sugar-free syrups/creams**
Chocolate, strawberry, agave, caramel or honey (maple syrup + 0.60€, pistachio cream + 0.65€, pumpkin cream + 0.60)
- 🌱 **With homemade nutella** 🍷 🍷 8,50 €
Blueberries, banana, agave
- 🌱 **Blueberries with coconut yogurt** 8,70 €
Blueberries, coconut yogurt and honey or agave



WAFFLES

- 🌱 **With seasonal fruits and syrup** 8,90 €
Sugar-free syrups: Chocolate, strawberry, agave, caramel or honey (maple syrup + €0.60, pistachio cream + €0.70, Nutella + €0.50)
- 🌱 **With ice cream and cream*** 🍷 🍷 9,00 €
*Homemade sugar-free vegan ice cream and cream



SAVORY WAFFLES

- Waffles with poached egg** 🍳 9,50 €
With caramelized onion, arugula, avocado, sprouts
- 🌱 **Vegan chicken** 🌿 🍷 9,50 €
With veganise, celery and avocado, sprouts, arugula



SALAD BOWLS

- Vitamin Salad** 9,80 €
Spinach, dried cranberries, walnuts, apple, feta or vegan cheese, strawberry or raspberry, balsamic cream
- Quinoa with edamame** 10,00 €
Sweet corn, avocado, cherry tomatoes, mixed vegetables
- Falafel** 10,90 €
Tomato, cabbage, cucumber, avocado, onion, tahini

- Teriyaki Chicken** 11,50 €
Rice, avocado, edamame, carrot, pineapple

- Salmon poke bowl** 11,90 €
Salmon marinated in soy sauce, rice, edamame, pickled onion, avocado, cucumber, radish, mango

Extras

Egg + €1.20, avocado + €1.00, tuna + €1.50, salmon + €2.50, vegan chicken + €3.00, tofu + €1.50

Homemade sauces

Tahin / Peanut / Vinaigrette



CREAMS / SOUPS

- Gazpacho** 5,80 €



HAMBURGERS

- Vegan burger** 11,90 €
With sweet potato, caramelized onion, cheese, basil pesto and homemade veganaise
- Beyond Burger** 12,50 €
With sweet potato, caramelized onion, cheese, basil pesto and homemade veganaise, salad



SMOOTHIE BOWLS*

- Açaí bowl** 7,80 €
BIO Açaí pulp, red fruits and banana with vegetable milk**
- Protein yogurt bowl** 7,50 €
Coconut yogurt, vegetable protein, banana and blueberries with vegetable milk**
- Blue bowl** 7,50 €
Blue spirulina, frozen banana and pineapple with coconut yogurt



* Toppings: homemade granola (with and without nuts), chia seeds, sunflower, pumpkin, banana, seasonal fruit and coconut chips



SMOOTHIE

- Vitamin** 6,00 €
Pineapple, apple, kiwi, orange juice
- Detox** 6,00 €
Ginger, apple, spinach, celery, lemon, orange juice
- Green** 6,00 €
Banana, celery, pineapple, apple, green spirulina and orange juice



SWEETS

Cakes, biscuits, cookies, etc.
Everything can be found in our display case

Ice cream with fruit, syrup and cream 5,90 €

3 bowls of sugar-free or vegan ice cream (chocolate or vanilla), homemade sugar-free vegan cream





SPECIALTY COFFEE

Espresso	1,60 €
Double espresso	1,90 €
Macchiato	1,90 €
Coffee with milk	2,50 €
Americano	2,20 €
Flat White	3,00 €
Cappuccino or Latte 300 ml	3,20 €
Latte macchiato	3,40 €
Mochaccino	3,50 €
Dirty chai	3,80 €
Pistachio latte 🌱 🥜	3,90 €
Sugar-free vanilla syrup, pistachio cream, milk, coffee	

.....

Extra coffee +1.00€ / extra milk for americano +0.30€, glass of ice +0.20€



COLD COFFEE

Affogato	4,00 €
scoop of sugar-free vanilla ice cream with double espresso	
American Spritzer	4,00 €
Orange juice, ice, coffee	
Iced latte	3,50 €
Iced vanilla or caramel latte	3,90 €
Chocolate Frappe	4,50 €
Coffee, ice, milk, chocolate, whipped cream	
Iced dirty chai	3,90 €

Milks

Cow's milk - lactose-free - soy - oat or almond +0.50€, coconut +0.70€



BIO TEAS AND INFUSIONS

Chai Latte	3,50 €
Matcha Latte	3,50 €
Iced chai latte	3,80 €
Ice matcha latte	3,80 €
Iced strawberry matcha	4,50 €
With sugar-free vanilla syrup	



TEAS

Green tea - black - chamomile - ginger and lemon - rooibos	2,50 €
--	--------



NATURAL JUICES

Orange juice	3,80 €
Carrot juice	4,00 €
Granny apple juice	4,50 €
Orange and carrot juice	4,00 €



SOFT DRINKS

Mineral water with or without gas	2,50 €
Friz Cola without sugar	2,90 €
Kombucha	3,80 €
Orange and matcha	4,00 €



MILKSHAKE

🌱 Acai 🥜	6,50 €
BIO Açaí pulp, red fruits and banana with vegetable milk**	
🌱 Protein 🥜	6,00 €
Vegetable protein with strawberry or blueberries	
🌱 Chocolate 🥜	6,50 €
Banana, cocoa, syrup, pieces of chocolate with vegetable milk (sugar-free chocolate ice cream + € 1.00)	
🌱 Piña colada	6,90 €
Pineapple, coconut milk and yogurt, vanilla, ice	



ALCOHOL

Verdejo white wine	3,70 €
Organic red wine	3,90 €
Gluten-free beer 33cl	3,00 €

