

FOOD

Breakfast 09:00 - 14:00

CROISSANT 'HAMM' & 'KAES' 'Hamm', 'kaes' en gepekeld ajuin	€ 6,9
YOGHURT BOWL MET GRANOLA Soja yoghurt met homemade granola & vers fruit	€ 12,5
AÇAI BOWL Superfood smoothie met homemade crunchy granola, pindakaas, dadels & vers fruit	€ 14,5
GREEN GLOW BOWL Spinazie, mango, avocado, banaan en limoensap afgewerkt met homemade crunchy granola en fruit met pindakaas + € 1	€ 14,5
CHUNKY MONKEY OATS Overnight oats met havermelk, chiazaadjes, chocolade, walnoot, maple syrup, banaan & vers fruit	€ 13,5
PEANUT BUTTER & JELLY OATS Overnight oats met havermelk, chiazaadjes, bessen, coulis, maple syrup & pindakaas	€ 13,5
TOAST TOFU SCRAMBLE Meergranenbrood met plantaardig roerei, lenteui, tomaat, gepekeld ui, sla & scheuten	€ 15,5
TOAST AVOCADO Meergranenbrood met hummus, avocado, kerstomaat, gepekeld ui, sla, scheuten & chilivlokken	€ 15,5
TOAST KIMCHI Meergranenbrood met grilled 'cheese', kimchi, bicky-uitjes, komkommer, zwarte sesamzaadjes & sla	€ 15,5
TOAST 'ZALMM' Meergranenbrood met kruidenkaas, 'zalmm', avocado, gepekeld ui, sla & scheuten	€ 17
AMERICAN PANCAKES Met vers fruit, slagroom, pistachenootjes & maple syrup	€ 14
COCONUT BERRY PANCAKES Met coulis van bessen, kokosyoghurt, fruit, amandelschiffers & maple syrup	€ 14,5
LAZY BREAKFAST Koffie of thee 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) Pimp it? Change your juice into Mimosa or Prosecco + € 5	€ 19
EXTRA LAZY BREAKFAST Koffie of thee naar keuze, roze pompelmoes- of sinaassap, croissant, meergranenbrood, avocado, kerstomaat, confituur, scrambled tofu, hummus & plant based yoghurt met homemade crunchy granola en bessen Pimp it? Change your juice into Mimosa or Prosecco + € 5	€ 26,5

Juices

Green spirit: spinazie, peer, appel, munt	€ 6
Red booster: rode biet, wortel, selder, appel	€ 6
Vitamine C kickstart: coldpressed smoothie met kiwi & sinaas	€ 6
Roze pompelmoessap of sinaasappelsap	€ 4,5
Appelsap	€ 3,5
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 Spinazie, gemarineerde tofu, couscous, mango, zwarte bonen, avocado, kerstomaatjes, gepekeld ui, salty peanuts & pindadressing Liever GF? Vervang de couscous door quinoa + 0,50	€ 17,5
BALANCE BOWL Spinazie, couscous, linzen, met za'tar gekruide zoete aardappel, 'feta', pistachenoten, granaatappel & bieslookdressing Liever GF? Vervang de couscous door quinoa + 0,50	€ 17,5
BAGEL BLACKBIRD Bagel met vegan roomkaas, avocado, bicky-uitjes, gepekeld ajuin, muhammara & spinazie (GF Bagel? + € 1)	€ 13
BAGEL 'PATÉ' Bagel met vegan paté, mangochutney, appel, gepekeld ajuin, walnoten & spinach (GF Bagel? + € 1)	€ 13

Sweets

GEBAK VAN DE DAG Check het aanbod in de display	€ 6,5
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DRINKS

Specialty coffee

Filter coffee (flavour of the moment/batch brew)	€ 4
Espresso	€ 3
Espresso macchiato	€ 3,3
Cortado	€ 3,5
Americano	€ 3,5
Dubbel americano	€ 4,5
Cappuccino	€ 4
Double cappuccino	€ 5
Flat white	€ 4,5
Latte	€ 5
Aerocano (steamed iced americano)	€ 5
Espresso tonic	€ 5,5

EXTRA'S

Double shot / iced	+ € 0,6
Siroop : caramel, geroosterde hazelnoot of vanille	+ € 0,5

'Milk'

Warme chocolade	€ 5
Hazelnut cacao	€ 5,5
Matcha latte	€ 6,5
Matcha genmaicha	€ 6,5
Berry matcha (iced)	€ 6
Chai latte	€ 5

EXTRA'S

Make it dirty / iced	+ € 0,6
Add syrup	+ € 0,5

Thee

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

Soft

Homemade lemonade seasonal flavours plat / bruis	€ 6
Spa plat / bruis	25cl € 3
Spa plat / bruis	1l € 6,5
Afri 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	€ 3,5
Glas gefilterd kraantjeswater	€ 1

Aperitif

Glass Prosecco of Mimosa	€ 7
Mimosa	€ 8
Mistletoe: mocktail van sinaas & tonic	€ 7
Matcha Bloom: sweet matcha syrup & lime mocktail	€ 7,5
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

Jose Galo Rueda Verdejo

Wit, fris, sappig, minerale aroma's	
· Glas	€ 6
· Fles	€ 25

Insieme Orange de Santa Tresa

Orange, bio, evenwichtig, rijp fruit	
· Glas	€ 7
· Fles	€ 30

Morgado Do Quintæo

Rood, elegant, bessen, touch of spice	
· Glas	€ 6,5
· Fles	€ 29

Prosecco La Jara

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

CROISSANT 'HAMM' & 'CHEEZE' 'Hamm', 'kaes' and pickled onion	€ 6,9
YOGHURT BOWL WITH GRANOLA Soy yoghurt with homemade granola & fresh fruit	€ 12,5
AÇAI BOWL Superfood smoothie with homemade crunchy granola, peanut butter, dates & fruit	€ 14,5
GREEN GLOW BOWL Spinach, mango, avocado, banana and lime juice topped with homemade crunchy granola and fruit add peanut butter + € 1	€ 14,5
CHUNKY MONKEY OATS Overnight oats with oatmilk, chia seeds, chocolate, walnuts, maple syrup, banana & fresh fruit	€ 13,5
PEANUT BUTTER & JELLY OATS Overnight oats with oatmilk, chia seeds, berries, coulis, maple syrup & peanut butter	€ 13,5
TOAST TOFU SCRAMBLE Multigrain bread with plant based scrambled 'eggs', tomato, pickled onion, shoots & salad	€ 15,5
TOAST AVOCADO Multigrain bread with hummus, avocado, cherry tomato, pickled onion, salad, shoots and chili flakes	€ 15,5
TOAST KIMCHI Multigrain bread with grilled 'cheese', kimchi, crispy onion, cucumber, black sesame seed & salad	€ 15,5
TOAST 'SALMONN' Multigrain bread with herb cheese, 'salmonn', avocado, pickled onion, salad & shoots	€ 17
AMERICAN PANCAKES With fresh fruit, whipped cream, pistachio nuts & maple syrup	€ 14
COCONUT BERRY PANCAKES With blueberry coulis, coconut yoghurt, fruit, almond flakes & maple syrup	€ 14,5
LAZY BREAKFAST Coffee or tea 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) Pimp it? Change your juice into Mimosa or Prosecco + € 5	€ 19
EXTRA LAZY BREAKFAST Coffee or tea of your choosing, pink grapefruit or orange juice, croissant, multigrain bread, avocado, cherry tomato, jam, hummus, scrambled tofu, plant based yoghurt with homemade crunchy granola & berries Pimp it? Change your juice into Mimosa or Prosecco + € 5	€ 26,5

Juices

Green spirit: apple, pear, spinach, mint	€ 6
Red booster: beetroot, carrot, celery, apple	€ 6
Vitamine C kickstart: coldpressed smoothie with kiwi & orange	€ 6
Pink grapefruit juice or orange juice	€ 4,5
Applejuice	€ 3,5
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

HAPPINESS BOWL Spinach, marinated tofu, couscous, mango, black beans, cherry tomato, avocado, pickled onion, salty peanuts & peanut dressing Prefer GF? Replace couscous with quinoa + 0,50	€ 17,5
BALANCE BOWL Spinach, couscous, lentils, za'tar sweet potatoe, 'feta', pistachio nuts, pomegranate & chive dressing Prefer GF? Replace couscous with quinoa + 0,50	€ 17,5
BAGEL BLACKBIRD Bagel with vegan cream cheese, avocado, crispy onion, pickled onion, muhammara & spinach (GF Bagel? + € 1)	€ 13
BAGEL 'PATÉ' Bagel with vegan paté, mangochutney, apple, pickled onion, walnuts & spinach (GF Bagel? + € 1)	€ 13

Sweets

VARIETY OF CAKES Check out our display	€ 6,5
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DRINKS

Specialty coffee

Filter coffee (flavour of the moment/batch brew)	€ 4
Espresso	€ 3
Espresso macchiato	€ 3,3
Cortado	€ 3,5
Americano	€ 3,5
Double americano	€ 4,5
Cappuccino	€ 4
Double cappuccino	€ 5
Flat white	€ 4,5
Latte	€ 5
Aerocano (steamed iced americano)	€ 5
Espresso tonic	€ 5,5

EXTRA'S

Double shot / iced	+ € 0,6
Syrup: caramel, roasted hazelnut or vanille	+ € 0,5

'Milk'

Hot Chocolate	€ 5
Hazelnut cacao	€ 5,5
Matcha latte	€ 6,5
Matcha genmaicha	€ 6,5
Berry matcha (iced)	€ 6
Chai latte	€ 5

EXTRA'S

Make it dirty / iced	+ € 0,6
Add syrup	+ € 0,5

Tea

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

Soft

Homemade lemonade seasonal flavours still / sparkling	€ 6
Spa still / sparkling	25cl € 3
Spa still / sparkling	1l € 6,5
Afri 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	€ 3,5
Glass of filtered tapwater	€ 1

Aperitif

Glass of Prosecco	€ 7
Mimosa	€ 8
Mistletoe: orange & tonic mocktail	€ 7
Matcha Bloom: sweet matcha syrup & lime mocktail	€ 7,5
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

Jose Galo Rueda Verdejo

White, fresh, juicy, mineral aroma's	
· Glass	€ 6
· Bottle	€ 25

Insieme Orange de Santa Tresa

Orange, organic, balanced, ripe fruits	
· Glass	€ 7
· Bottle	€ 30

Morgado Do Quintæo

Red, elegant, berries, touch of spice	
· Glas	€ 6,5
· Fles	€ 29

Prosecco La Jara

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.