



FIT MENU

Spring rolls V, GF -720

Avocado, grilled tofu, arugula, carrot, paprika, purple cabbage, sesame, alfa-alfa sprouts- in rice paper + peanut butter sauce

Buddha bowl V, GF -720

Integral basmati rice, grilled chickpeas, marinated purple cabbage, arugula, alfa-alfa sprouts, avocado + paprika sauce

Pad Thai V, GF -750

**cold meal salad*

Rice vermicelli, zucchini, carrot, paprika, purple cabbage, arugula, grilled tofu, peanut, ginger, lime + sweet and sour thai sauce

URBAN MENI

Aioli mushroom burgers V - 720

Mushroom burgers with pesto spread in homemade 100% spelt flour buns, aioli, grilled aubergine, black pepper pickles, tomatoes, lettuce, red onion (optional)- 2 pcs

Spanakopita quesadilla -750

Spiced spinach, feta and trapist in grilled tortilla & cous-cous with cucumber and corn- 4 pcs

Falafel bowl V, GF - 620

Crunchy falafel with spinach and spring onions- 5 pcs, hummus, cucumber sticks, arugula, marinated carrot and purple cabbage + tahini sauce

Gyros V - 590

Tamari soy gyros, hummus, marinated carrot, grilled cabbage, arugula, mocha sauce- wrapped in grilled tortilla

GOURMET MENI

Green detox curry V, GF - 660

Broccoli, pumpkin, aubergine and green peas in thai coconut milk sauce, basmati rice with quinoa and corn

Enchiladas V - 660

Baked Mexican enchiladas in tortilla, filled with red kidney beans, paprika, carrot, tomatoes and coconut milk

Asian cauliflower wings V, GF - 690

Fried cauliflower wings in sriracha glaze with spring onions and sesame, basmati rice with corn and quinoa + tahini lime sauce

KIDS MENU & extras

Burger V - 360

Mushroom burger with pesto spread in homemade 100% spelt bun, tomato and lettuce, aioli sauce

Mini falafel V, GF - 330

Crunchy falafel with spinach and spring onions in tahini sauce- 3 pcs, hummus, cucumber sticks

Salad V, GF - 150

Lettuce mix, carrot and purple cabbage strips, lemon & mustard dressing

Spiced potatoes V, GF - 150

Spiced potato wedges baked in the oven

Sweet potato wedges V, GF - 180

Hummus V, GF - 300

Tortilla triangles V - 90

5 spiced crunchy tortillas

POTAGE

Green pea & mint V, GF - 220

Green peas, mint, ginger, coconut milk

Cream of pumpkin V, GF - 200

Butternut pumpkin, nutmeg, coconut milk

DESERTS

Raw cold treats

Raspberry pistachio GF, SF - 420

Pistachio, cashewnut, almond, coconut milk, coconut oil, dates, honey, raspberries, vanilla

Almonds & salted date caramel GF, SF, V - 360

Cashew, almond, coconut milk, coconut oil, cinnamon

Triple choco cream GF, SF - 360

Cashew, almond, coconut milk, coconut oil, cocoa, honey, vanilla, choco granola

V- VEGAN

GF- GLUTENFREE

SF- SUGARFREE