



THE SISTER

ORGANIC *Brussels Café* RHYTHM

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

FINGER FOOD

→ served with bread or gluten free bread

GOUDA CHEESE olives & gouda cheese	6
BELGIAN SAUSAGE olives & dried sausage	6
BELGIAN MEAT BALL olives & belgium meat ball	6
Ⓢ TWIX OLIVE TAPENADES green and black olives tapenade	6
Ⓢ TWIX HOUMOUS chickpea and beans houmous	6
Ⓢ TZATZIKI & 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

buckwheat, beetroot, apple, pomegranate, ruccola, sun flower seeds, sprouted shoots & tahini sauce

☺ AVOCADO & RED BEANS	12
☺ BLUERISELLA "CHEESE" & RED BEANS	14
☺ EGG & CHICKPEA	13
MEAT BALL & CHICKPEA	14

WAFFLES

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

☺ 1000BXL agave syrup	6
☺ LAEKEN agave syrup & banana	8
☺ JETTE agave syrup & banana & pomegrenate	10
☺ MOLENBEEK peanut butter	6
☺ XL peanut butter & banana	8
☺ ST GILLES peanut butter & vanilla soy ice cream	8
☺ ANDERLECHT chocolate	8
☺ KOEKELBERG chocolate & banana	10
☺ SCHAERBEEK chocolate & vanilla soy ice cream	10
☺ ST JOSSE chocolate & vanilla soy ice cream & banana	12
☺ ETTERBEEK goat cheese & honey	8
☺ EVERE goat cheese & grilled pepper & ruccola	9
☺ AUDERGHEM goat cheese & tomato & avocado & ruccola	9
☺ WOLUWE ST LAMBERT mozzarisella "cheese" & avocado & dried tomato	12
☺ WOLUWE ST PIERRE mozzarisella "cheese" & grilled pepper & ruccola	12
☺ FOREST bacon & fried egg & ruccola	11
☺ UCCLÉ bacon & avocado & fried egg & ruccola	13

☺ VEGAN

☺ GLUTEN FREE ask for a gluten free bread

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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 CHOCOLATE PIE	6.5
ⓧⓧ LEMON MERINGUE PIE	6.5
ⓧⓧ PEANUT BUTTER RAW CAKE	6.5
ⓧⓧ CARROT RAW CAKE	6.5
ⓧⓧ RED FRUITS RAW CAKE	6.5

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