

# Food

## Breakfast 09:00 – 14:00

<b>CROISSANT 'HAMM' &amp; 'KAES'</b> Met plantaardige 'ham', 'kaas' & pickled onion in de oven	€ 6,8
<b>YOGHURT BOWL MET GRANOLA</b> Coconut yoghurt met homemade granola & vers fruit	€ 11,5
<b>AÇAI BOWL</b> Superfood smoothie met homemade crunchy granola, pindakaas van Buddy Buddy, dadels & vers fruit	€ 14
<b>GREEN GLOW BOWL</b> Met avocado, mango, spinazie & limoen, afgewerkt met homemade granola en fruit. (Extra Buddy Buddy pindakaas? + € 1,5)	€ 12
<b>CHUNKY MONKEY OATS</b> Overnight oats met havermelk, chiazaadjes, chocolade, walnoot, maple syrup, banaan & vers fruit	€ 11
<b>TOAST TOFU SCRAMBLE</b> Meergranenbrood met plantaardig roerei, lenteui, tomaat, gepekeld ui, sla & scheuten	€ 14
<b>TOAST AVOCADO</b> Meergranenbrood met hummus, avocado, kerstomaat, gepekeld ui, sla, scheuten & chilivlokken	€ 14
<b>TOAST KIMCHI</b> Meergranenbrood met grilled 'cheese', kimchi, bicky-uitjes, komkommer, zwarte sesamzaadjes & sla	€ 14,2
<b>AMERICAN PANCAKES</b> Met vers fruit, slagroom, pistachenootjes & maple syrup	€ 13,8
<b>COCONUT BERRY PANCAKES</b> Met coulis van bessen, kokosyoghurt, fruit, amandelschilfers & maple syrup	€ 14
<b>LAZY BREAKFAST</b> Warme drank naar keuze, roze pompelmoes- of sinaassap, plant based yoghurt met homemade crunchy granola en vers fruit, croissant, meergranenbrood & confituur. (Extra beleg? Pindakaas, choco, hummus of speculoospasta +1)	€ 15,5
<b>BLACKBIRD BRUNCH</b> Warme drank naar keuze, roze pompelmoes- of sinaassap, verse fruitsalade, croissant, assortiment meergranenbrood, avocado, kerstomaat, confituur, scrambled tofu, hummus & plant based yoghurt met homemade crunchy granola	€ 24
<b>TAPAS SHARING PLATE</b> <b>Vanaf 2 pers, op voorhand reserveren.</b> Koffie of thee naar keuze, perencider, roze pompelmoes- of sinaassap, plant based yoghurt, selectie van broodjes, focaccia met olijf en zongedroogde tomaat, healthy shot, scone met rozemarijn, chocolate chip banana bread, vers fruit en assortiment dips & spreads	€ 29

## Juices

Green spirit: komkommer, spinazie, avocado, appel	€ 6
Red booster: rode biet, wortel, selder, appel	€ 6
Roze pompelmoessap of sinaasappelsap	€ 4,5
Homemade energyspot met gember, citroen, appel	€ 3
Mistletoe morning mocktail: sinaas, vlierbloesem & tonic	€ 7

## À la carte

Croissant of bagel	€ 2,9
2 sneetjes meergranenbrood	€ 2
½ avocado	€ 2,5
Hummus/portie scrambled tofu/kimchi	€ 4
Slice banana bread	€ 3
Yoghurtje met granola en vers fruit	€ 6,5

## Lunch 11:30 – 14:00

<b>HAPPINESS BOWL</b> Spinazie, gemarineerde tofu, couscous, mango, zwarte bonen, avocado, salty peanuts & dressing van pinda's en sesamolie Liever GF? Vervang de couscous door quinoa + 0,50	€ 16,8
<b>BALANCE BOWL</b> Spinazie, couscous, linzen, met za'tar gekruide zoete aardappel, 'feta', pistachenoten, granaatappel & mosterd agave dressing Liever GF? Vervang de couscous door quinoa + 0,50	€ 16,7
<b>BAGEL BLACKBIRD</b> Bagel met vegan roomkaas, avocado, bicky-uitjes, gepekeld ajuin, muhammara & spinazie (GF Bagel? + € 1)	€ 11
<b>BAGEL 'PATÉ'</b> Bagel met vegan paté, mangochutney, appel, gepekeld ajuin, walnoten & spinach (GF Bagel? + € 1)	€ 10
<b>BAGEL BANH MI</b> Bagel met gemarineerde pulled jackfruit, gepekeld wortel & radijs, komkommer, veganaise & koriander (GF Bagel? + € 1)	€ 10,5

## Sweets

<b>GEBAK VAN DE DAG</b> Check het aanbod in de display	€ 5,5 – € 6,5
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# Drinks

## Coffee

Filter coffee (flavour of the month)	€ 4
Espresso	€ 2,9
Espresso macchiato	€ 3
Americano	€ 3,2
Cappuccino	€ 3,8
Flat white	€ 4
Latte	€ 4
Buddy Buddy peanut butter latte	€ 5
Dirty chai	€ 4,5
Aerocano (steamed iced coffee)	€ 4,5
Iced latte	€ 4,5
<b>EXTRA'S</b>	
Double shot	+ € 0,5
Siroop : caramel, geroosterde hazelnoot of vanille	+ € 0,5

## 'Milk'

Warme chocolade	€ 4
Iced hazelnut cacao	€ 5
Matcha latte (hot or iced)	€ 5
Chai latte (hot or iced)	€ 4

## Thee

<b>Verse muntthee / gemberthee</b>	€ 3,8
<b>English breakfast tea</b>	€ 4
<b>Earl Grey</b>	€ 4
Ceylon zwarte thee, bergamot	
<b>China Yunnan Green</b>	€ 4,5
Krachtig, groen	
<b>Herbal relax</b>	€ 4
Linde, verbena, pepermint	
<b>Fruitbang</b>	€ 4
Appel, citroengras, sinaas, aardbei	
<b>Healthy boost</b>	€ 4,5
Groene sencha, gemberwortel, citroen	
<b>Pinnoccio</b>	€ 4
Citroen, citroengras, appel	
<b>Touareg</b>	€ 4
Green tea, mint, sugar	

## Soft

Homemade iced tea		€ 4
Marie Stella Maris plat / bruis	25cl	€ 3
Marie Stella Maris plat / bruis	75cl	€ 6,5
Afri Cola	33cl	€ 3,8
Fritz Spritz Sparkling Rhubarb		€ 3,5
Thomas Henry tonic / ginger beer		€ 4,2
Cucumis komkommer & basilicum		€ 4,9
FERM cassis & blueberry kombucha		€ 4,5
FERM gember & citroengras		€ 4,5
ZESTER vlier-citroen kefir		€ 4,5
Wostok dadel & granaatappel		€ 4,5
Roze pompelmoessap/sinaasappelsap		€ 4,5
Appelsap		€ 3
Glas gefilterd kraantjeswater		€ 1

## Aperitif

Ramborn 'Perry' cider	33cl	€ 6,5
Glass Prosecco of Mimosa		€ 7
Aperol Spritz		€ 8,5
Young heart seltzer met green tea & muscat grape		€ 6
Soho Sling: mocktail van appel & gember		€ 6,5
Mistletoe: mocktail van sinaas & tonic		€ 7
Bulldog Gin + Thomas Henry tonic		€ 10,5

## Beer

Super 8 Export: 4,8%, pils, glutenvrij	€ 3
Brugse Zot Blond: 6%, blond	€ 4
Liefmans Kriek Brut: 6%, fruitig	€ 4,5
Straffe Hendrik Quadrupel: 11%, donker	€ 5

## Wine & bubbles

<b>Jose Galo Rueda Verdejo</b>		
Wit, fris, sappig, minerale aroma's		
· Glas		€ 5
· Fles		€ 23
<b>Bodegas Piqueras El Picoteo Rosado</b>		
Rosé, bio, evenwichtig, rijp fruit		
· Glas		€ 4,5
· Fles		€ 22
<b>Hardcore Herbivore</b>		
Rood, bio, fris, elegant, licht		
· Glas		€ 6
· Fles		€ 28
<b>Prosecco La Jara</b>		
Droog, bio, fruitig & fris		
· Glas		€ 7
· Fles 75cl		€ 35

We willen u er op wijzen dat bereidingen kunnen wijzigen en dat in een professionele keuken contaminatie steeds mogelijk is. Vermeld daarom ook zeker uw allergie aan de zaakvoerder.

# Food

## Breakfast 09:00 – 14:00

<b>CROISSANT 'HAMM' &amp; 'CHEEZE'</b> With 'ham', 'cheese' & pickled onion in the oven	€ 6,8
<b>YOGHURT BOWL WITH GRANOLA</b> Coconut yoghurt with homemade granola & fresh fruit	€ 11,5
<b>AÇAI BOWL</b> Superfood smoothie with homemade crunchy granola, Buddy Buddy peanut butter, dates & fruit	€ 14
<b>GREEN GLOW BOWL</b> Avocado, mango, spinach & lime smoothie with homemade granola and fruit (Add Buddy Buddy peanut butter + € 1,5)	€ 12
<b>CHUNKY MONKEY OATS</b> <sup>GF</sup> Overnight oats with oatmilk, chia seeds, chocolate, walnuts, maple syrup, banana & fresh fruit	€ 11
<b>TOAST TOFU SCRAMBLE</b> Multigrain bread with plant based scrambled eggs, spring onion, tomato, pickled onion, shoots & salad	€ 14
<b>TOAST AVOCADO</b> Multigrain bread with hummus, avocado, cherry tomato, pickled onion, salad, shoots and chili flakes	€ 14
<b>TOAST KIMCHI</b> Multigrain bread with grilled 'cheese', kimchi, crispy onion, cucumber, black sesame seed & salad	€ 14,2
<b>AMERICAN PANCAKES</b> With fresh fruit, whipped cream, pistachio nuts & maple syrup	€ 13,8
<b>COCONUT BERRY PANCAKES</b> With blueberry coulis, coconut yoghurt, fruit, almond flakes & maple syrup	€ 14
<b>LAZY BREAKFAST</b> Hot drink of your choosing, pink grapefruit or orange juice, plant based yoghurt with homemade crunchy granola and fresh fruit, croissant, multigrain bread & jam. (Extra topping? Peanut butter, chocolate paste, hummus or biscoff paste + 1)	€ 15,5
<b>BLACKBIRD BRUNCH</b> Hot drink of your choosing, pink grapefruit or orange juice, fresh fruit salad, croissant, variety of multigrain bread, avocado, cherry tomato, jam, hummus, scrambled tofu & plant based yoghurt with homemade crunchy granola	€ 24
<b>TAPAS SHARING PLATE</b> <b>From 2p. onwards, reserve in advance</b> Hot drink of your choosing, pear cider, pink grapefruit or orange juice, plant based yoghurt, selection of mini bread rolls, focaccia with olives and sundried tomato, rosemary scone, healthy shot, chocolate chip bananabread, fresh fruit and variety of dips & spreads	€ 29

## Juices

Green spirit: cucumber, spinach, avocado, apple	€ 6
Red booster: beetroot, carrot, celery, apple	€ 6
Pink grapefruit juice or orange juice	€ 4,5
Homemade energy shot with ginger, lemon, apple	€ 3
Mistletoe mocktail: orange, elderflower & tonic	€ 7

## A la carte

Croissant or bagel	€ 2,9
2 slices of multigrain bread	€ 2
½ avocado	€ 2,5
Hummus/portion of scrambled tofu/kimchi	€ 4
Slice of banana bread	€ 2,5
Small yoghurt with granola and fresh fruit	€ 6,5

## Lunch 11:30 – 14:00

<b>HAPPINESS BOWL</b> Spinach, marinated tofu, couscous, mango, black beans, tomato, avocado, salty peanuts & peanut sesame dressing Prefer GF? Replace couscous with quinoa + 0,50	€ 16,8
<b>BALANCE BOWL</b> Spinach, couscous, lentils, za'tar sweet potatoe, 'feta', pistachio nuts, pomegranate & mustard agave dressing Prefer GF? Replace couscous with quinoa + 0,50	€ 16,7
<b>BAGEL BLACKBIRD</b> Bagel with vegan cream cheese, avocado, crispy onion, pickled onion, muhammara & spinach (GF Bagel? + € 1)	€ 11
<b>BAGEL 'PATÉ'</b> Bagel with vegan paté, mangochutney, apple, pickled onion, walnuts & spinach (GF Bagel? + € 1)	€ 10
<b>BAGEL BANH MI</b> Bagel with marinated pulled jackfruit, pickled carrots & radish, cucumber, vegan mayo & cilantro (GF Bagel? + € 1)	€ 10,5

## Sweets

<b>VARIETY OF CAKES</b> Check out our display	€ 5,5 – € 6,5
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# Drinks

## Coffee

Filter coffee (flavour of the month)	€ 4
Espresso	€ 2,9
Espresso macchiato	€ 3
Americano	€ 3,2
Cappuccino	€ 3,8
Flat white	€ 4
Latte	€ 4
Buddy Buddy peanut butter latte	€ 5
Dirty chai	€ 4,5
Aerocano (steamed iced coffee)	€ 4,5
Iced latte	€ 4,5
<b>EXTRA'S</b>	
Double shot	+ € 0,5
Syrup: caramel, roasted hazelnut or vanilla	+ € 0,5

## 'Milk'

Hot Chocolate	€ 4
Iced hazelnut cacao	€ 5
Matcha latte (hot or iced)	€ 5
Chai latte (hot or iced)	€ 4

## Tea

<b>Fresh mint tea / ginger tea</b>	€ 3,8
<b>English breakfast tea</b>	€ 4
<b>Earl Grey</b>	€ 4
Ceylon black tea, bergamot	
<b>China Yunnan Green</b>	€ 4,5
Powerful, green	
<b>Herbal relax</b>	€ 4,5
Linde, verbena, peper mint	
<b>Fruitbang</b>	€ 4
Apple, lemon grass, orange, strawberry	
<b>Healthy boost</b>	€ 4,5
Green sencha, ginger root, lemon	
<b>Pinnoccio</b>	€ 4
Lemon, lemon grass, apple	
<b>Touareg</b>	€ 4
Green tea, mint, sugar	

## Soft

Homemade iced tea		€ 4
Marie Stella Maris still / sparkling	25cl	€ 3
Marie Stella Maris still / sparkling	75cl	€ 6,5
Afri Cola	33cl	€ 3,8
Fritz Spritz Sparkling Rhubarb		€ 3,5
Thomas Henry tonic / ginger beer		€ 4,2
Cucumis cucumber & basil		€ 4,9
FERM cassis & blueberry kombucha		€ 4,5
FERM ginger & lemongrass		€ 4,5
ZESTER elderflower-lime kefir		€ 4,5
Wostok date & pomegranate		€ 4,5
Pink grapefruit juice/orange juice		€ 4,5
Apple juice		€ 3
Glass of filtered tapwater		€ 1

## Aperitif

Ramborn 'Perry' cider	33cl	€ 6,5
Glass of Prosecco or Mimosa		€ 7
Aperol Spritz		€ 8,5
Young heart seltzer with green tea & muscat grape		€ 6
Soho Sling: ginger & apple mocktail		€ 7
Mistletoe: orange & tonic mocktail		€ 7
Bulldog Gin + Thomas Henry tonic		€ 10,5

## Beer

Super 8 Export: 4,8%, lager, gluten free	€ 3
Brugse Zot Blond: 6%, blond	€ 4
Liefmans Kriek Brut: 6%, fruity	€ 4,5
Straffe Hendrik Quadrupel: 11%, dark	€ 5

## Wine & bubbles

<b>Jose Galo Rueda Verdejo</b>		
White, fresh, juicy, mineral aroma's		
· Glass		€ 5
· Bottle		€ 23
<b>Bodegas Piqueras El Picoteo Rosado</b>		
Rosé, organic, balanced, ripe fruits		
· Glass		€ 4,5
· Bottle		€ 22
<b>Hardcore Herbivore</b>		
Red, organic, fresh, elegant, light		
· Glas		€ 6
· Fles		€ 28
<b>Prosecco La Jara</b>		
Organic, dry, fruity & fresh		
· Glas		€ 7
· Bottle 75cl		€ 35

We would like to point out that our preparations can change and that there's always a possibility of cross contamination in a professional kitchen. Therefore always mention your allergies to the owner.