



Nothing tastes as good as healthy feels

Welcome at Life bar, the plant-based breakfast and lunch bar on the block. Please order and pay at counter, thank you!

BREAKFAST ALL DAY LONG

Smoothie Bowl (açai glow/super green) smoothie topped with granola & fruit	13
Parfait sugar-free soy yoghurt, chia jam, granola and fruit	7,5
2 Slices of banana bread topped with peanut butter & chia jam + small fruit salad (☘ contains gluten)	9
3 Seasonal spelt pancakes (check out the suggestion board)	12
2 Toasts with scrambled 'eggs' scrambled tofu, veggies + small salad	13
English breakfast with Eastern twist toast with scrambled 'eggs', köfte sausage, beans, grilled cherry tomatoes and greens	16

LUNCH

Buddha bowl (check the suggestion board)	17
Salad bowl (check the suggestion board)	17
Soup of the day (check the suggestion board) + slice of bread (1) / + small salad (3)	6
Hummus toast 2 slices of sourdough bread, homemade hummus, veggies + small salad (3)	12,5
Falafel wrap homemade falafel and signature sauce, veggies + small salad (3)	12,5
Happea burger high protein pea burger, signature homemade sauce, veggies + small salad (3)	12,5
Bowl menu Juice of choice + bowl (salad/buddha) + dessert of choice	24,5

BREAKFAST MENU

Breakfast menu S Juice + coffee/tea + small hummus toast + small scrambled 'eggs' toast + small parfait + small chocolate caramel slice	19
Breakfast menu M Juice + coffee/tea + breakfast menu S + 1 banana bread slice with toppings	21
Breakfast menu XL Juice + coffee/tea + breakfast menu S + 1 banana bread slice + 1 pancake with toppings	23

SMALL COMBI MENU

Little cup of soup + 1 avocado toast or hummus toast	7
Coffee or tea + 1 banana bread slice or 1 pancake with toppings	6
Latte of choice + 1 banana bread slice or 1 pancake with toppings	8

DESSERTS

Bliss ball almond ball made with dates & nuts	3
Chocolate Caramel Slice our bestseller which never disappoints!	5,5
Raw Cake - different flavors	5,5
Small fruit salad	8



All of our dishes are dairy-free.
Most of our dishes are gluten-free or have
the option to be prepared gluten-free.
When you order at the counter, let us know
if you have any allergies or intolerances,
we'll gladly help you out!





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HOMEMADE JUICES

250/500ml 5,5/8,5

Liquid sunshine/green

Celery, cucumber, apple, lemon and ginger

True love/red

Beetroot, grapefruit and apple

Super charge/orange

Carrot, oranges, apple

Ginger shot 60ml 3

HOMEMADE SMOOTHIES

250/500ml 6/9

Super green

Coconut-rice milk, spinach, lime, banana and frozen mango

Açai glow

Coconut-rice milk, banana and frozen açai

Chocolate protein shake 7/10

Coconut-rice milk, banana and protein powder

Life bar is super proud of its daily homemade food. Most of our ingredients come from local partners. If you have any suggestions, please let us know!

Let's stay in touch!



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HOT DRINKS

Tea - different flavors 3

Espresso - single/double 2,9/3,2

Coffee - regular/grain 3/2,8

Cappucino - regular/grain 3,8

Flat white - regular/grain 4,1

Latte - regular/grain 4,2

Hot chocolate milk 4,5

Homemade spice mixes

Turmeric latte/ yellow - soothing 4,5

Matcha latte/ green - energizing 4,8

Chai latte/ brown - spicy immunity and digestion boosting 4,5

Dirty chai latte (+ espresso shot) 5,5

COLD DRINKS

Iced caffe latte 5,5

Bottled water - still/sparkling 2,8

Kombucha - 325 ml 4,2

Whole earth ginger - 330 ml 3,8

Fritz soda - different flavors - 330 ml 4

Organic beer - 250 ml 4

Ruwet apple cider - 330 ml all natural apple cider 4,8

Red and white wine - 250 ml fairtrade 6,5