

BREAKFAST & BRUNCH

ALL DAY

CHIA BOWLS € 4.50

100% VEGAN, SUGAR-, GLUTEN- & DAIRYFREE

CHIA SEED PUDDING FLAVOURED WITH COCONUT MILK

TOPPING CHOICES:

-COCONUT PURÉE

-RASPBERRY & AÇAÍ PURÉE

-MANGO & AEROLA PURÉE

-CASSIS & AÇAÍ PURÉE

-NUTMIX (CASHEWS, PUMPKIN SEEDS, MULBERRIES & GOJI BERRIES)

SEASONAL SPECIAL: ADD FRESH BERRIES € 1.50

BIRCHER MUESLI € 4.50

100% VEGAN, SUGAR & DAIRYFREE

OVERNIGHT OATS FLAVOURED WITH ALMOND MILK, BUCKWHEAT, FLAX SEEDS, PUMPKIN SEEDS, DRIED FIGS, DATES, APRICOTS & CRANBERRIES

TOPPING CHOICES:

-RASPBERRY & AÇAÍ PURÉE

-MANGO & ACEROLA PURÉE

-CASSIS & AÇAÍ PURÉE

-NUTMIX (CASHEWS, PUMPKIN SEEDS, MULBERRIES & GOJI BERRIES)

SEASONAL SPECIAL: ADD FRESH BERRIES € 1.50

YOGHURT BOWLS € 4.50

100% VEGAN, SUGAR-, GLUTEN- & DAIRYFREE

RAW CACAO YOGHURT BOWL

CREAMY SOY YOGHURT WITH DRIED DATES, FIGS & RAW COCOA

AÇAÍ YOGHURT BOWL

CREAMY SOY YOGHURT WITH AÇAÍ BERRIES & AGAVE

MATCHA & COCONUT YOGHURT BOWL

CREAMY SOY YOGHURT WITH COCONUT FLESH, MATCHA GREEN TEA, CHLOROPHYLL, COCONUT FLAKES & AGAVE

COCONUT YOGHURT BOWL

CREAMY SOY YOGHURT WITH COCONUT FLESH, COCONUT FLAKES & AGAVE

CHOOSE BETWEEN A NUTMIX OR GLUTENFREE GRANOLA TOPPING (INCLUDED)

SEASONAL SPECIAL: ADD FRESH BERRIES € 1.50

SUPERFOODS & ORGANIC LIQUIDS

FRESH NATURAL FOOD

BREAKFAST & BRUNCH

ALL DAY

SMOOTHIE BOWLS € 7.50

(A THICKER CONSISTENCY SMOOTHIE, SERVED IN A BOWL & GARNISHED)

100% VEGAN, SUGAR-, & DAIRYFREE

AÇAÍ BOWL

100% BRAZILIAN AÇAÍ PURÉE, BANANA & AGAVE

RAW CACAO SMOOTHIE BOWL

AVOCADO, BANANA, RAW CACAO, COCONUT MILK

MANGO ACEROLA SMOOTHIE BOWL

100% BRAZILIAN ACEROLA PURÉE, MANGO, BANANA, COCONUT MILK

GREEN MATCHA SMOOTHIE BOWL

MANGO; SPINACH, COCONUT MILK, GREEN TEA MATCHA, AGAVE

STANDARD SMOOTHIE BOWL TOPPING: BUCKWHEAT, CRUNCHY GRANOLA, RAW CACAO

NIBS, BANANA, BLACK & WHITE CHIA SEEDS /// **OPTIONAL:** GLUTENFREE GRANOLA

VEGAN & GLUTENFREE WAFFLES

FRIDAY, SATURDAY & SUNDAYS ONLY

VEGAN & GLUTENFREE OAT - WAFFLES GARNISHED WITH MAPLE SYRUP, FRESH BERRIES & BANANAS

(CONTAINS BANANA, SOY FLOUR, GLUTENFREE OATS, BAKING POWDER, AGAVE & SOY MILK)

€ 6.50

SOURDOUGH SANDWICHES

100% GLUTENFREE BUCKWHEAT FLOUR SOURDOUGH BREAD

AVOCADO & TOMATO SANDWICH (VEGAN) € 4.50
AVOCADO, TOMATO / CASHEW PESTO, CHIVES, LEMON JUICE & BABY SPINACH

AVOCADO & CREAM CHEESE SANDWICH (VEGETARIAN) € 4.50
AVOCADO, CREAM CHEESE, FRESH CHIVES, SESAME, LEMON JUICE, SPINACH

HUMMUS SANDWICH (VEGAN) € 4.50
HOMEMADE RED PEPPER HUMMUS, ZUCCHINI & BABY SPINACH

GOAT CHEESE SANDWICH (VEGETARIAN) € 5.50
GOAT CHEESE, FRESH CHIVES, FRESH FIGS, FIG MUSTARD & BABY SPINACH

HAVE YOUR SANDWICH TOASTED ☺ PLEASE ASK OUR STAFF FOR IT!

SUPERFOOD SALADS

ALL DAY

SUPERFOOD SALADS € 8.00

100% VEGAN, SUGAR- & GLUTENFREE

HIGH PROTEIN SALAD

MIXED SALAD WITH CHICKPEAS, BLACK BEANS, BROCCOLI, AVOCADO, CHERRY TOMATOS, PUMPKIN SEEDS & WHITE QUINOA

ANTIOXIDANT SALAD

BABY SPINACH LEAVES WITH BLUEBERRIES, RASPBERRIES, GOJI BERRIES, BROCCOLI, BEET ROOT, EDAMAME, PUMPKIN SEEDS & WHITE QUINOA

ASIAN SALAD

BABYSPINACH LEAVES WITH CUCUMBER & CARROT SPIRELLI, WAKAME, GREEN ASPARAGUS, EDAMAME, GINGER, RADDICHIO, SHITAKE, BLACK QUINOA, BLACK RICE, CASHEWS, RED PEPPERONI, LIME, SESAME & CILANTRO

ENERGIZING SALAD

MIXED SALAD WITH AVOCADO, BROCCOLI, CHERRY TOMATOS, RADISHES, CARROT & CUCUMBER SPIRELLI, FENNEL, PUMPKIN DICES & BLACK RICE

DETOX SALAD

BABY SPINACH LEAVES OR FRESH KALE WITH GREEN ASPARAGUS, BROCCOLI, EDAMAME, FENNEL, CUCUMBER SPIRELLI, CELERY, POMEGRANATE SEEDS & WHITE QUINOA

DRESSING OPTIONS: LEMON - OLIVE OIL, CASHEW - SOY, TAHINI OR RASPBERRY DRESSING

SUPERFOOD QUINOA BOWLS

ALL DAY

BOWLS € 9.00

100% VEGAN, SUGAR- & GLUTENFREE

HIGH PROTEIN QUINOA BOWL

QUINOA MARINATED IN SESAME OIL, STEAMED BROCCOLI, HOMEMADE BEETROOT HUMMUS, CUMIN & LEMON MARINATED CHICKPEAS, BLACK BEANS, CAULIFLOWER COUSCOUS & FRESH AVOCADO (SERVED CHILLED)

SOUP OF THE DAY

100% VEGAN & GLUTENFREE € 5.50

EXTRA GLUTENFREE BREAD +€0,50

COLD-PRESSED JUICE

100% RAW / 100% NATURAL / 100% JUICE / 100% UNPASTEURIZED

GREEN HULK (100% VEGGIES ONLY) € 4.50
CELERY, CUCUMBER, KALE, SPINACH, WHEATGRASS, PARSLEY & GINGER

CITRUS 4
POMELO, PINK GRAPEFRUIT, LEMON & LIME

ORANGE BOOST
SWEET POTATO, ACEROLA, CARROT, ORANGE, APPLE & LIME

BLACK DEVIL
ACTIVATED CHARCOAL, APPLE, LEMON, LIME & MINT

TROPICAL LIME
PINEAPPLE, GREEN APPLE, LIME & MINT

RED DEVIL
BEET ROOT, ORANGE, APPLE, CARROT, GINGER, LIME & AÇAÍ

WE OFFER JUICE CLEANSSES!

PLEASE ASK OUR STAFF FOR SIGNING UP ☺

IMMUNITY SHOTS

100% RAW / 100% NATURAL / 100% JUICE / 100% UNPASTEURIZED

GINGER & LEMON SHOT € 4.00
DETOX SHOT- ACTIVATED CHARCOAL & PURE LEMON JUICE € 4.00
ALOE VERA & LEMON SHOT € 4.00
AÇAÍ & POMEGRANATE SHOT € 4.00

NUTMILKS

100% VEGAN / GLUTEN- & DAIRY FREE

HOMEMADE CASHEW MILK € 4.50
HOMEMADE COCONUT MILK € 4.50

SUPERFOODS & ORGANIC LIQUIDS

FRESH NATURAL FOOD

SMOOTHIES

ALL DAY

BREAKFAST SMOOTHIES € 6.50

BERRY BREAKFAST SMOOTHIE
APPLE, BANANA, RASPBERRIES, STRAWBERRIES, SPINACH, OATMEAL, COCONUT MILK, AÇAÍ, AGAVE & CHIA SEEDS

RAW CACAO BREAKFAST SMOOTHIE
DRIED DATES, AVOCADO, BANANAS, RAW CACAO, OATMEAL, COCONUT MILK, VANILLA BEAN & CHIA SEEDS

FRUIT SMOOTHIES € 6.50

BLUEBERRY SMOOTHIE
BLUEBERRIES, BANANA, AÇAÍ, COCONUT MILK, AGAVE & CHIA SEEDS

STRAWBERRY SMOOTHIE
STRAWBERRIES, BANANA, APPLE, AÇAÍ, AGAVE & CHIA SEEDS

RASPBERRY SMOOTHIE
RASPBERRIES, BANANA, APPLE, ACAI, AGAVE & CHIA SEEDS

MANGO PASSIONFRUIT SMOOTHIE
MANGO, PASSION FRUIT, BANANA, COCONUT MILK, MATCHA & CHIA SEEDS

WATERMELON & MINT SMOOTHIE
WATERMELON, MINT, CHIA & STRAWBERRIES

REFRESHMENTS

FATBURNER € 3.50
LEMON JUICE, CAYENNE PEPPER & GRADE A MAPLE SIRUP

GINGERADE € 4.50
GINGER JUICE, LEMON JUICE, AGAVE

MATCHA & MINT ICED TEA € 3.50
MATCHA GREEN TEA, FILTERED WATER, FRESH MINT & AGAVE

COCONUT WATER BY MICHELBERGER € 4.00

YOUNG FRESH COCONUT (SEASONAL) € 5.50

GREEN SMOOTHIES

ALL DAY

ORANGE KALE SMOOTHIE € 6.50
ORANGES, KALE, BANANA, MATCHA, AGAVE & CHIA SEEDS

KALE PEAR SMOOTHIE
PEAR, KALE, BANANA, MATCHA, AGAVE & CHIA SEEDS

GREEN EXTREME SMOOTHIE
KALE, SPINACH, APPLE, GINGER, AGAVE & CHIA SEEDS

GREEN VELVET SMOOTHIE
CELERY, PINEAPPLE, APPLE, PEAR, KALE, SPINACH, BANANA, CHIA & MATCHA

GREEN SUPREME DETOX SMOOTHIE
KALE, SPINACH, CUCUMBER, WHEATGRASS, LEMON, GINGER & CHIA SEEDS

GREEN HULK SMOOTHIE
KALE, SPINACH, CELERY, CHLORELLA, LEMON, GINGER & CHIA SEEDS

TROPICAL GREEN SMOOTHIE
PINEAPPLE, BANANA, SPINACH, MATCHA, AGAVE & CHIA SEEDS

COCONUT MANGO SMOOTHIE
MANGO, COCONUT MILK & FLAKES, SPINACH, COCONUT MILK, AGAVE & CHIA

CREAMY AVOCADO SMOOTHIE
AVOCADO, SPINACH, BANANA, COCONUT MILK & CHIA SEEDS

FRESH & LOOSE LEAF TEA

FRESH GINGER TEA € 3.20
FRESH MINT TEA
HOT LEMONADE
RED BERRIES TEA / BLACK TEA / GREEN TEA / MATCHA TEA / CHAI TEA

COFFEE & HOT BEVERAGES

FAIR TRADE ARABICA BEANS

ESPRESSO / ESPRESSO DOPPIO € 1.80 / € 2.40
CAPPUCCINO € 2.80
CAFÉ LATTE € 3.20
MATCHA LATTE € 3.20
CHAI LATTE € 3.20

MILK OPTIONS:

ORGANIC REGULAR MILK, LACTOSE FREE MILK + € 0.00
SOY MILK, ALMOND MILK, COCONUT MILK + € 0.30