

## HOMEMADE JUICES



### Liquid Sunshine / Green

Celery, cucumber, apple, lemon, ginger

### True Love / Red

Seasonal juice with beetroot

### Supercharge / Orange

Seasonal juice with carrot

Ginger Shot 60 ml 3,0

## HOMEMADE SMOOTHIES



### Super Green

Coco-rice milk, spinach, frozen mango, lime, banana

### Purple "açai" Glow

Coco-rice milk, frozen açai, banana

## COLD

Iced Caffe Latte 4,9

Water 2,5

Still or sparkling from a bottle

Kombucha 325 ml 4,0

Probiotic beverage that builds up your intestinal flora, contains live enzymes, amino acids, minerals, vitamins...

Whole Earth Ginger 330 ml 3,5

Fritz 330 ml - different flavours 3,8

Organic Beer 330 ml 4,0

Ruwet Apple Cider 330 ml - all natural apple cider 4,5

Red and White Wine 250 ml - fairtrade 6,0

### *Juicing vs. blending*

*Juices: instant infusion of nutrients, give the digestive system a break, cells can focus on rest & repair.*

*Smoothies: support digestive health, sweep toxins away, satisfy hunger & sustain energy over time.*

## HOT

Tea 2,8

Espresso (single/double) 2,2/2,8

Coffee (regular/grain) 2,8/2,5

Grain coffee is an alternative to coffee with a very different flavor and no caffeine, made from barley, malted barley, chicory, rye, figs and guarana.

Cappuccino 3,5

Hot chocolate milk 3,9

### Latte

Caffe latte (regular/grain) 3,9

Chai latte (brown spice-mix) 4,2

Turmeric latte (yellow - soothing) 4,2

Matcha latte (green - energizing) 4,5

*Our lattes are made with plant-based milk.*

ORDER & PAY  
AT THE COUNTER  
PLEASE

LET US KNOW IF YOU HAVE  
ANY ALLERGIES OR INTOLERANCES!

## BREAKFAST ALL DAY LONG!

<b>Smoothie bowl</b>	12,0
Smoothie of choice (turn page for list of smoothies) topped with gluten-free granola & loads of fruit	
<b>Parfait</b>	7,0
Layers of sugar-free soy yogurt, chia jam, gluten-free granola & fruit	
<b>Two slices of banana bread</b>	8,0
Topped with peanut butter & chia jam - small fruit salad	
<b>Spelt pancakes</b>	11,5
Seasonal pancakes - check the suggestion board 😊	
<b>Toast with scrambled 'eggs'</b>	12,0
Two toasts with scrambled tofu - small salad	
<b>Toast with carrot lox</b>	12,0
Two toasts with tofu cream cheese & carrot 'smoked salmon' - small salad	

## BREAKFAST MENUS

Have a taste of our different breakfast items

<b>Breakfast menu S</b>	18,0
Juice + coffee or tea + small toast with hummus + small toast with scrambled 'eggs' + small parfait + small chocolate caramel slice	
<b>Breakfast menu M</b>	20,0
S + a slice of banana bread topped with peanut butter and chia jam	
<b>Breakfast menu XL</b>	22,0
S + slice of banana bread + small pancake with loads of fruit	

## LUNCH

<b>Soup of the day</b>	9,5
Soup (5,5) / Slice of bread (1) / Small salad (3)	
<b>Hummus toasts</b>	11,5
Sourdough bread, homemade hummus & veggies - small fruit salad	
<b>Salad bowl</b>	16,0
Check the suggestion board 😊	
<b>Buddha bowl</b>	16,0
Check the suggestion board 😊	
<b>Bowl menu</b>	23,5
Juice of choice + bowl (buddha or salad) + dessert of choice	
<b>Dutch Weed Burger</b>	11,0
Our neighbour's famous burger - seaweed and soy patty with a chlorella bun	

Don't forget to take a look at our suggestion board!

## SNACKS / DESSERTS

<b>Bliss ball</b>	2,5
Almond ball made from dates & nuts	
<b>Chocolate caramel slice</b>	5,0
Our bestseller treat never dissapoints!	
<b>Raw cake</b>	5,0
Mango - lime / Raspberry - blueberry / Raspberry - passion fruit	
<b>Small fruit salad</b>	7,0

All our desserts are gluten-free!



Life is a plant-based breakfast and lunch bar, providing something for everyone!

As firm believers of nourishing the body AND the soul, we provide all the foods and drinks to do exactly that.

Enjoy our food and experience all the variety the plant-based kitchen has to offer!

*We promise to make you glow !*

WE HAVE LOADS OF GLUTEN-FREE OPTIONS.

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*The smoothie is made slightly thicker and creamier so it's easier to spoon away!*