

# Food

## Breakfast 09:00 - 14:00

**CROISSANT 'HAMM' & 'KAES'** € 6,9  
'Hamm', 'kaes' en gepekelde ajuin

**CROISSANT 'ZALMM'** € 6,9  
Kruidenkaas, zalm en gepekelde ajuin

**YOGHURT BOWL MET GRANOLA** € 12,5  
Soja yoghurt met homemade granola & vers fruit

**AÇAI BOWL** € 14,5  
Superfood smoothie met homemade crunchy granola, pindakaas van Buddy Buddy, dadels & vers fruit

**GREEN SMOOTHIE BOWL** € 14  
Spinazie, mango, avocado, banaan en limoensap afgewerkt met homemade crunchy granola en fruit met pindakaas + 1

**CHUNKY MONKEY OATS** € 13,5  
Overnight oats met havermelk, chiazaadjes, chocolade, walnoot, maple syrup, banaan & vers fruit

**PB&J OATS** € 13,5  
Overnight oats met havermelk, chiazaadjes, bessen, coulis, maple syrup & pindakaas

**TOAST TOFU SCRAMBLE** € 15  
Meergranenbrood met plantaardig roerei, lenteui, tomaat, gepekelde ui, sla & scheuten

**TOAST AVOCADO** € 15  
Meergranenbrood met hummus, avocado, kerstomaat, gepekelde ui, sla, scheuten & chilivlokken

**TOAST KIMCHI** € 15  
Meergranenbrood met grilled 'cheese', kimchi, bicky-uitjes, komkommer, zwarte sesamzaadjes & sla

**AMERICAN PANCAKES** € 14  
Met vers fruit, slagroom, pistachenootjes & maple syrup

**COCONUT BERRY PANCAKES** € 14,5  
Met coulis van bessen, kokosyoghurt, fruit, amandelschilfers & maple syrup

**LAZY BREAKFAST** € 18  
Warme drank naar keuze, roze pompelmoes- of sinaassap, plant based yoghurt met homemade crunchy granola en vers fruit, croissant, meergranenbrood, 2 sneetjes 'kaas' & confituur. (Extra beleg? Pindakaas, choco, hummus of speculoospasta +1)

**DELUXE BRUNCH** € 26  
Warme drank naar keuze, roze pompelmoes- of sinaassap, verse fruitsalade, croissant, meergranenbrood, avocado, kerstomaat, confituur, scrambled tofu, hummus & plant based yoghurt met homemade crunchy granola

## Juices

Green spirit: spinazie, peer, appel, munt € 6

Red booster: rode biet, wortel, selder, appel € 6

Roze pompelmoessap of sinaasappelsap € 4,5

Healthy body shot: gember, kurkuma, spirulina, appel € 4

Mistletoe morning mocktail: sinaas, vlierbloesem & tonic € 7

## Extra's

Croissant of bagel € 3

2 sneetjes meergranenbrood € 2

½ avocado/2 sneetjes 'kaes' € 3

Hummus/portie scrambled tofu/kimchi € 4

Slice banana bread € 3

Yoghurtje met granola en vers fruit € 6,5

## Lunch 11:30 - 14:00

**HAPPINESS BOWL** € 17

Spinazie, gemarineerde tofu, couscous, mango, zwarte bonen, avocado, kerstomaatjes, gepekelde ui, salty peanuts & pindadressing

Liever GF? Vervang de couscous door quinoa + 0,50

**BALANCE BOWL** € 17

Spinazie, couscous, linzen, met za'tar gekruide zoete aardappel, 'feta', pistachenoten, granaatappel & bieslookdressing

Liever GF? Vervang de couscous door quinoa + 0,50

**BAGEL BLACKBIRD** € 13

Bagel met vegan roomkaas, avocado, bicky-uitjes, gepekelde ajuin, muhammara & spinazie (GF Bagel? + € 1)

**BAGEL 'PATÉ'** € 13

Bagel met vegan paté, mangochutney, appel, gepekelde ajuin, walnoten & spinach (GF Bagel? + € 1)

**BAGEL BANH MI** € 13

Bagel met gemarineerde pulled jackfruit, gepekelde wortel & radijs, komkommer, veganaise & koriander (GF Bagel? + € 1)

## Sweets

**GEBAK VAN DE DAG** € 6,5

Check het aanbod in de display

# Drinks

## Specialty coffee

Filter coffee (flavour of the moment)	€ 4
Espresso	€ 2,9
Espresso macchiato	€ 3
Cortado	€ 3,5
Americano	€ 3,2
Dubbel americano	€ 4,5
Cappuccino	€ 4
Flat white	€ 4,5
Latte	€ 5
Aerocano (steamed iced coffee)	€ 5

### EXTRA'S

Double shot / iced	+ € 0,5
Siroop : caramel, geroosterde hazelnoot of vanille	+ € 0,5

## 'Milk'

Warme chocolade	€ 4,5
Hazelnut cacao	€ 5
Popcorn matcha	€ 6
Matcha latte	€ 6
Chai latte	€ 4,5

### EXTRA'S

Make it dirty / iced	+ € 0,5
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## Thee

<b>Verse muntthee / gemberthee</b>	€ 4,5
<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>	€ 4,5
Linde, verbena, pepermunt	
<b>Fruitbang</b>	€ 4,5
Appel, citroengras, sinaas, aardbei	
<b>Healthy boost</b>	€ 4,5
Groene sencha, gemberwortel, citroen	
<b>Pinnoccio</b>	€ 4,5
Citroen, citroengras, appel	
<b>Touareg</b>	€ 4,5
Green tea, mint, sugar	

## Soft

Homemade iced tea munt & wilde kruiden plat / bruis		€ 5
Homemade lemonade zesty citrus plat / bruis		€ 5
Marie Stella Maris plat / bruis	25cl	€ 3
Marie Stella Maris plat / bruis	75cl	€ 6,5
Frits Kola / Zero	33cl	€ 4,2
Thomas Henry tonic / ginger beer		€ 4,2
FERM cassis & blueberry kombucha		€ 4,5
FERM gember & citroengras kombucha		€ 4,5
Roze pompelmoessap/sinaasappelsap		€ 4,5
Appelsap/koude chocomelk		€ 3
Glas gefilterd kraantjeswater		€ 1

## Aperitif

Glass Prosecco of Mimosa	€ 7
Soho Sling: mocktail van appel & gember	€ 7
Mistletoe: mocktail van sinaas & tonic	€ 7
Bulldog Gin + Thomas Henry tonic	€ 12

## Beer

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	€ 5,5
· Fles	€ 24
<b>Insieme Orange de Santa Tresa</b>	
Orange, bio, evenwichtig, rijp fruit	
· Glas	€ 6,5
· Fles	€ 29
<b>Morgado Do Quintæo</b>	
Rood, elegant, bessen, touch of spice	
· Glas	€ 6,5
· Fles	€ 29
<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> 'Hamm', 'kaes' and pickled onion	€ 6,9
<b>CROISSANT 'ZALMON'</b> Herb cream cheese, 'zalmon' and pickled onion	€ 6,9
<b>YOGHURT BOWL WITH GRANOLA</b> Soy yoghurt with homemade granola & fresh fruit	€ 12,5
<b>AÇAI BOWL</b> Superfood smoothie with homemade crunchy granola, Buddy Buddy peanut butter, dates & fruit	€ 14,5
<b>GREEN SMOOTHIE BOWL</b> Spinach, mango, avocado, banana and lime juice topped with homemade crunchy granola and fruit add peanut butter + 1	€ 14
<b>CHUNKY MONKEY OATS</b> Overnight oats with oatmilk, chia seeds, chocolate, walnuts, maple syrup, banana & fresh fruit	€ 12
<b>PB&amp;J OATS</b> Overnight oats with oatmilk, chia seeds, berries, coulis, maple syrup & peanut butter	€ 13,5
<b>TOAST TOFU SCRAMBLE</b> Multigrain bread with plant based scrambled eggs, spring onion, tomato, pickled onion, shoots & salad	€ 15
<b>TOAST AVOCADO</b> Multigrain bread with hummus, avocado, cherry tomato, pickled onion, salad, shoots and chili flakes	€ 15
<b>TOAST KIMCHI</b> Multigrain bread with grilled 'cheese', kimchi, crispy onion, cucumber, black sesame seed & salad	€ 15
<b>AMERICAN PANCAKES</b> With fresh fruit, whipped cream, pistachio nuts & maple syrup	€ 14
<b>COCONUT BERRY PANCAKES</b> With blueberry coulis, coconut yoghurt, fruit, almond flakes & maple syrup	€ 14,5
<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, 2 slices of 'cheese' & jam. (Extra topping? Peanut butter, chocolate paste, hummus or biscoff paste + 1)	€ 18
<b>DELUXE BRUNCH</b> Hot drink of your choosing, pink grapefruit or orange juice, fresh fruit salad, croissant, multigrain bread, avocado, cherry tomato, jam, hummus, scrambled tofu & plant based yoghurt with homemade crunchy granola	€ 26

## Juices

Green spirit: apple, pear, spinach, mint	€ 6
Red booster: beetroot, carrot, celery, apple	€ 6
Pink grapefruit juice or orange juice	€ 4,5
Healthy body shot: ginger, turmeric, spirulina, apple	€ 4
Mistletoe mocktail: orange, elderflower & tonic	€ 7

## Extras

Croissant or bagel	€ 2,9
2 slices of multigrain bread	€ 2
½ avocado/2 slices of 'cheese'	€ 3
Hummus/portion of scrambled tofu/kimchi	€ 4
Slice of banana bread	€ 3
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, cherry tomato, avocado, pickled onion, salty peanuts & peanut dressing Prefer GF? Replace couscous with quinoa + 0,50	€ 17
<b>BALANCE BOWL</b> Spinach, couscous, lentils, za'tar sweet potatoe, 'feta', pistachio nuts, pomegranate & chive dressing Prefer GF? Replace couscous with quinoa + 0,50	€ 17
<b>BAGEL BLACKBIRD</b> Bagel with vegan cream cheese, avocado, crispy onion, pickled onion, muhammara & spinach (GF Bagel? + € 1)	€ 13
<b>BAGEL 'PATÉ'</b> Bagel with vegan paté, mangochutney, apple, pickled onion, walnuts & spinach (GF Bagel? + € 1)	€ 13
<b>BAGEL BANH MI</b> Bagel with marinated pulled jackfruit, pickled carrots & radish, cucumber, vegan mayo & cilantro (GF Bagel? + € 1)	€ 13

## Sweets

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

## Specialty coffee

Filter coffee (flavour of the moment)	€ 4
Espresso	€ 2,9
Espresso macchiato	€ 3
Cortado	€ 3,5
Americano	€ 3,2
Double americano	€ 4,5
Cappuccino	€ 4
Flat white	€ 4,5
Latte	€ 5
Aerocano (steamed iced coffee)	€ 5

### EXTRA'S

Double shot / iced	+ € 0,5
Syrup: caramel, roasted hazelnut or vanille	+ € 0,5

## 'Milk'

Hot Chocolate	€ 4,5
Hazelnut cacao	€ 5
Matcha latte	€ 6
Popcorn matcha latte	€ 6
Chai latte	€ 4,5

### EXTRA'S

Make it dirty / iced	+ € 0,5
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## Tea

<b>Fresh mint tea / ginger tea</b>	€ 4,5
<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>	€ 4,5
Apple, lemon grass, orange, strawberry	
<b>Healthy boost</b>	€ 4,5
Green sencha, ginger root, lemon	
<b>Pinnoccio</b>	€ 4,5
Lemon, lemon grass, apple	
<b>Touareg</b>	€ 4,5
Green tea, mint, sugar	

## Soft

Homemade iced tea mint & wild herbs still / sparkling	€ 5
Homemade lemonade zesty lemon still / sparkling	€ 5
Marie Stella Maris still / sparkling 25cl	€ 3
Marie Stella Maris still / sparkling 75cl	€ 6,5
Frits Kola / Zero 33cl	€ 4,2
Thomas Henry tonic / ginger beer	€ 4,2
FERM cassis & blueberry kombucha	€ 4,5
FERM ginger & lemongrass kombucha	€ 4,5
Pink grapefruit juice/orange juice	€ 4,5
Apple juice / cold chocolate milk	€ 3
Glass of filtered tapwater	€ 1

## Aperitif

Glass of Prosecco or Mimosa	€ 7
Soho Sling: ginger & apple mocktail	€ 7
Mistletoe: orange & tonic mocktail	€ 7
Bulldog Gin + Thomas Henry tonic	€ 12

## Beer

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	€ 5,5
· Bottle	€ 24
<b>Insieme Orange de Santa Tresa</b>	
Orange, organic, balanced, ripe fruits	
· Glass	€ 6,5
· Bottle	€ 29
<b>Morgado Do Quintæo</b>	
Red, elegant, berries, touch of spice	
· Glas	€ 6,5
· Fles	€ 29
<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.**