



THE SISTER

ORGANIC *Brussels Café* RHYTHM

HOME MADE • FOOD PRODUCED by ORGANIC FARMING • WHOLE FOOD & HEALTHY INGREDIENTS
 VEGAN FRIENDLY • GLUTEN FREE OPTIONS • RAW DESSERTS

TAPAS

→ served with bread or gluten free bread

ⓧ OLIVES	4
GOUDA CHEESE	5
BELGIAN DRIED SAUSAGE	5
BELGIAN MEAT BALL	4
MIX TAPAS	10
olives, gouda cheese & dried sausage	
MIX CHEESE	12
gouda, brie & goat cheese	
ⓧ MIX VEGAN	10
olives tapenade, dried tomato & tzatziki	
ANTIPASTI	20
meat ball, dried sausage, cheese paprika, grilled pepper, corn, tzatziki, olive tapenade, dried tomato	
ⓧ VEGAN ANTIPASTI	20
avocado, dried tomato, grilled pepper, artichoke, tzatziki, beetroot, bean & chickpea tapenade, corn, olive tapenade	
CHEESE PLATE	20
mozzarella, brie, sheep feta, goat & gouda cheese	

WELLNESS SOUP

→ served with bread or gluten free bread

ⓧ VEGAN SOUP	5
SOUP with a BOILED EGG	7
SOUP with SHEEP FETA CHEESE	8
SOUP with a GIANT MEATBALL	8

→ Food & drinks also available to take away

→ The Sister provides vegetable milk for vegans and goat milk for lactose intolerant. We provide stevia, raw honey, agave syrup or brown sugar.

→ We make our juices « à la minute » exclusively from fresh organic fruits and vegetables and alternative soda for a healthy soft drinks option.

THE SISTER DEWRAP

→ served with a bowl of our home made vegan soup

ⓧ ⓧ RAW	13
lettuce leaf, peanut butter, beetroot, corn, avocado, hemp seeds & flower seeds	
ⓧ ⓧ RAW WITH SOY YOGURT	14
lettuce leaf, peanut butter, beetroot, corn, avocado, hemp seeds, flowers seeds & soy yogurt	
ⓧ ⓧ SESAME LENTILS FALAFELS	14
lettuce leaf, sesame lentil falafels with chickpea flour & sauce	
ⓧ ⓧ GINGER LENTILS FALAFELS	14
lettuce leaf, ginger lentil falafels with chickpea flour & sauce	
ⓧ ⓧ BEETROOT BEANS FALAFELS	14
lettuce leaf, beetroot beans falafels with chickpea flour & sauce	
ⓧ ⓧ SWEET	10
lettuce leaf, peanut butter, banana, avocado & flower seeds	

SALADS

→ served with bread or gluten free bread

MOZZARELLA	14
mozzarella cheese, cherry tomatoes & kalamata olives	
SHEEP FETA	14
sheep feta cheese, beetroot, walnuts, pomegranate & rucicola	
ⓧ CUCUMBER	14
cucumber, dried tomato, kalamato olives, celery & soy yogurt with sesame seeds	
ⓧ CELERY & APPLE	14
celery, apple, avocado, dried tomato, walnuts	
ⓧ POMEGRANATE	14
cucumber, apple, avocado, pomegranate, pumpkin seed	
ⓧ ARTICHOKE CARPACCIO	14
artichoke & hazelnuts	

ⓧ VEGAN

ⓧ GLUTEN FREE ask for a gluten free bread

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FOCACCIA SANDWICHES

→ served with a cup of vegan soup/ ask for gluten free bread

NEVER CHANGE gouda cheese, tomato, cucumber & lettuce	9
GOOD TIMES gouda cheese, dried tomato, cucumber & rucola	9
THE GENIUS gouda cheese, tomato, cucumber, boiled egg, mayo & lettuce	10
ONLY YOU belgium meat ball, tomato, moustard, avocado & lettuce	12
ONLY ME belgium meat ball, brie cheese, tomato & lettuce	12
TOGETHER belgium meat ball, mozzarella cheese, grilled pepper & rucola	12
NICE TO MEET YOU belgium meat ball, tomato, cucumber, boiled egg, mayo & lettuce	12
ABOUT US mozzarella cheese, green olive tapenade, cucumber, grilled pepper & lettuce	12
ABOUT YOU mozzarella cheese, black olives tapenade, avocado, tomato & rucola	11
LOLA goat cheese, black olives tapenade, grilled pepper & rucola	10
THE SISTER goat cheese, beetroot, apple, walnuts & rucola	11
THE BROTHER brie cheese, tomato, almonds & rucola	9
⓪ READY TO MOVE green olives tapenade, avocado, grilled pepper, walnuts & lettuce	9
⓪ SMILE black olive tapenade, cucumber, tomato, avocado, sesame & rucola	10
⓪ TAKE A SMILE bean tapenade, cucumber, dried tomato, artichoke & rucola	10
⓪ MAKE ME SMILE beetroot, apple, avocado, moustard, sesame	10
⓪ FOREVER & EVER peanut butter, cucumber, mint, coconut flakes & lettuce	8
⓪ FOREVER YOUNG black olives tapenade, cucumber, artichoke, pumpkin seeds & rucola	11
⓪ PATI apple, celery, avocado, dried tomato, walnuts & rucola	11

BUDDHA BOWL

⓪⓪ AVOCADO BUDDHA BOWL buckwheat, bean, beetroot, apple, avocado, pomegranate, rucola, poppy seeds, sprouted shoots & tahini sauce	12
⓪ EGG BUDDHA BOWL buckwheat, chickpea, boiled egg, beetroot, apple, pomegranate, rucola, poppy seeds, sprouted shoots & tahini sauce	13
MEAT BALL BUDDHA BOWL buckwheat, chickpea, meat ball, beetroot, apple, pomegranate, rucola, poppy seeds, sprouted shoots & tahini sauce	14

WAFFLES

→ make with chickpea & rice flour & banana

⓪⓪ AGAVE SYRUP	6
⓪⓪ CHOCOLATE	8
⓪⓪ BANANA & CHOCOLATE	10
⓪⓪ VANILLA SOY ICE CREAM & CHOCOLATE	10
⓪ GOAT CHEESE & HONEY	10

RAW CAKES

→ no flour, no eggs, no sugar, no baking

⓪⓪ BEETROOT & CAROB	3.5
⓪⓪ CARROT & GINGER	3.5
⓪⓪ VANILLA	3.5
⓪⓪ TEA MATCHA	3.5

11 ⓪ VEGAN

⓪ GLUTEN FREE ask for a gluten free bread

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BREAKFAST

→ ask for gluten free bread

ⓧ EXPRESS MORNING assorted bread, jam & peanut butter	6
GOOD MORNING assorted bread, jam, peanut butter & gouda cheese	8
ⓧ BELGIAN MORNING assorted bread, jam, peanut butter, waffle with agave syrup	12
ⓧ VEGAN MORNING assorted bread, jam, peanut butter, vegan omelette with onion	12
ⓧ ANOTHER VEGAN MORNING assorted bread, jam, peanut butter, vegan omelette with dried tomato	12
CHEESE MORNING assorted bread, jam, peanut butter, gouda cheese, goat cheese & brie cheese	14
HEALTHY MORNING assorted bread, jam, peanut butter, avocado, a boiled egg, & sheep feta cheese	15
FRENCH MORNING assorted bread, jam, peanut butter, omelette (3 eggs)	15
BREXIT MORNING assorted bread, jam, peanut butter, bacon & two fried eggs	15

EXTRA

bread	3
jam & peanut butter	3
1/2 avocado	3
cheese -goat, mozzarella, feta, gouda-	4
bacon	4
a boiled/fried egg/omelette	3/ 3.5/8

🌱🌿 SUPERFOODS

→ nutritionnally dense

with your milk (Hemp, Oat, Soy, Goat or Cow)	
CACAO buckwheat & rice flakes, coconut sugar, cacao, banana, poppy seeds, spirulina	10
COCO buckwheat & rice flakes, coconut sugar, coconut flakes, banana, cajou nuts, maca powder	10
BLUEBERRY buckwheat & rice flakes, coconut sugar, blueberry, sunflower, wheatgrass	10
AVOCADO buckwheat & rice flakes, coconut sugar, avocado, walnuts, goji berries	10
with Soy Yogurt	
APPLE coconut oil, grilled apples, chia, pumpkin seeds, sesame, hazelnuts, fresh ginger, agave syrup, cinnamon	10
BLUEBERRY coconut oil, grilled blueberries, chia, poppy seeds, almonds, agave syrup, cardamom	10
RED FRUITS coconut oil, grilled red fruits, chia, pumpkin seeds, flower seeds, walnuts, dates, agave syrup	10

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