

FOOD

Brunch 09:00 – 14:00

YOGHURT BOWL MET GRANOLA € 13
Soja yoghurt met homemade granola & vers fruit

AÇAÍ BOWL € 14,5
Superfood smoothie met homemade crunchy granola, pindakaas, dadels & vers fruit

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

PEANUT BUTTER & JELLY OATS € 13,5
Overnight oats met havermelk, chiazaadjes, bessen, coulis, maple syrup & pindakaas

BREAKFAST BAGEL € 16,5
Bagel met plantaardig roerei, lenteui, tomaat, gepekeld ui, sriracha, sla & scheuten

TOAST AVOCADO € 15,5
Meergranenbrood met hummus, avocado, kerstomaat, gepekeld ui, sla, scheuten & chilivlokken

TOAST KIMCHI € 15,5
Meergranenbrood met grilled 'cheese', kimchi, bicky-uitjes, komkommer, zwarte sesamzaadjes & sla

TOAST 'ZALMM' € 17
Meergranenbrood met kruidenkaas, 'zalmm', avocado, gepekeld ui, sla & scheuten

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

LAZY BREAKFAST € 19
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)
Change your juice into Mimosa (+ € 6) or Prosecco (+ € 5)

EXTRA LAZY BREAKFAST € 26,5
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
Change your juice into Mimosa (+ € 6) or Prosecco (+ € 5)

HAPPINESS BOWL € 17,5
Spinazie, gemarineerde tofu, couscous, mango, zwarte bonen, avocado, kerstomaatjes, gepekeld ui, salty peanuts & pindadressing
Quinoa ipv couscous + 0,50

BALANCE BOWL € 17,5
Spinazie, couscous, linzen, met za'tar gekruide zoete aardappel, 'feta', pistachenoten, granaatappel & bieslookdressing
Quinoa ipv couscous + 0,50

EXTRA'S

Croissant 'hamm' & 'kaes' met gepekeld ui € 6,9
Croissant of bagel € 3
Glutenvrije bagel € 3,5
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

JUICES ETC.

Green spirit: spinazie, peer, appel, munt € 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
Matcha bloom mocktail (matcha siroop, limoen) € 7,5
Mimosa € 8

SWEETS

Gebak van de dag: check onze display € 6,5
Blackbird's affogato: vanille ijs, espresso, zeezout € 7,5
Matcha affogato: vanille ijs, premium organic matcha € 8,5

Gluten-free options available

1 TABLE = 1 BILL, OWN DRINKS & FOOD NOT ALLOWED, ALL FOOD & DRINKS ARE PLANT BASED
ALLERGIE ALTIJD VERMELDEN, BETALEN AAN DE BAR, LAATSTE ORDER KEUKEN 13:30, LAATSTE SERVE 14:30

DRINKS

Specialty coffee

Filter coffee (flavour of the moment/batch brew)	€ 4,5
Espresso	€ 3,2
Espresso macchiato	€ 3,7
Cortado	€ 4,1
Americano	€ 3,6
Dubbel americano	€ 4,6
Cappuccino	€ 4,2
Double cappuccino	€ 5,2
Flat white	€ 4,8
Latte	€ 5,2
Maple seasalt cinnamon latte	€ 6,6

EXTRA'S

Extra espresso shot	+ € 0,8
Siroop: caramel, geroosterde hazelnoot of vanille	+ € 0,6

'Milk'

Warme chocolade	€ 5,5
Chococino	€ 6,5
Matcha latte	€ 6,5
Maple seasalt Matcha	€ 7,5
Chai latte	€ 5,5

EXTRA'S

Make it dirty / iced	+ € 0,8
Add syrup	+ € 0,6

Iced

Iced coffee (aerocano)	€ 5,2
Iced latte	€ 6,2
Espresso tonic	€ 6
Iced berry Matcha	€ 7
Iced Mango Matcha	€ 7

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, verben, pepermint	
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
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	€ 7
Mimosa	€ 8
Mistletoe: mocktail van sinaas & tonic	€ 7
Matcha Bloom: sweet matcha syrup & lime mocktail	€ 7,5

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 wijzigingen en dat in een professionele keuken contaminatie steeds mogelijk is. Vermeld daarom ook zeker uw allergie aan de zaakvoerder.

FOOD

Brunch 09:00 – 14:00

YOGHURT BOWL WITH GRANOLA € 13
Soy yoghurt with homemade granola & fresh fruit

AÇAÍ BOWL € 14,5
Superfood smoothie with homemade crunchy granola, peanut butter, dates & fruit

CHUNKY MONKEY OATS € 13,5
Overnight oats with oatmilk, chia seeds, chocolate, walnuts, maple syrup, banana & fresh fruit

PEANUT BUTTER & JELLY OATS € 13,5
Overnight oats with oatmilk, chia seeds, berries, coulis, maple syrup & peanut butter

BREAKFAST BAGEL € 16,5
Bagel with with plant based scrambled 'eggs', tomato, pickled onion, sriracha, shoots, & salad

TOAST AVOCADO € 15,5
Multigrain bread with hummus, avocado, cherry tomato, pickled onion, salad, shoots and chili flakes

TOAST KIMCHI € 15,5
Multigrain bread with grilled 'cheese', kimchi, crispy onion, cucumber, black sesame seed & greens

TOAST 'SALMONN' € 17
Multigrain bread with herb cheese, 'salmonn', avocado, pickled onion, salad & shoots

COCONUT BERRY PANCAKES € 14,5
With raspberry coulis, coconut yoghurt, fruit, almond flakes & maple syrup

LAZY BREAKFAST € 19
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)
Change your juice into Mimosa (+ € 6) or Prosecco (+ € 5)

EXTRA LAZY BREAKFAST € 26,5
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 granola
Change your juice into Mimosa (+ € 6) or Prosecco (+ € 5)

HAPPINESS BOWL € 17,5
Spinach, marinated tofu, couscous, mango, black beans, cherry tomato, avocado, pickled onion, salty peanuts & peanut dressing
Replace couscous with quinoa + 0,50

BALANCE BOWL € 17,5
Spinach, couscous, lentils, za'tar sweet potatoe, 'feta', pistachio nuts, pomegranate & chive dressing
Replace couscous with quinoa + 0,50

JUICES ETC.

Green spirit: apple, pear, spinach, mint € 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
Matcha Bloom Mocktail (sweet matcha: syrup & lime) € 7,5
Mimosa € 8

EXTRAS

Croissant 'hamm' & 'cheeze' with pickled onion € 6,9
Croissant or bagel € 3
Gluten free bagel € 3,5
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

SWEETS

Variety of cakes: check out our display € 6,5
Blackbird's affogato: vanille ice cream, espresso, sea salt € 7,5
Matcha affogato: vanille ice cream, premium organic matcha € 8,5

Gluten-free options available

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.

**1 TABLE = 1 BILL, OWN DRINKS & FOOD NOT ALLOWED, ALL FOOD & DRINKS ARE PLANT BASED
ALWAYS MENTION ALLERGIES, PAY AT THE BAR, LAST ORDER KITCHEN 13:30, LAST SERVE 14:30**

DRINKS

Specialty coffee

Filter coffee (flavour of the moment/batch brew)	€ 4,5
Espresso	€ 3,2
Espresso macchiato	€ 3,7
Cortado	€ 4,1
Americano	€ 3,6
Double americano	€ 4,6
Cappuccino	€ 4,2
Double cappuccino	€ 5,2
Flat white	€ 4,8
Latte	€ 5,2
Maple seasalt cinnamon latte	€ 6,6

EXTRA'S

Extra espresso shot	+ € 0,8
Syrup: caramel, roasted hazelnut or vanilla	+ € 0,6

'Milk'

Hot Chocolate	€ 5,5
Chococino	€ 6,5
Matcha latte	€ 6,5
Maple seasalt Matcha	€ 7,5
Chai latte	€ 5,5

EXTRA'S

Make it dirty / iced	+ € 0,8
Add syrup	+ € 0,6

Iced

Iced coffee (aerocano)	€ 5,2
Iced latte	€ 6,2
Espresso tonic	€ 6
Iced berry Matcha	€ 7
Iced mango Matcha	€ 7

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
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

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