



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

GOUDA olives & gouda cheese	6
SAUSAGE olives & dried sausage	6
MEAT BALL olives & belgium meat ball	6
Ⓢ TWIX OLIVE TAPENADES green and black olives tapenade	6
Ⓢ TWIX HOUMOUS chickpea and beans houmous	6
Ⓢ YOGURT & DRIED TOMATOES dried tomatoes & tzatziki with soy yogurt	6
MIX TAPAS olives & gouda cheese & dried sausage	10
ANTIPASTI meat ball, dried sausage, cheese paprika, grilled pepper, corn, tzatziki, olive tapenade, dried tomato	20
Ⓢ VEGAN ANTIPASTI avocado, dried tomato, grilled pepper, artichoke, tzatziki, beetroot, bean & chickpea tapenade, corn, olive tapenade	20

FALAFELS

→ served with a bowl of our home made vegan soup

Ⓢ Ⓢ SESAME LENTILS FALAFELS lettuce leaf, sesame lentil falafels with chickpea flour & sauce	14
Ⓢ Ⓢ GINGER LENTILS FALAFELS lettuce leaf, ginger lentil falafels with chickpea flour & sauce	14
Ⓢ Ⓢ BEETROOT BEANS FALAFELS lettuce leaf, beetroot beans falafels with chickpea flour & sauce	14

WELLNESS SOUP

→ served with bread or gluten free bread

Ⓢ 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

Ⓢ MOZZARISELLA mozzarisella "cheese", cherry tomatoes & kalamata olives	16
Ⓢ SMOKEYRISELLA smokeyrisella "cheese", cherry tomatoes & kalamata olives	16
Ⓢ BLUERISELLA bluerisella "cheese", beetroot, walnuts, pomegranate & ruccola	16
Ⓢ CUCUMBER cucumber, dried tomato, kalamato olives, celery & soy yogurt with sesame seeds	14
Ⓢ CELERY & APPLE celery, apple, avocado, dried tomato, walnuts	14
Ⓢ POMEGRANATE cucumber, apple, avocado, pomegranate, pumpkin seed	14
Ⓢ ARTICHOKE CARPACCIO artichoke & hazelnuts	14

→ Food & drinks also available to take away

Ⓢ 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 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

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-
 with agave:

AGAVE SYRUP	6
BANANA & AGAVE SYRUP	8
BANANA & POMEGRANATE & AGAVE SYRUP	10
with peanut butter:	
PEANUT BUTTER	6
BANANA & PEANUT BUTTER	8
with chocolate:	
CHOCOLATE	8
BANANA & CHOCOLATE	10
VANILLA SOY ICE CREAM & CHOCOLATE	10
BANANA & VANILLA SOY ICE CREAM & CHOCOLATE	12
with cheese:	
GOAT CHEESE & HONEY	8
GOAT CHEESE & GRILLED PEPPER & RUCCOLA	9
GOAT CHEESE & TOMATO & AVOCADO & RUCCOLA	9
MOZZARISELLA "CHEESE" & AVOCADO & DRIED TOMATO	12
MOZZARISELLA "CHEESE" & GRILLED PEPPER & RUCCOLA	12
with bacon:	
BACON & FRIED EGG & RUCCOLA	11
BACON & AVOCADO & A FRIEG EGG & RUCCOLA	13

VEGAN

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BREAKFAST

➔ available till 1pm/ask for gluten free bread

ⓧ EXPRESS MORNING assorted bread, jam & peanut butter	6
GOOD MORNING assorted bread, jam, peanut butter & gouda cheese	8
ⓧ BELGIAN SWEET MORNING vegan waffle with banana, agave syrup, peanut butter & fruits	11
ⓧ BELGIAN SALTY MORNING vegan waffle with bacon, avocado, a fried egg, rucicola & fruits	14
ⓧ VEGAN MORNING assorted bread, jam, peanut butter, vegan omelette with onion, tomato & fruits	13
ⓧ ANOTHER VEGAN MORNING assorted bread, jam, peanut butter, tomato, vegan omelette with dried tomato & fruits	13
ⓧ "CHEESE" MORNING assorted bread, jam, peanut butter, mozzarisella "cheese", smokeyrisella "cheese" & bluerisella "cheese", tomato & fruits	13
HEALTHY MORNING assorted bread, jam, peanut butter, avocado, a boiled egg, dried tomato, chickpea houmous, goat cheese & fruits	13
ⓧ HEALTHY VEGAN MORNING assorted bread, jam, peanut butter, assorted "cheese", dried tomato, avocado, chickpea houmous, & fruits	16
FRENCH MORNING assorted bread, jam, peanut butter, omelette (3 eggs), tomato & fruits	13
SPANISH MORNING assorted bread, jam, peanut butter, omelette (3 eggs), tomato, dried sausage & fruits	14
BREXIT MORNING assorted bread, jam, peanut butter, bacon, two fried eggs tomato, beans houmous & fruits	15
GREEDY MORNING assorted bread, jam, peanut butter, bacon, two fried eggs avocado, goat cheese, tomato, chickpea houmous & fruits	18

SUPERFOODS BOWL

➔ nutritionnally dense bowl / available till 1pm

with JUICE	
ⓧ BLUEBERRY blueberries, apple juice, banana, cajou nuts, maca powder, chia grains, hemsps grains	10
with MILK	
ⓧ AVOCADO coconut sugar, avocado, spirulina, walnuts, goji berries	10
with SOY YOGURT -grilled	
ⓧ 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
with SOY YOGURT -fresh	
ⓧ BANANA banana, pomegrenate, walnuts, cajou nuts, pumpkin seeds, wheatgrass, goji berries	12

PIES & RAW CAKES by Oscar Vegan

➔ raw cakes are: no bake, no flour, no refined sugars

ⓧ SALTED CARAMEL CHOCO PIE	6.5
ⓧ LEMON MERINGUE PIE	6.5
ⓧ FLAN PIE	6.5
ⓧ PEANUT BUTTER RAW CAKE	6.5
ⓧ CARROT RAW CAKE	6.5
ⓧ RED FRUITS RAW CAKE	6.5

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