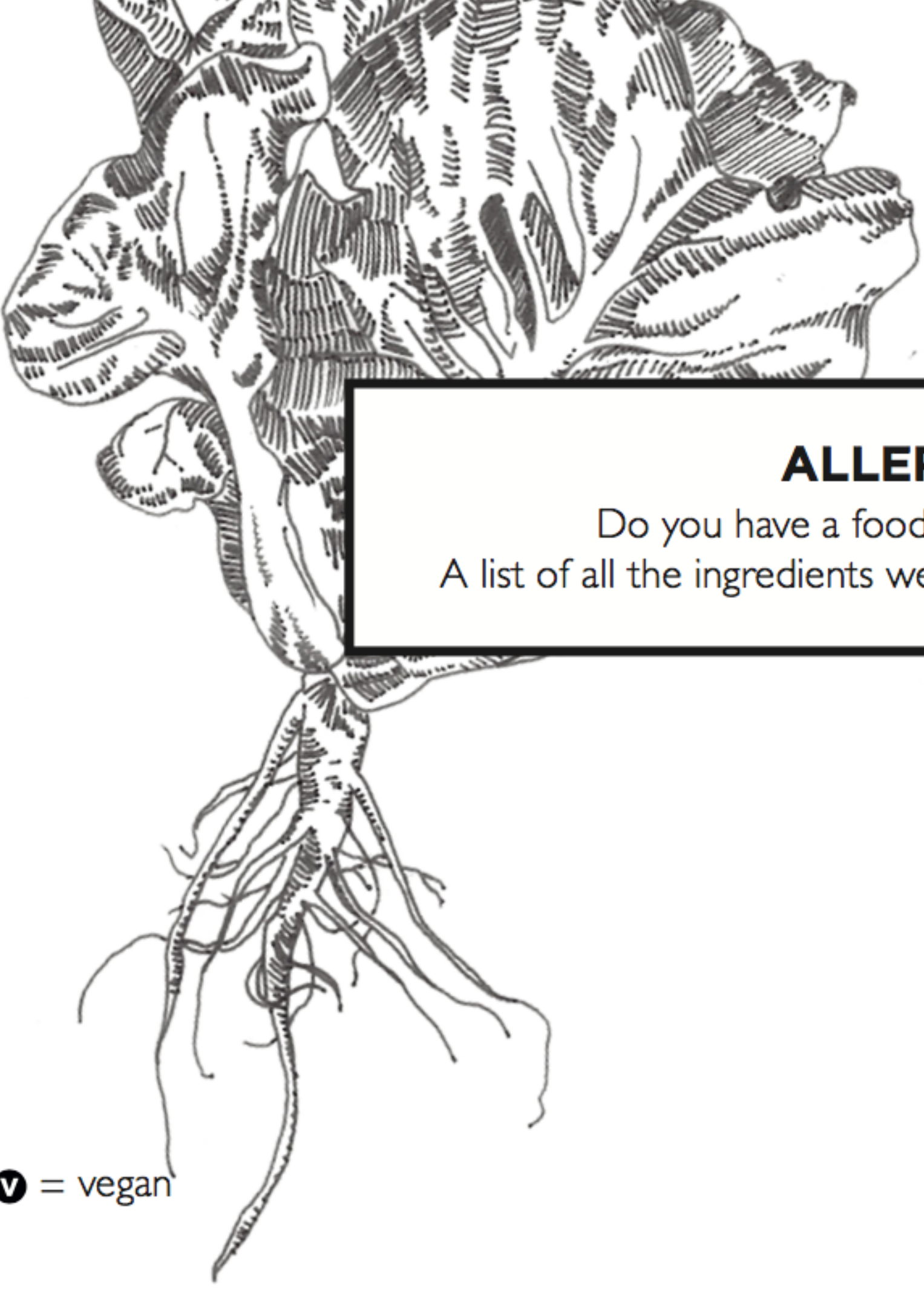




OUR FAVOURITE SALADS

HOMEMADE SWEET POTATO & SESAME FALAFEL 	€9.70
oak leaf lettuce, whole wheat couscous with parsley, courgette noodles, roasted cauliflower with garam masala & black sesame seeds, roasted carrot with orange, chickpea hummus with curry, pumpkin & sunflower seeds — <i>dressing: tahini, lemon, ras-el-hanout, soy yoghurt, garlic & sunflower oil</i>	
PULLED CHICKEN WITH ASIAN FIVE-SPICE	€11.30
romaine lettuce, azuki beans, pickled carrot & kohlrabi, steamed broccoli, roasted celeriac, coriander, sesame & linseeds — <i>dressing: tamarind, Asian five-spice, rice vinegar, coriander & ginger</i> do you prefer tempeh with Asian five-spice instead of pulled chicken? 	
VEGAN NOURISH BOWL 	€11.00
romaine lettuce, quinoa, du Puy lentils, roasted sweet potato, roasted Brussels sprouts, roasted cauliflower with garam masala & black sesame, tempeh with Asian five-spice, pumpkin hummus, roasted chickpeas & coriander — <i>dressing: tamarind, Asian five-spice, rice vinegar, coriander & ginger</i>	
SMOKED SALMON	€11.70
spinach, du Puy lentils, courgette noodles, steamed leek with lemon, tomato, avocado, half a boiled egg, green olives & cress — <i>dressing: capers, tarragon, garlic, lemon & olive oil</i>	



ALLERGENS
Do you have a food allergy? Let us know!
A list of all the ingredients we use is available at the counter.

OUR SEASONAL SALADS

JAPANESE MUSHROOM BURGERS 	€9.70
spinach, quinoa, roasted celeriac, roasted butternut pumpkin, cucumber, seaweed bacon, hazelnuts & walnuts — <i>dressing: tamari, chilli pepper, coriander, sesame oil & ginger</i>	
ROASTED AUTUMN VEGETABLES WITH EGG & TRUFFLE	€10.30
romaine, du Puy lentils, steamed leek with lemon, roasted parsnip, roasted butternut pumpkin, sauerkraut, boiled egg, chervil, parsley & Parmesan cheese — <i>dressing: black truffle paste, white wine vinegar, olive oil & parsley</i>	
INDIAN TEMPEH BOWL 	€10.70
oak leaf lettuce, black rice, roasted sweet potato, roasted cauliflower with garam masala & black sesame, cucumber, tempeh with Indian curry, spicy mango chutney, coriander, sesame & linseed — <i>dressing: cucumber, soy yoghurt, apple cider vinegar, coriander & mint</i>	
ORGANIC GOAT CHEESE	€10.50
oak leaf lettuce, whole wheat couscous with parsley, tomato, roasted butternut pumpkin, cucumber, chervil, parsley, hazelnut & walnut — <i>dressing: apple cider vinegar, walnut oil, thyme & olive oil vinaigrette</i>	



SALAD OF THE MONTH
See the sign on the counter or ask our staff.




CREATE YOUR OWN €8.50

1 CHOOSE A LEAFY GREEN	
romaine lettuce, oak leaf lettuce, spinach	
2 CHOOSE A DRESSING 	
1. tahini, lemon, ras-el-hanout, soy yoghurt, garlic & sunflower oil 2. tamarind, Asian five-spice, rice vinegar, coriander & ginger 3. capers, tarragon, garlic, lemon & olive oil 4. tamari, chilli pepper, coriander, sesame oil & ginger 5. black truffle paste, white wine vinegar, olive oil & parsley 6. cucumber, soy yoghurt, apple cider vinegar, coriander & mint 7. apple cider vinegar, walnut oil, thyme & olive oil vinaigrette — <i>extra portion: €1.20</i>	
3 CHOOSE A GRAIN / SEED / LEGUME	
azuki beans, quinoa, du Puy lentils, whole wheat couscous with parsley, black rice — <i>extra portion: €1.50</i>	
4 CHOOSE 3 VEGETABLES	
roasted Brussels sprouts, pickled carrot & kohlrabi, roasted parsnip, steamed broccoli, roasted celeriac, cucumber, courgette noodles, roasted cauliflower with garam masala & black sesame, tomato, roasted butternut pumpkin, roasted sweet potato, steamed leek with lemon, sauerkraut, roasted carrot with orange — <i>extra portion: €1.50</i>	
5 EXTRA PREMIUM?	
tempeh with Indian curry  (€2.50), sweet potato - sesame falafel  (€2.00), a scoop of chickpea hummus with curry  (€1.00), Japanese mushroom burgers  (€2.00), half an avocado (€2.00), tempeh with Asian five-spice  (€2.50), spicy mango chutney  (€1.50), a scoop of pumpkin hummus  (€1.00), organic goat cheese (€3.00), boiled organic egg (€1.20), smoked salmon (€3.00), pulled chicken with Asian five-spice (€3.50), premium of the month (see the sign on the counter)	
6 CHOOSE A TOPPING	
coriander, sesame & linseeds, chervil & parsley, pumpkin & sunflower seeds, green olives, cress, hazelnuts & walnuts, roasted chickpeas, Parmesan cheese, seaweed bacon — <i>extra portion: €1.00</i>	

HUMMUS

<i>With oat bread or whole grain sourdough bread</i>	
PUMPKIN 	€5.50
chickpea, lemon, cinnamon & olive oil	
CHICKPEA 	€5.50
tahini, lemon, curry, cumin & olive oil	

VEGGIE BOWLS


BUMI TEMPEH BOWL 	€8.50
quinoa, azuki beans, cucumber, roasted sweet potato, steamed broccoli, tempeh with Asian five-spice, mango chutney & coriander — <i>dressing: tamarind, Asian five-spice, rice vinegar, coriander & ginger</i>	

HUMMUS & AVOCADO BOWL 	€8.50
whole wheat couscous with parsley du Puy lentils, roasted carrot and orange, tomato, roasted cauliflower with garam masala & black sesame, pumpkin hummus, avocado & sesame seeds — <i>dressing: tahini, lemon, ras-el-hanout, soy yoghurt, garlic & sunflower oil</i>	






SEASONAL SOUP

<i>Extra oat bread or sourdough whole grain bread?</i>	€1.50 / €1.00
CARROT 	€4.00 / €5.50
yellow curry, coconut & ginger	
MOROCCAN CHICKPEA 	€4.00 / €5.50
tomato, carrot, ginger & coriander	
CAULIFLOWER 	€4.00 / €5.50
celeriac, parsnip, roasted garlic & chervil	




MEAL SOUP

<i>Extra oat bread or sourdough whole grain bread?</i>	€1.50 / €1.00
CARROT 	€8.00
black rice, steamed broccoli, roasted chickpeas, yellow curry, coconut & ginger	
MOROCCAN CHICKPEA	€8.50
tomato, carrot, du Puy lentils, roasted cauliflower with garam massala, boiled egg & coriander	
CAULIFLOWER	€8.50
du Puy lentils, roasted butternut pumpkin, boiled egg, celeriac, parsnip, roasted garlic, truffle, Parmesan cheese & chervil	

SWEET

STICKY TOFFEE PUDDING 	€4.50
RAW CHOCO CHIA CAKE 	€5.00
VANILLA & RASPBERRY CHEESECAKE 	€5.00
PUMPKIN NUT BREAD 	€3.50
MIXED NUT BAR WITH CHIA & DATES 	€3.00




SMOOTHIES & JUICE

ORANGE 	€5.75
mango, pumpkin, banana, almond milk, lemon, turmeric & cinnamon	
PURPLE 	€5.75
blueberries, blackberries, pear, banana, spinach, almond milk, lemon & vanilla	
CREATE YOUR OWN JUICE 	€4.50
<i>Choose 4 ingredients: celery, carrot, cucumber, pear, apple, ginger, turmeric & lemon</i>	

COLD PRESSED JUICES

DETOX	€5.00
wild spinach, cucumber, chard, kale, apple, celery, green cabbage, green bell pepper, lemon, parsley, ginger & sea weed	
ENERGIZE	€5.00
red beetroot, carrot, red cabbage, purple kale, apple, purple sweet potato, lemon, basil & ginger	
REFRESH	€5.00
carrot, fennel, sweet potato, apple, pink grapefruit, ginger, mint, sage & cinnamon	

DRINKS

WARM		COLD	
Espresso	€2.20	Yaya kombucha, natural or ginger	€4.00
Americano	€2.20	Raw coconut water	€3.50
Latte	€2.80	Marie-Stella-Maris, still or sparkling	€2.50
Cappuccino	€2.70	Organic apple juice	€2.50
Flat white	€3.50		
Matcha latte 	€3.50		
Golden turmeric milk 	€3.50		
Tea from the tea bar	€2.50		
Fresh ginger, lemon & turmeric tea	€3.00		
Fresh mint tea	€2.50		
<i>Tea-refill? We'll fill up your glass again gladly!</i>			
<i>Choose:</i>			
Organic whole milk			
Oat milk 	+ €0.50		