

TAKEAWAY

100% GLUTEN FREE

BREAD

Our Bread is Made with Oats, Tapioca and Pumpkin Seeds. 100% Organic

Bread "Despensa" w/ · Butter · Cheese	2.30€
Bread "Despensa" w/ · Almond Butter · Apricot Paste · Date Paste · Hazelnut · Hazelnut w/ Cocoa Butter · Humus · Fresh Cheese (+0.20€)	2.50€
Bread "Despensa" w/ · Cottage Cheese and Pumpkin w/ Walnuts Jam	3.20€
Sweet Winter Bread*	2.50€
Organic Bread "Despensa" (800g)	9.90€

*Upon Availability

CREPES, YOGURTS & EGGS

Crepe "Despensa" w/ Fruit and 1 Paste · Almond Butter · Apricot Paste · Date Paste · Hazelnut · Hazelnut w/ Cocoa Butter · Honey	6.15€
Parfait w/ Greek Yogurt or Quark Cheese, Granola and Fruit · Seeds Granola · Cocoa Granola (We produce our Granola)	3.50€
Pizzalet Bio Eggs, Chicken, Cheese, Spinach, Cherry Tomato, Onion, Parsley, Oregano and Pepper	8.15€
Omelet* w/ Cheese, Onion and Parsley	4.15€
BIO Scrambled Eggs* w/ Ghee	3.65€
Salted Snack	2.00€

*W/ a Slice of Bread +1€, Salad +2.65€

PASTRY

Almond and Salty Cacao Tartlet 3.00€

Brownie 2.50€

Muffin 2.10€

- Cacao w/ Coconut Caramel · Cacao w/ Cacao and Hazelnut Butter
- Apple and Cinnamon · Lemon and Chia Seeds
- Orange · Carrot, Cinnamon and Walnuts

Lime Pie 3.00€

Almond Pie 3.00€

Apple Pie 2.50€

Cheesecake 3.00€

Pumpkin Roll w/ Spices 3.00€

Cacao Salami 2.50€

Truffle 1.50€

Carrot and Nuts Bar 2.50€

Fresh Fruit 3.20€

Chia Pudding 3.50€

BRUNCH

Scrambled Eggs w/ Slice of Bread +
Crepe + Juice 11.60€

Choose the Filling and the Fruit of your Crepe

LUNCH

Vegetable Soup 2.85€

Meal of the Day 7.65€

Poke Bowl 11.55€

Sushi Rice, Shrimps, Avocado, Mango, Cashewnuts,
Sprouts, Black Sesame Seeds and Paleo Asiatic Sauce

Mediterranean Tapa 6.15€

2 Slices of Bread w/ Cherry Tomato, Olives
and Feta Cheese

Salty Crepes: 8.15€

Chicken and Avocado

Lettuce, Arugula, Tomato, Chicken, Avocado, Walnuts, Lime
and Vinaigrette Sauce

Humus

Lettuce, Red Cabbage, Carrot, Humus, Parsley and Vinaigrette Sauce

Mozzarella

Lettuce, Arugula, Tomato, Pumpkin Seeds, Mozzarella and Basil Sauce

Salads: 8.15€

Chicken and Egg

Lettuce, Arugula, Spinach, Sauerkraut, Chicken, Avocado,
Pomegranate, Fried Egg w/ Vinaigrette Sauce

Humus

Lettuce, Red Cabbage, Carrot, Cucumber, Humus, Parsley
and Vinaigrette Sauce

Cheese and Walnuts

Lettuce, Arugula, Apple, Cherry Tomato, Fresh Goat Chesse,
Walnuts and Mustard w/ Honey Sauce

DRINKS

Juice of the day (33cl) 2.50€

Orange Juice (25cl) 2.50€

Water (50cl) 1.20€

Sparkling Water (25cl) 1.20€

Kombucha (25cl) 2.10€

Our Kombucha is Homemade, its Flavour can be Stronger

Milkshakes (40cl): 3.90€

Detox

Spinach, Banana, Mango, Lemon, Ginger and Cinnamon

Cocoa

Almond Milk, Cocoa, Banana, Date and Almond Butter

Protein - Hemp

Almond Milk, Hemp Protein, Banana, Almond Butter, Date and Cinnamon

Protein - Whey

Lactose-Free Milk, Natural Whey, Banana, Oats and Hazelnut Butter

Avocado w/ Coconut Milk

Coconut Milk, Avocado, Date and Chia Seeds

Probiotic w/ Kefir

Kefir and Fruit (to choose)

NUTS BUTTER

Cacao and Hazelnut Butter

Toasted Hazelnut, Cacao* and Coconut Sugar*
*Organic

5.95€

Hazelnut Butter

Toasted Hazelnut (100%)

4.95€

Almond Butter

Toasted Almond (100%)

4.95€

Date Paste

Medjool Dates (100%). Keep cold

4.95€

Apricot Paste

Apricot Dried (100%). Keep cold

4.95€

BULK

Seeds Granola 300g · 500g +2.8€	4.20€
Cacao Granola 300g · 500g +3.8€	5.70€
Himalayan Salt Fine 300g · 500g +1.8€	2.70€
Organic Coconut Sugar 300g · 500g +3€	4.50€
Organic Ceylon Cinnamon Powder 150g	5.10€
Organic Toasted Flaked Coconut 150g · 300g +2.55€	2.55€
Goji Berries 150g · 300g + 5.85€	5.85€
Organic Cacao Powder 150g · 300g +3€	3.00€
Organic Cacao Nibs Raw 150g · 300g +3.75€	3.75€
Medjool Dates 300g	5.40€
Toasted Almonds 300g	6.00€
Raw Almonds 300g	6.00€
Hazelnuts 300g	6.00€
Walnuts 300g	6.00€
Organic Gluten Free Oats 300g · 500g +1.80€	2.70€
Organic Coconut Flour 300g · 500g +1.40€	2.10€
Organic Tapioca Starch 300g	2.90€