

Savory choices



Veloute Soup

Seasonal Veggies | Cereals | Legumes slowly cooked in our homemade Almond Milk with herbs & spices. Served with cashew parmesan, crouton & activated nuts. Please ask for the taste of the date..!!

5,50 - 7,00

make a - Toast

Homemade gluten free bread with double vegan cheddar, mozzarella, smoked or tomato & basil cheese. Accompanied by tomato, lettuce & vegan homemade mayo.

4,50

Beetroot & Avocado Wrap

Tortilla gluten free, beetroot burger with ginger, walnuts & sunflower seeds. Avocado with lime, seasonal salad with raspberry vinaigrette, almond cheese with peppermint & B12. Accompanied by matcha | ginger mayo & RAW organic chips from veggies in season.

7,50

Vegan Burritos in a bean trilogy with lentil mince

Tortilla gluten free, mince from marinated lentils | coriander | sweated leek. Avocado with lime, corn, beans, seasonal quinoa based salad, vegan spread cheese with B12 & cherry tomatoes. Accompanied by a sour & sweet tomato jam & RAW organic chips from veggies in season.

8,50

BeeTRUE

Double burger of your selection (falafel, beetroot or sweet potato), Seasonal salad with tri-color quinoa & roasted Vegan halloumi cheese. SuAccompanied by matcha | ginger mayo with pink aromatic pepper & crispy bread with a gingery after taste.

9,50

Salads

Penne Tomato & Cheese

Gluten free pasta from peas or rice or lentils, tomatoes confit, creamy vegan cheese. Rocket, chicory & radicchio, homemade crouton & olive oil. Vinaigrette from cashews & pomegranate

8,50

Caprese

The classic tomato & basil based Italian Salad from Capri, turned into a vegan selection with creamy white cheese made out of virgin coconut oil enhanced with B 12 & organic extra virgin olive oil.

7,00

Red & Green Μπουσκέτες

8-seed homemade Gluten Free bread. Marinated tomatoes in olive oil & herbs. Our beloved garlic clotted cheese from almonds, cucumber slices & locally grown olives.

6,50

Gingery Avocado Tower

Triple Gluten Free bread with golden linseed & ginger. Avocado creamed with lime, vegan mozzarella & cheddar cheese, seasonal salad with beetroot powder & acai berries dressed with a vinegrette from raspberries & pear. Served with our RAW chips from seasonal veggies.

7,50

Lentil & Thyme Paddies with Almond Tzatziki

Paddies made out of lentils, infused with thyme, paprika, walnuts, golden linseed & sunflower seeds. Almond Tzatziki traditionally enriched with cucumber & peppermint. Served with slices of cucumber, local olives & tomato with herbal salt & organic extra virgin olive oil.

8,50

Risotto...

Organic Arborio cooked with nut butter and nut milk, following the vegan tradition, giving its creamy texture from selected veggies or mushrooms, finished with parmesan from cashew nuts and semi dried cherries. Please ask for the available options..!

11,00

Tubetti with Basil Pesto

Organic pasta from buckwheat with home-made Vegan creamy basil pesto from almonds, enriched with B12, finished with cashew parmesan & pink aromatic peppers.

11,00

Leafy Avocado Citrus

Avocado in a zest | juice of oranges & grapefruit. Leafy green mixed salad, almonds, pink pepper, golden linseed, sunflower seeds, raisins. Avocado based vinaigrette.

8,00

Carrots Love Fennel

Iceberg, rocket, spring onions, carrot, fennel, pink cabbage, roasted hazelnuts | Pomegranate vinaigrette.

9,00

Triple Quinoa Legume

Quinoa tricolore, Aduki & Edamame beans & Black chickpeas in a citrus vinaigrette. Crunchy seasonal salad, smoked vegan cheese & caramelized walnuts.

9,50

Vegan Burger with Carrot & Chickpea Falafel

Beetroot Bun, chickpea falafel & carrot, aromatic tomato jam, cheddar with B12, caramelized onions, hazelnut cheese with basil & nutritional yeast. , matcha & chips anò Hummus. In the company of a vegan matcha mayo with ginger & RAW seasonal chips

7,00

Vegan Protein Bean Burger with Sweet Potato & Quinoa

Tomato Bun, roasted sweet potato quinoa & triple bean paddy, rocket pesto, tomato aromatic jam, smoked vegan cheese with B12, caramelized onions. Accompanied by a vegan teriyaki mayo & RAW seasonal chips

7,50

Tacos with Grey Hummus & Mushroom meatless Gyros

Tortilla gluten free, hummus blended with black sesame tahini, mushroom meatless gyros, rocket, cherry tomatoes sauteed with a herbal mix, crunchy onion. Served in the company of a lime wedge & tomato jam spiced with Jalapeño pepper dusted with acai

8,50

Desserts

Tiramisu

oat savoiardi | vegan mascarpone | coffee 100% robusta

4,50

Cheesecake Cashew | Lemon

lime madlen & agar agar, lime zest

5,00

Mocha Mousse | Hazelnut

hazelnut | organic espresso | raw cacao powder

4,00

Mousse Sweet Potato | Orange

roasted sweet potato | carob | orange essence

4,00

Mousse Chocolate | Almond Milk

sour cherry after taste | hempo seeds | chia | peppermint

4,00

Cake with Fruits in Season

with white almond ganache | coconut | crunchy nut base

4,50

Tart in Season

Try me with VEGAN Ice Cream

buckwheat & cacao base | compote of seasonal fruits with Xylitol

5,50

Chocolate Cake with Hazelnuts

with sugar free couverture | Hazelnuts & Creamed Coconut

4,00

Vanilla Bourbon Cake

with almond cream | apricot base

4,50

Anthema Packed Products



Nut Butters

Tahini Raw	6,00
Black Sesame Tahini Raw	9,00
Almond	8,90
Cashew	9,50
Hazelnut	8,10
Peanut with Karite	6,10
Protein Almond with Maca	11,00

Almond Drink



	1 lt	0.5 lt
Natural Taste	5,00	3,50
Sweet Agave & Cinnamon	5,50	4,00
Chocolate taste	6,50	4,50
Protein with Maca	6,40	4,20

Pralines

Hazelnut (with 53% nuts)	9,00
Almond (with 53% nuts)	9,20

Bars

Chocolate Bar Raw	1,90
Corn Flakes wholemeal Granola Deluxe	
Cereal Bar Raw	2,00
Oat Nuts Tahini Cacao Powder	
Oat Bar	1,90
Citrus Nuts	
Date Bar Raw	2,00
Chia Nuts Cacao Powder	
Yacon Protein Bar Raw	2,50
Almond Pea Protein Maca Cinnamon	

Ice Cream

	100 gr	200 gr
Vanilla / Chocolate / Mocha	3,00	5,00

Vegan & Sugar Free

Granola



Granola Deluxe

Oat Flakes, Almonds, Raisins, Agave Nectar, Sesame Oil, Coconut, Cashews, Pecan, Sunflower & Pumpkin Seeds, Cranberries.

7,50

Granola Chocolate

Oat & Buckwheat flakes, Rice Syrup, Agave Nectar, Walnuts, Coconut Blossom Sugar, Sesame Oil, Cacao Powder, Coconut Flakes, Golden Linseed, Cold Pressed Almond & Olive Oil.

7,40

Granola Apple Cinnamon

Oat flakes, Apples, Sunflower Cold Pressed Oil, Walnuts, Raisins, Coconut Blossom Sugar, Ceylon Cinnamon, Agave Nectar.

7,00

Cookies

Almond Praline	1,90
with Cacao Paste & Sunflower Protein	

Chokeberries	2,00
with Oat, Vanilla & Chocolate	

Peanut Butter	1,90
with Coconut, Oats, Ceylon Cinnamon	

Almond Tahini	1,90
with Almond Tahini Honey & Coconut Sugar	



We can take up your catering, bussiness meetings & parties.

for special menu & prices ask for the Chef !



Bring your OWN bottle, mug, or container Gain 10% discount



BIRTHDAY CAKE

We can make your birthday cake free from gluten, sugar, lactose | casein or other animal ingredients.



DETOXIFY & HYDRATE

Wednesdays @ Anthema is dedicated in detoxification & hydration with RAW fruits & veggies.

Enjoy all our Smoothies & Juices.



In case of an allergy or intolerance in any ingredient, you are please asked to well inform our staff clearly and sufficiently.

Juices, Smoothies & Soft Drinks are being served in glass 400ml or in a bottle 500ml

In all our salads & food, between other ingredients, we use extra virgin organic olive oil.

The consumer is not obliged to pay, if he/she does no t receive the legal receipt / invoice.

You can not benefit from more than one offer at a time.

Our shop has complaint forms at your disposal.

Prices are subject to change without prior notice.

Our prices include all legal taxes.

General Manager: Chef Emmanouil Vogiatzakis

Working Hours

Monday - Saturday	09:00 - 22:00
Sunday	10:00 - 22:00



www.anthema.gr

#anthema_bioproducts

·The Healthy Food Lab·



anthema
Bio Products Made With Love

Menu

Dimitriadou 168, Volos

2421 304111

Πρόσθεσε ψωμάκι χωρίς γλουτένη με τζίντζερ / παντζάρι / τομάτα ή πολυπορο (2€)

#GOVEGAN

Fresh & Healthy



WE ARE WHAT WE EAT

Juices Cold Pressed

Alkaline

Apple, Lemon, Honey
Peppermint, Bi-Carb Soda

4,00 | 5,00

Calming

Grapefruit, Green
Apple, Honey, Ashwagandha

4,40 | 5,50

Detoxify & Hydrate

Carrot, Beetroot, Apple
Lemon, Ginger, Cucumber or
Orange

4,00 | 5,00

Purple Cloud

Apple, Pear, Pineapple,
Chokeberries

4,00 | 5,00

Aroma Roots

Sweet Potatoe, Apple
Beetroot, Strawberry, Cinnamon

4,40 | 5,50

Empowering

Celery, Apple, Lemon,
Parsley, Rocket
Spinach or Kale

4,40 | 5,50

Red Passion

Pomegranate, Apple,
Orange, Peppermint
Passion Fruit

4,40 | 5,50

Seasonal Juice-Prise

Fruits in season in a SURPrise
Combination !!

4,00 | 5,00

Aronia C-force

Orange, Grapefruit,
Pineapple, Chokeberries

4,00 | 5,00

Orange UP

Orange, Lime,
Ginger

4,00 | 5,00

Scent Full

Apple, Pineapple,
Ginger, Peppermint

4,00 | 5,00

Twisted

Green Apple, Pineapple
Spinach or Kale

4,00 | 5,00

Homemade [Soft Drinks]

*add Natural Sparkling water +1 €

Orange-aid*

with Peppermint, Cinnamon
& Agave Nectar

3,90 | 4,90

Pineapple-aid

with Lemon, Peppermint,
Bi-Carb Soda, Mastic Chios

5,00 | 6,30

Tumeric Goldy*

with Cardamon,
Ginseng, Lemon, Honey

3,50 | 4,40

Kombucha

the Living fermented tea
scented with berries & peppermint
or verbena, lemon & pink pepper

80ml 500ml
1,50 | 8,00

Lemon-aid*

with Agave, Cucumber
& Peppermint

3,90 | 4,90

+ Μαστίχα Χίου 0,50 €
+ Τσάι Μάτσα 0,60 €

Ginger-aid*

with Lime & Honey

4,40 | 5,50

Date sweetness

with Coconut Milk, Coconut
Blossom Sugar & Vanilla

4,70

Wheatgrass

25ml 50ml
2,50 | 5,00



Breakfast

Granola Banana / Pineapple Bowl

Granola & almond drink of your choice, honey or agave or
yacon, banana, cacao nibs / pineapple, raisins, cinamon &
chia.

5,50

Coconut yogurt Corn Bowl

Granola deluxe, with homemade almond milk, pineapple,
pineapple, raisins, cinnamon, chia seeds

5,50

Strawberry Porridge & Yacon

Banana, strawberry, oat, hazelnut, medjool dates, yacon syrup,
coconut yogurt, almond, vanilla, protein almond butter

6,00

Chia Bowl

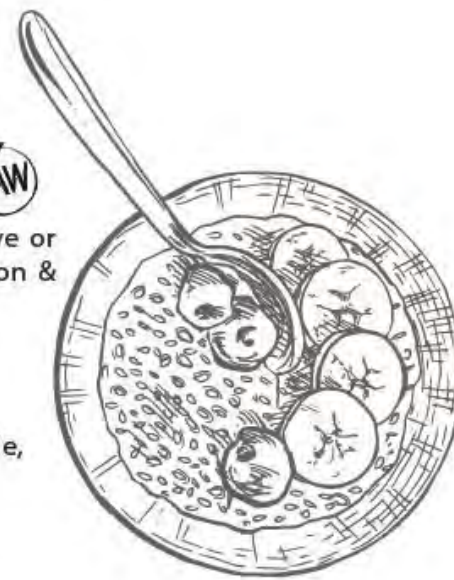
Chia seeds, raisins, figs, cranberry, mandarin flakes, goji
berries, coconut flakes, almonds, sunflower seeds, honey,
agave or maple syrup & the Granola of your choice

6,50

Fruit Salad

Fruits in season, coated with sunflower seeds, dressed with
chia seeds & infused with coconut blossom sugar or honey or
yacon syrup.

5,50



Make your [BREAD]

I

- Almond Butter
- Tahini
- Black Sesame Tahini
- Hazelnut Praline
- Almond Praline
- Cashew Butter
- Hazelnut Butter
- Peanut Butter

II

- Honey
- Agave Nectar
- Maple Syrup
- Carob Syrup
- Coconut Blossom sugar
- Mango Sauce
- or Strawberry with Xylitol
- Yacon Syrup

III

- Cranberry
- Date
- Figs (dehydrated)
- Goji Berry
- Chokeberry
- Corn Flakes wholemeal
- Granola of your choice

I+II+III=

2,40 / piece



ALMOND Drink

Cold / Hot

with SuperFoods

Golden milk !

with honey, turmeric, apple cider vinegar, orange, lemon, cardamon,
siberian ginseng, maca, black pepper

4,40 | 5,50

Matcha latte !

with organic Matcha tea

4,00 | 5,00

Coffee a||ternative...

Maca, Tribulus Terrestris, Reishi Mushroom, Ginger,
Cardamon, Rhodiola Rosea, Guarana

4,00 | 5,00

Chocolate a|| the Way

Carob, Ginger, Withania Somnifera, Liquorice,
Cinnamon, Reishi Mushroom

4,00 | 5,00



HEALTHY BITES

sugar
free

Bars with Peanut Butter & 100% Cacao Paste

with almond & Date Caramel

2,8 / 100 gr

Coconut Sticks Chocolate Coated

with Virgin Coconut oil & Honey

1,00 / piece

Cake Gluten Free

lemon / apple / orange /
carrot, frosting of white
almond, cashew & shea butter

2,90 / 18,00

RAW Date Truffles

with almond ground, orange
& a touch of bitter almond after taste

0,60 / piece

Dates filled with Peanut or Almond Butter

with salty couverture & tonka beans

3,6 / 100 gr

Brownie 'alive by chocolate'

Yacon syrup, almond & virgin coconut
oil

2,6 / 100 gr

Juice with KOMBUCHA

Apple's Special

Green apple, pineapple,
spinach or Kale,
white Kombucha

4,80 | 6,00

Aronia KombU

Orange, grapefruit,
pineapple, aronia berries,
red Kombucha

5,00 | 6,20

Citrus-K

Orange, lime,
ginger, white Kombucha

4,80 | 6,00

Harmonious

Apple, pear, pineapple,
chokeberry, red Kombucha

5,00 | 6,20

Fit Blend

Apple, pineapple,
ginger, peppermint,
white Kombucha

4,80 | 6,00

Red Orange

Pomegranate, apple, orange,
peppermint, passion fruit,
red Kombucha

5,00 | 6,20

Just Bee

Grapefruit, green apple,
hone, white Kombucha

5,00 | 6,20

Love me Do

Carrot, orange, sweet
potato, white Kombucha

4,80 | 6,00

Lemon Mint

Lemon, agave nectar,
cucumber peppermint,
white Kombucha

5,00 | 6,20

Vitamin C-innaron

Orange, peppermint, Cinnamon
& agave nectar, white
Kombucha

5,00 | 6,20

Smoothies

NURTURE - HEAL - PREVENT

Antoine

Strawberry, Blackberry,
Raspberry, Apple, Coconut
Yogurt

4,90 | 6,20

Fiji

Coconut Milk, Pineapple,
Banana, Chia & Sunflower
Seeds, Baobab

4,90 | 6,20

Ema in Love

Pineapple, Passion Fruit,
Apple, Cranberries, Coconut
Blossom sugar

5,20 | 6,50

ROSE-A-COLADA

Almond Milk, Banana,
Strawberry, Almond Butter,
Vanilla Bourbon

5,20 | 6,50

Calcium Boost

Black Sesame Tahini, Banana,
Almond Milk, Honey

4,90 | 6,20

GREEN-Anth- COLADA

Pineapple, Banana, Milk,
Spinach or Kale, Virgin
Coconut Oil, Lime

5,20 | 6,50

Palm Cove

Coconut Milk, Mango,
Banana, Strawberry, Pasion Fruit,
Coconut blossom sugar

4,90 | 6,20

Super Green

Almond Milk, Banana, Matcha
tea, Spinach or Kale, Pear,
Apple, Chlorella, xylitol

5,20 | 6,50

Costa Rica

Coconut Milk & Yogurt,
Strawberry, Pineapple, Goji
berries, Coconut Sugar

4,90 | 6,20

Green Freshness

Pineapple, Cucumber, Honey
Peppermint, Spirulina

4,90 | 6,20

Peruvian

Coconut Milk, Pineapple,
Banana, Strawberry, Hazelnut
Praline, Lucuma

4,90 | 6,20

Chocolate Smoothies

Carob Latte

Almond Milk,
Carob, Vanilla,
Coconut Blossom
Sugar, Honey

4,90 | 6,20

CHOCO Lact

Almond Milk,
Hazelnut Praline,
Banana

4,90 | 6,20

Heart - Opening Shake

Hemp Milk, Figs,
Banana, Almond Butter,
Cacao RAW powder

5,20 | 6,50

Protein Smoothies

Maca

Almond Milk, Yacon Syrup
Pea Protein, Maca

4,90 | 6,20

Lift

Almond Milk, Pea Protein,
Avocado, Tahini, Honey,
Cacao Nibs, Chia Seeds, Maca

5,20 | 6,50

Mocha

Almond Milk, Pea Protein
Cacao RAW powder, Vanilla
Espresso, Banana, Coconut
blossom sugar

5,20 | 6,50

Matcha

Almond Milk, Hemp Protein
Vanilla, Coconut Blossom Sugar
Matcha Tea

5,20 | 6,50

