



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

| | |
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| GOUDA | 6 |
| olives & gouda cheese | |
| SAUSAGE | 6 |
| olives & dried sausage | |
| MEAT BALL | 6 |
| olives & belgium meat ball | |
| ⓧ TWIX OLIVE TAPENADES | 6 |
| green and black olives tapenade | |
| ⓧ TWIX HOUMOUS | 6 |
| chickpea and beans houmous | |
| ⓧ YOGURT & DRIED TOMATOES | 6 |
| dried tomatoes & tzatziki with soy yogurt | |
| MIX TAPAS | 10 |
| olives & gouda cheese & dried sausage | |
| 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 | |

FALAFELS

→ served with a bowl of our home made vegan soup

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| ⓧⓧ 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 | |

WELLNESS SOUP

→ served with bread or gluten free bread

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| ⓧ VEGAN SOUP | 5 |
| ⓧ SOUP with SEEDS -sesame, poppy and hemp- | 7 |
| SOUP with a BOILED EGG | 7 |
| SOUP with GOAT CHEESE | 8 |
| SOUP with a GIANT MEAT BALL | 8 |
| ⓧ SOUP with LENTILS, RED BEANS, CHICKPEA | 9 |

SALADS

→ served with bread or gluten free bread

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| ⓧ MOZZARISELLA | 16 |
| mozzarisella "cheese", cherry tomatoes & kalamata olives | |
| ⓧ SMOKEYRISELLA | 16 |
| smokeyrisella "cheese", cherry tomatoes & kalamata olives | |
| ⓧ BLUERISELLA | 16 |
| bluerisella "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

📶 CODE WIFI: THE SISTER
 PASSWORD: ORGANICTHESISTER

→ Food & drinks also available to take away

FOCACCIA SANDWICHES

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

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

BUDDHA BOWL

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| AVOCADO BUDDHA BOWL buckwheat, bean, beetroot, apple, avocado, pomegranate, ruccola, sun flower seeds, sprouted shoots & tahini sauce | 12 |
| EGG BUDDHA BOWL buckwheat, chickpea, boiled egg, beetroot, apple, pomegranate, ruccola, sun flower seeds, sprouted shoots & tahini sauce | 13 |
| MEAT BALL BUDDHA BOWL buckwheat, chickpea, meat ball, beetroot, apple, pomegranate, ruccola, sun flower seeds, sprouted shoots & tahini sauce | 14 |
| BLUERISELLA BUDDHA BOWL buckwheat, bean, bluerisella "cheese", beetroot, apple, pomegranate, ruccola, sun flower seeds, sprouted shoots & tahini sauce | 14 |

WAFFLES

→ made with chickpea & rice flour & banana -sugar free-

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| AGAVE SYRUP | 6 |
| PEANUT BUTTER | 6 |
| CHOCOLATE | 8 |
| BANANA & AGAVE SYRUP | 8 |
| BANANA & PEANUT BUTTER | 8 |
| BANANA & POMEGRANATE & AGAVE SYRUP | 10 |
| BANANA & CHOCOLATE | 10 |
| BANANA & VANILLA SOY ICE CREAM | 10 |
| BANANA & CHOCOLATE & VANILLA SOY ICE CREAM | 12 |
| CHOCOLATE & VANILLA SOY ICE CREAM | 10 |
| CHOCOLATE & PEANUT BUTTER | 10 |
| GOAT CHEESE & GRILLED PEPPER & RUCCOLA | 12 |
| GOAT CHEESE & HONEY | 10 |

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BREAKFAST

➔ available till 1pm/ask for gluten free bread

- ⓧ EXPRESS MORNING 6
assorted bread, jam & peanut butter
- GOOD MORNING 8
assorted bread, jam, peanut butter & gouda cheese
- ⓧ BELGIAN MORNING 12
vegan waffle with banana, agave syrup, peanut butter & fruits
- ⓧ VEGAN MORNING 13
assorted bread, jam, peanut butter, vegan omelette with onion, tomato & fruits
- ⓧ ANOTHER VEGAN MORNING 13
assorted bread, jam, peanut butter, tomato, vegan omelette with dried tomato & fruits
- ⓧ "CHEESE" MORNING 13
assorted bread, jam, peanut butter, mozzarisella "cheese", smokeyrisella "cheese" & bluerisella "cheese", tomato & fruits
- HEALTHY VEGAN MORNING 16
assorted bread, jam, peanut butter, assorted "cheese", dried tomato, avocado, chickpea houmous, & fruits
- HEALTHY MORNING 13
assorted bread, jam, peanut butter, avocado, a boiled egg, dried tomato, chickpea houmous, goat cheese & fruits
- FRENCH MORNING 13
assorted bread, jam, peanut butter, omelette (3 eggs), tomato & fruits
- SPANISH MORNING
assorted bread, jam, peanut butter, omelette (3 eggs), tomato, dried sausage & fruits
- BREXIT MORNING
assorted bread, jam, peanut butter, bacon, two fried eggs tomato, beans houmous & fruits
- GREEDY MORNING 18
assorted bread, jam, peanut butter, bacon, two fried eggs avocado, goat cheese, tomato, chickpea houmous & fruits

SUPERFOODS BOWL

➔ nutritionnally dense bowl / available till 1pm

- with JUICE
 ⓧⓧ BLUEBERRY 10
 blueberries, apple juice, banana, cajou nuts, maca powder, chia grains, hemsps grains
- with MILK
 ⓧⓧ AVOCADO 10
 coconut sugar, avocado, spirulina, walnuts, goji berries
- with SOY YOGURT -grilled
 ⓧⓧ APPLE 10
 coconut oil, grilled apples, chia, pumpkin seeds, sesame, hazelnuts, fresh ginger, agave syrup, cinnamon
- ⓧⓧ BLUEBERRY 10
 coconut oil, grilled blueberries, chia, poppy seeds, almonds, agave syrup, cardamom
- ⓧⓧ RED FRUITS 10
 coconut oil, grilled red fruits, chia, pumpkin seeds, flower seeds, walnuts, dates, agave syrup
- with SOY YOGURT -fresh
 ⓧⓧ BANANA 12
 banana, pomegrenate, walnuts, cajou nuts, pumpkin seeds, wheatgrass, goji berries

PIES & RAW CAKES

➔ by Oscar Vegan

- 14 ⓧⓧ SALTED CARAMEL CHOCO PIE
- ⓧⓧ LEMON MERINGUE PIE
- 15 ⓧⓧ MERVEILLEUX CAKE
- ⓧⓧ PEANUT BUTTER RAW CAKE - no bake, no flour, no refined sugar!
- ⓧⓧ RED FRUITS RAW CAKE - no bake, no flour, no refined sugar!



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