

Food

Breakfast 09:00 – 14:30

CROISSANT 'HAMM' & 'KAES' Met plantaardige 'ham', 'kaas' & pickled onion in de oven	€ 6,8
YOGHURT BOWL MET GRANOLA ^{GF} Coconut yoghurt met homemade granola & vers fruit	€ 11,5
AÇAI BOWL ^{GF} Superfood smoothie met homemade crunchy granola, pindakaas van Buddy Buddy, dadels & vers fruit	€ 13
CHUNKY MONKEY OATS ^{GF} Overnight oats met havermelk, chiazaadjes, chocolade, walnoot, maple syrup, banaan & vers fruit	€ 10,5
TOAST BUDDY BUDDY PEANUT BUTTER Meergranenbrood met Buddy Buddy peanut butter, vers fruit, zaden & gedroogde superfood bessen	€ 11,8
TOAST TOFU SCRAMBLE Meergranenbrood met plantaardig roerei, lenteui, tomaat, gepekeld ui, sla & scheuten	€ 13,5
TOAST AVOCADO Meergranenbrood met hummus, avocado, kerstomaat, gepekeld ui, sla, scheuten & chilivlokken	€ 13,5
TOAST KIMCHI Meergranenbrood met grilled 'cheese', kimchi, bicky-uitjes, komkommer, zwarte sesamzaadjes & sla	€ 14
AMERICAN PANCAKES Met vers fruit, slagroom, pistachenootjes & maple syrup	€ 13
COCONUT BERRY PANCAKES Met coulis van bessen, kokosyoghurt, fruit, amandelschilfers & maple syrup	€ 13,5
LAZY BREAKFAST Warme drank naar keuze, roze pompelmoes- of sinaassap, plant based yoghurt met homemade crunchy granola en vers fruit, croissant, meergranenbrood & kies een beleg: confituur, pindakaas, choco, hummus of speculoospasta	€ 15,5
BLACKBIRD BRUNCH 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	€ 23
TAPAS SHARING PLATE Vanaf 2 pers, op voorhand reserveren. 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

Healthy green: spinazie, peer, appel, munt	€ 6
Red booster: rode biet, wortel, selder, appel	€ 6
Roze pompelmoessap of sinaasappelsap	€ 4,5
Energyspot met gember, citroen, appel & kurkuma	€ 3
Mistletoe morning mocktail: sinaas, vlierbloesem & tonic	€ 6,5

À la carte

Croissant of bagel	€ 2,9
2 sneetjes meergranenbrood	€ 2
½ avocado	€ 2,5
Hummus/portie scrambled tofu/kimchi	€ 4
Choco, Buddy Buddy pindakaas of speculoospasta	€ 1,5
Slice banana bread	€ 3
Yoghurtje met granola en vers fruit	€ 6,5

Lunch 11:30 – 14:30

TAS SOEP (OKT TOT APR)	€ 3,5
HAPPINESS BOWL 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
BALANCE BOWL Spinazie, couscous, linzen, met za'tar gekruide zoete aardappel, 'feta', pistachenoten, granaatappel & dressing van tahini en limoen Liever GF? Vervang de couscous door quinoa + 0,50	€ 16,5
BAGEL BLACKBIRD Bagel met vegan roomkaas, avocado, bicky-uitjes, muhammara & spinazie (GF Bagel? + € 1)	€ 10,5
BAGEL 'PATÉ' Bagel met vegan paté, mangochutney, appel, gepekeld ajuin, walnoten & spinach (GF Bagel? + € 1)	€ 9,5
BAGEL BANH MI Bagel met gemarineerde pulled jackfruit, gepekeld wortel & radijs, komkommer, veganaise & koriander (GF Bagel? + € 1)	€ 10

Sweets

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

Drinks

Coffee

Espresso	€ 2,9
Espresso macchiato	€ 3
Long black	€ 3,2
Cappuccino	€ 3,8
Flat white	€ 4
Latte	€ 4
Buddy Buddy peanut butter latte	€ 5
Iced coffee	€ 4
Iced latte	€ 4

EXTRA'S

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

Soft

Homemade iced tea	€ 3,5
Marie Stella Maris plat / bruis 25cl	€ 3
Marie Stella Maris plat / bruis 75cl	€ 6,5
Afri Cola / Afri Cola suikervrij 33cl	€ 3,8
Fritz Spritz Sparkling Rhubarb	€ 3,5
Thomas Henry tonic / ginger ale of beer	€ 4,2
Cucumis komkommer & basilicum	€ 4,9
FERM cassis & blueberry kombucha	€ 4,5
FERM mandarijn & steranijs kombucha	€ 4,5
ZESTER vlier-citroen kefir	€ 4,5
Wostok dadel & granaatappel	€ 4,5
Roze pompelmoessap/sinaasappelsap	€ 4,5
Appelsap	€ 3
Glas kraantjeswater	€ 0,7

Thee

Verse muntthee / gemberthee	€ 3,5
English breakfast tea	€ 4
Earl Grey	€ 4
Ceylon zwarte thee, bergamot	
China Yunnan Green	€ 4,5
Krachtig, groen	
Zorgeloos	€ 4
Kamille, linde, appel, venkel, sinaas	
Fruitbang	€ 4
Appel, citroengras, sinaas, aardbei	
Balthazar	€ 4,5
Groen, gember, kardemom, ananas	
Pinnoccio	€ 4
Citroen, citroengras, appel	

'Milk'

Warme chocolade	€ 4
Kurkuma / matcha / beetroot latte	€ 5
Iced matcha latte	€ 5
Chai latte	€ 4
Dirty chai latte	€ 4,5

Aperitif

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

Beer

Super 8 Export: 4,8%, pils, glutenvrij	€ 3
Brugse Zot Blond: 6%, blond	€ 4
Sportzot: alcoholvrij speciaalbier	€ 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	€ 5
· Fles	€ 23

Bodegas Piqueras El Picoteo Rosado

Rosé, bio, evenwichtig, rijp fruit	
· Glas	€ 4,5
· Fles	€ 22

Hardcore Herbivore

Rood, bio, fris, elegant, licht	
· Glas	€ 6
· Fles	€ 28

Prosecco La Jara

Droog, bio, fruitig & fris	
· Glas	€ 7
· Fles 37,5 cl	€ 18
· 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 – 14:30

CROISSANT 'HAMM' & 'CHEEZE' With 'ham', 'cheese' & pickled onion in the oven	€ 6,8
YOGHURT BOWL WITH GRANOLA ^{GF} Coconut yoghurt with homemade granola & fresh fruit	€ 11,5
AÇAI BOWL ^{GF} Superfood smoothie with homemade crunchy granola, Buddy Buddy peanut butter, dates & fruit	€ 13
CHUNKY MONKEY OATS ^{GF} Overnight oats with oatmilk, chia seeds, chocolate, walnuts, maple syrup, banana & fresh fruit	€ 10,5
TOAST BUDDY BUDDY PEANUT BUTTER Multigrain bread with Buddy Buddy peanut butter, fresh fruit, seeds & dried superfood berries	€ 11,8
TOAST TOFU SCRAMBLE Multigrain bread with plant based scrambled eggs, spring onion, tomato, pickled onion, shoots & salad	€ 13,5
TOAST AVOCADO Multigrain bread with hummus, avocado, cherry tomato, pickled onion, salad, shoots and chili flakes	€ 13,5
TOAST KIMCHI Multigrain bread with grilled 'cheese', kimchi, crispy onion, cucumber, black sesame seed & salad	€ 14
AMERICAN PANCAKES With fresh fruit, whipped cream, pistachio nuts & maple syrup	€ 13
COCONUT BERRY PANCAKES With blueberry coulis, coconut yoghurt, fruit, almond flakes & maple syrup	€ 13,5
LAZY BREAKFAST Hot drink of your choosing, pink grapefruit or orange juice, plant based yoghurt with homemade crunchy granola and fresh fruit, croissant, multigrain bread & choose your topping: marmelade, peanut butter, chocolate paste, hummus or biscoff paste	€ 15,5
BLACKBIRD BRUNCH 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	€ 23
TAPAS SHARING PLATE From 2p. onwards, reserve in advance 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

Healthy green: spinach, pear, apple, mint	€ 6
Red booster: beetroot, carrot, celery, apple	€ 6
Pink grapefruit juice or orange juice	€ 4,5
Energy shot with ginger, lemon, apple & turmeric	€ 3
Mistletoe mocktail: orange, elderflower & tonic	€ 6,5

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
Chocolate paste, Buddy Buddy peanut butter or biscoff paste	€ 1,5
Slice of banana bread	€ 2,5
Small yoghurt with granola and fresh fruit	€ 6,5

Lunch 11:30 – 14:30

CUP OF SOUP (OCT TO APR)	€ 3,5
HAPPINESS BOWL Spinach, marinated tofu, couscous, mango, black beans, tomato, avocado, salty peanuts & peanut sesame dressing Prefer GF? Replace couscous with quinoa + 0,50	€ 16,8
BALANCE BOWL Spinach, couscous, lentils, za'tar sweet potatoe, 'feta', pistachio nuts, pomegranate & tahini lime dressing Prefer GF? Replace couscous with quinoa + 0,50	€ 16,5
BAGEL BLACKBIRD Bagel with vegan cream cheese, avocado, crispy onion, muhammara & spinach (GF Bagel? + € 1)	€ 10,5
BAGEL 'PATÉ' Bagel with vegan paté, mangochutney, apple, pickled onion, walnuts & spinach (GF Bagel? + € 1)	€ 9,5
BAGEL BANH MI Bagel with marinated pulled jackfruit, pickled carrots & radish, cucumber, vegan mayo & cilantro (GF Bagel? + € 1)	€ 10

Sweets

VARIETY OF CAKES Check out our display	€ 5,5 – € 6,5
--	---------------

Drinks

Coffee*

Espresso	€ 2,9
Espresso macchiato	€ 3
Long black	€ 3,2
Cappuccino	€ 3,8
Flat white	€ 4
Latte	€ 4
Buddy Buddy peanut butter latte	€ 5
Iced coffee	€ 4
Iced latte	€ 4

EXTRA'S

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

Soft

Homemade iced tea	€ 3,5
Marie Stella Maris still / sparkling 25cl	€ 3
Marie Stella Maris still / sparkling 75cl	€ 6,5
Afri Cola / Afri Cola sugar free 33cl	€ 3,8
Fritz Spritz Sparkling Rhubarb	€ 3,5
Thomas Henry tonic / ginger ale or beer	€ 4,2
Cucumis cucumber & basil	€ 4,9
FERM cassis & blueberry kombucha	€ 4,5
FERM tangerine & star anise kombucha	€ 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 tapwater	€ 0,7

Tea

Fresh mint tea / ginger tea	€ 3,5
English breakfast tea	€ 4
Earl Grey	€ 4
Ceylon black tea, bergamot	
China Yunnan Green	€ 4,5
Powerful, green	
Carefree	€ 4
Camomile, linden, apple, fennel, orange	
Fruitbang	€ 4
Apple, lemon grass, orange, strawberry	
Balthazar	€ 4,5
Green, ginger, cardamom, pineapple	
Pinnoccio	€ 4
Lemon, lemon grass, apple	

'Milk'

Hot Chocolate	€ 4
Turmeric / Matcha / Beetroot latte	€ 5
Iced Matcha latte	€ 5
Chai latte	€ 4
Dirty chai latte	€ 4,5

Aperitif

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

Beer

Super 8 Export: 4,8%, lager, gluten free	€ 3
Brugse Zot Blond: 6%, blond	€ 4
Sportzot: non-alcoholic specialty beer	€ 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	€ 5
· Bottle	€ 23

Bodegas Piqueras El Picoteo Rosado

Rosé, organic, balanced, ripe fruits	
· Glass	€ 4,5
· Bottle	€ 22

Hardcore Herbivore

Red, organic, fresh, elegant, light	
· Glas	€ 6
· Fles	€ 28

Prosecco La Jara

Organic, dry, fruity & fresh	
· Glas	€ 7
· Bottle 37,5 cl	€ 18
· 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.