

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

### **FINGER FOOD**

<ul> <li>→ served with bread or gluten free bread</li> <li>GOUDA CHEESE</li> <li>olives &amp; gouda cheese</li> </ul>	6
BELGIAN SAUSAGE olives & dried sausage	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 dried sausage, avocado, grilled pepper, artichoke, tzatziki, olive tapenade, dried tomato, mushroom	18
⊘VEGAN ANTIPASTI avocado, grilled pepper, artichoke, mushroom, dried tomat tzatziki, olive tapenade, beetroot, bean & chickpea tapenade	
<ul> <li>✓ VEGAN "CHEESE" ANTIPASTI</li> <li>3 diferents "cheese", avocado, dried tomato, grilled pepper, artichoke, olive tapenade</li> </ul>	19

# FALAFELS

ightarrow served with a bowl of our home made vegan soup

**W** SESAME LENTILS

# WELLNESS SEASONAL SOUP

→ served with bread or gluten free bread	
<b>WVEGETABLE SOUP</b>	5
VEGETABLE SOUP with a boiled egg	7
VEGETABLE SOUP with goat cheese	8
<b>VEGETABLE SOUP</b> with lentils	9

#### SALADS

$\rightarrow$ served with bread or gluten free bread	
MOZZARISELLA mozzarisella "cheese", tomato, artichoke, kalamata olives	18
𝒮SMOKEYRISELLA smokeyrisella "cheese", tomato, cucumber, avocado, walnuts	18
𝒴BLUERISELLA bluerisella "cheese", brown lentils, celery, beetroot, walnuts	16
CELERY & APPLE celery, apple, avocado, dried tomato, walnuts	14
POMEGRANATE celery, apple, avocado, pomegranate, pumpkin seeds	14
⑦ARTICHOKE CARPACCIO artichoke, hazelnuts	14

# **BUDDHA BOWL**

buckwheat, beetroot, apple, pomegranate, rucola, sunflower seeds, sprouted shoots, tahini sauce

13

14

**BEETROOT BEANS** 

14	W CADO & RED BEANS
14	BEGG & CHICKPEA
14	

**W** BLUERISELLA "CHEESE" & RED BEANS

#### (WRAP UP" FOOD HERE we can wrap the rest of your food up

VEGAN

14





## FOCACCIA SANDWICHES

$\rightarrow$ served with a cup of vegan soup/ ask for gluten free bread	
GOOD TIMES	 11
bluerisella "cheese", tomato, cucumber, walnuts, rucola	
THE GENIUS gouda cheese, mayo, boiled egg, cucumber, tomato, lettuce	11
ONLY YOU bacon, gouda, mustard, avocado, tomato, lettuce	12
ONLY ME bacon, gouda cheese, cucumber, fried egg, mayo, lettuce	12
TOGETHER bacon, gouda cheese, cucumber, grilled pepper, rucola	12
NICE TO MEET YOU bacon, goat cheese, avocado, tomato, mushrooms, lettuce	12
⑦ ABOUT US mozzarisella "cheese", green olive tapenade, grilled pepper, cucumber, walnuts, lettuce	12
ABOUT YOU mozzarisella "cheese", black olives tapenade, avocado, tomato, rucola	11
READY TO MOVE mozzarisella "cheese", bean & chickpea tapenade, mushrooms, tomato, walnut, rucola	12
NEVER CHANGE goat cheese, avocado, dried tomato, cucumber, walnut, rucola	12
LOLA goat cheese, black olives tapenade, grilled pepper, rucola	11
THE SISTER goat cheese, beetroot, apple, walnuts, rucola	11
THE BROTHER smokeyrisella "cheese", artichoke, tomato, almond, rucola	12
TAKE A SMILE smokeyrisella "cheese", black olive tapenade, cucumber, tomate avocado, sesame, sprouted shoots	12 ว,

### WAFFLES

AGAVE SYRUP	
🕅 🏵 & banana	8
🕅 🏶 & banana, almonds	10
🐨 🏽 & banana, pomegranate, walnuts	11
PEANUT BUTTER	
🕅 🏵 & banana	9
🕅 🏽 & vanilla ice cream	10
🕅 🛞 & banana, vanilla ice cream	12
CHOCOLATE	
🗭 🏵 & vanilla ice cream	10
🗭 🏽 & banana, walnuts	11
🗭 🏵  & banana, vanilla ice cream	12
GOAT CHEESE	10
<ul> <li>&amp; almond, honey</li> <li>A almond, honey</li> </ul>	10
le bacon, avocado, mushrooms, ruccola	14
MOZZARISELLA "CHEESE"	12
🕅 🌒 & avocado, dried tomato, walnuts, sprouted shoots	12
FRIED EGG	
🏽 & bacon, avocado, mushrooms, rucola	14
🛞 & goat cheese, bacon, avocado, rucola	14

#### **FOREVER YOUNG**

avocado, apple, beetroot, mustard, cashew nuts, sprouted shoots

VEGAN

10

- GLUTEN FREE ask for a gluten free bread
- CODE WIFI: THE SISTER PASSWORD: ORGANICTHESISTER

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## BREAKFAST

$\rightarrow$ available till 1pm/ask for gluten free bread	
TOAST	 5
strawberry & blueberry jam, peanut butter, toast	
<ul> <li>FRUIT TOAST MORNING</li> <li>1x peanut butter, apple, walnuts, cinnamon</li> <li>1x blueberrie jam, banana, chia &amp; hemps seeds</li> </ul>	9
CHEESE TOAST MORNING 1x strawberrie jam, goat cheese, sunflowers & hemps seed 1x gouda cheese, boiled egg, dried tomatoes, rucola	10 s
HEALTHY MORNING boiled egg, dried tomato, goat cheese, avocado, cucumbe houmous, olive tapenade, almond, rucola, toast	12 r,
FRIEG EGG MORNING 2 fried eggs, bacon, gouda cheese, avocado, mushrooms, tomato, toast	14
FRIED "VEGG" MORNING a fried "vegg", seitan "bacon", avocado, mushrooms, tomato, toast	14
OMELETTE MORNING → with chickpea, black olive tapenade, avocado, toast REGULAR	12
BACON	13
GOUDA CHEESE	13
VEGAN OMELETTE MORNING	
<b>WONION</b>	12
𝒮 DRIED TOMATOES	13
𝐨SMOKEYRISELLA "CHEESE"	14
ORTICHOKE & MOZZARISELLA "CHEESE"	14
𝒴 SEITAN "BACON"	14
WAFFLES	

→ see our salty & sweet belgian waffles menu

### SUPERFOODS BOWL

→ nutritionnally dense bowl / available till 1pm

GRILLED
⑦ ⑧ APPLE 10
soy yogurt & coconut oil, grilled apples, chia, pumpkin seeds, sesame, hazelnuts, fresh ginger, agave syrup, cinnamon
⑦ ❀ BLUEBERRY 10
soy yogurt & coconut oil, grilled blueberries, chia, poppy seeds, almonds, agave syrup, cardamom
soy yogurt & coconut oil, grilled red fruits, chia, pumpkin seeds, sunflower seeds, walnuts, dates, agave syrup
FRESH
⑦ ⑧ BANANA 12
banana, pomegrenate, walnuts, cajou nuts, pumpkin seeds,
wheatgrass, goji berries

#### **RAW CAKES**

→ no bake, no flour, no refined sugars	
🕅 🏶 PEANUT BUTTER - CHOCOLATE	6.5
🕅 🏶 CARROT - GINGER	6.5
𝐨 🏽 RED FRUITS	6.5
🕅 🏶 MATCHA TEA - LEMON	6.5
⑦ ❀ VANILLA	6.5

Côntrole CERTISYS BE-BIO-01 -more than 75% of ingredients are organic-

#### VEGAN

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