



#### 10:00 TO 18:00

# \_\_\_\_

**Hungry much?** 

Add more stuff:

+poached egg 1.5;

Gluten free bread 1.5

+pastrami 2;

+feta 1.5;

+avocado 2

+smoked salmon 2.5;

## Big Daddy Breakfast 12.60

Freshly made waffle, cream cheese, omelette, pastrami, poached onions, coriander, paprika & agave syrup

## **Beetroot Hummus Toast** 7.95

With avocado, feta cheese, marinated carrots & seed mix

# **Grated Tomato Toast** 5.75

with fresh avocado mash & seed mix

## Poached Egg Toast 7.95 (available untill 13:00)

with fresh avocado mash, homemade hollandaise sauce, seed mix & mery sauce

#### **Smoked Salmon Toast** 8.65

with cream cheese, cherry tomato, seed mix & mery sauce

## Poached Onion Toast 7.30

with fresh avocado mash, cherry tomato & lamb's lettuce

#### Cardinal Bowl 5,95

Red Berry Coulis, mango, homemade granola, almond, w/ greek yogurt (vegan coconut yogurt +1,5)

#### Camel Bowl 5,65

Banana, peanut butter, homemade granola, agave syrup, w/ greek yogurt (vegan coconut yogurt +1,5)

#### 10:00 TO 14:00

## BRUNCH 14

# Hungry much? Add more stuff:

- +smoked salmon 2.5;
- +pastrami 2;
- +poached egg 1.5;
- +feta 1.5;
- +avocado 2

CHOOSE YOUR MAIN:

all dishes

can be ordered separately

from BRUNCH

- XL Waffle, **cream cheese**, omelette, pastrami, poached onion, coriander, paprika & agave syrup [+2.8€]
- Waffle with Beetroot Hummus, roasted sweet potato, seed mix & mery sauce with with Beetroot Hummus.
- Scrambled eggs with mushrooms, beans w/ tomato, pico de gallo, lamb's lettuce & bread
- Waffle with **Poached Egg**, avocado mash, homemade hollandaise & mery sauce
- Brioche bun with **Pastrami**, avocado mash, poached egg & homemade hollandaise sauce [+1€]
- Brioche bun with Smoked Salmon, avocado mash, cream cheese & seed mix [+1€]
- Banana split, lightly caramelized, Greek yogurt/vegan coconut yogurt [+€1.5], granola and peanut butter

# CHOOSE YOUR ENERGY BALL:

- Coco [coconut milk, almond, coconut flour & agave ]
  - Peanut [100% peanut butter, dates, sea salt] 🕡
  - Truffle [coconut milk, almond, coconut flour, agave & 100% cocoa]
- V

CHOOSE YOUR
DRINK:

Black Tea
Green Tea
Red Berries Tea
Pennyroyal Tea

Espresso
Cortado
Americano
Cappuccino
Iced latte +

Golden latte +1.5

Pink latte +1.5

Matcha latte +1.5

Dirty Golden latte +1.8

YOUR BRUNCH ALSO COMES WITH:

Orange Juice & Chía pudding

V-VEGAN





# Monday to Friday from 13:00 to 17:00 except holidays

# LUNCH COMBO 14.9

MAYBEAN TABBOULEH

TOFU BOWL

CHICKEN BOWL

SALMON POKE +7.5€

VEGAN WRAP

CHICKEN WRAP

SALMON WRAP +2€



DRINK

Fritz SODA

MÜNKOMBUCHA +1.5 BEER

Turia

Cola Sugar Free Cola Mint-peach
Superberries

Lemon-Ginger

Tyris Original

Lemon

Orange

Tyris IPA

Alcohol Free

DESSERT

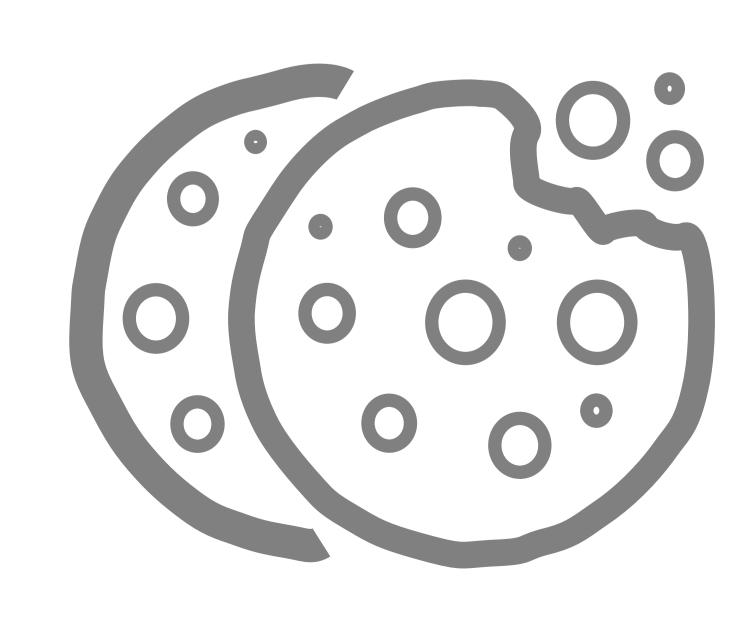
Chía pudding

Peanut Butter Tart

Energy Ball [coco/peanut/truffle]

Chocolate chip cookie

Peanut butter cookie





#### FROM 14:00 TO 18:00

# TO SHARE (or not)

**WEETROOT HUMMUS** 5.95
With crispy wheat and carrot tortilla & carrot crudité

**ROASTED SWEET POTATO** 5.80 With our famous Peanut Butter Sauce

GREEN BITE TACO 7.60

Two tacos w/ Tofu & Heura stir-fry, avocado, poached onions & Muhammara sauce served on a wheat tortilla

Two tacos w/ avocado,
pico de gallo & Muhammara sauce
served on a wheat tortilla

QUESADILLA 5.90
Cheese w/ paprika & cumin, pico de gallo and creamy Muhammara sauce.
Made with wheat and beet tortilla

# **MAIN**

NEW WMAYBEAN TABBOULEH	10.70
BIO Quinoa, pico de gallo, laminated carrot, br	roccoli,
raisins, walnuts, Muhammara sauce, cherry tomato	& seed mix
<b>VTOFU BOWL</b>	10.90
Tofu and Tomato Strir-fry with teryiaki, organic quir	noa, roasted
sweet potato, crunchy broccoli, cherry tomato &	walnuts
CHICKEN BOWL	11.85
Tender Pulled Chicken, roasted sweet potato, rice,	, avocado,
cherry tomato, feta cheese, walnuts, peanut sauce &	mery sauce
SALMON POKE	13.80
Fresh salmon marinated in ponzu sauce	7
mango, tomato and avocado, rice, roasted pea	anuts,
slightly spicy mayo sriracha & wakame	
VEGAN WRAP	9.90
Tofu & Heura stir-fry, mango, tomato,	
mixed greens, Maybean sauce & wheat and bee	t tortilla.
Comes with roasted sweet potato & peanut but	terdip
CHICKEN WRAP	9.90
Tender Pulled chicken, avocado mash, tri-colour rice	, feta cheese,
sun-dried tomato, mixed greens & wheat and bee	et tortilla.
Comes with roasted sweet potato & peanut but	ter dip
SALMON WRAP	11.35
Smoked salmon, pico de gallo,	
Maybean sauce, mixed greens & wheat and bee	t tortilla.
Comes with roasted sweet potato & peanut but	terdip









COFFEE (+0.30 extra shot)

Espresso	1.50	Still water 0,5L/0,75L	70/2.30
Cortado	1.70	Sparkling water 0,5L/0,75L	70/2.30
Americano	1.80	Orange juice	2.95
Latte / XL	2/3.50	Fritz Soda	2.80
Cappuccino	2	(Cola / Sugar free / Orange / Lemon)	
Coco Latte (make it iced +0.5)	3.70	MŪN Kombucha	3.95
Flat white	2.40	(Mint-peach/Superberries/Lemon-Ginger	<b>-</b> )
Iced latte	2.70	BEER	
Cold Brew (summer only)	3.50	<b>Turia</b> 1/3	2.50
Freshpresso (orange juice & espresso)	3.70	Local Craft Tyris 1/3	3.80
CHAILATTE (make it iced +0.5)	7. 5.0	ORIGINAL Blonde  IPA Indian Pale Ale	
Golden (turmeric, ginger & cinnamon)  Dirty (golden chai + espresso)	3.50 3.90	Alcohol Free Damm 1/3	2.90
Pink (cinnamon, cardamom & beetroot)	3.50		
Matcha latte	3.50	VEGAN SMOOTHIES <b>(V)</b>	
<b>TEA</b> (make it iced +0.8)		YELLOW Banana, orange juice, ginger, cinnamon, turmeric & oat milk	4.95
English Breakfast black tea	2	RED	
Japanese Lime green tea	2	Red berries, banana, almond, chia seeds & oat milk	4.95
Red Berries Tea	2	BLACK	
Pennyroyal Mint Tea	2	Double espresso, pure cocoa, banana, dates & oat milk	4.95

SOFT DRINKS

DESSERTS	All of our deserts are homemade and refined-sugar free.	
Chla pudding with homen	nade granola, banana, cinnamon & agave syrup	3.50
<b>Energy ball</b>		1.50
• Coco: coconut, almond	& agave syrup	
• Peanut: 100% peanut bu	utter, dates, sea salt	
• Truffle: almond, coconu	ıt, 100% cocoa & agave syrup	
Carrot Cake		4.80
[Whole wheat flour with spices &	& creamy lime and cashew frosting]	
Red Velvet Cheesecake		4.90
[Soft "RAW" cake with dates, cas	shew nuts, walnuts, coconut cream, beetroot and red berries]	
Peanut Butter Tart [With sa	lty almond biscuit]	3.50
Classic Cheesecake		4.80
Banana Bread [with chickpea	a flour, walnuts and 100% cocoa ]	3.50