



# 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

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Smoothie Bowl (açai glow/super green) smoothie topped with granola & fruit	14
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 (☘ <b>contains gluten</b> )	11
3 Seasonal spelt pancakes (check out the suggestion board)	14
2 Toasts with scrambled 'eggs' scrambled tofu, veggies + small salad (4)	13
English breakfast with Eastern twist toast with scrambled 'eggs', köfte sausage, beans, grilled cherry tomatoes and greens	17

## LUNCH

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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 (4)	6
Hummus toast 2 slices of sourdough bread, homemade hummus, veggies + small salad (4)	13
Falafel wrap homemade falafel and signature sauce, veggies + small salad (4)	14
Happea burger high protein pea burger, signature homemade sauce, veggies + small salad (4)	14
Bowl menu Juice of choice + bowl (salad/buddha) + dessert of choice	24,5

## BREAKFAST MENU

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Breakfast menu S Juice + coffee/tea + small hummus toast + small scrambled 'eggs' toast + small parfait + small chocolate caramel slice	20
Breakfast menu M Juice + coffee/tea + breakfast menu S + 1 banana bread slice with toppings	22
Breakfast menu XL Juice + coffee/tea + breakfast menu S + 1 banana bread slice + 1 pancake with toppings	24

## SMALL COMBI MENU

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Little cup of soup + 1 avocado toast or hummus toast	8
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

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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

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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

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250/500ml 6/9

**Super green**

Rice milk, spinach, lime, banana and frozen mango

**Açai glow**

Rice milk, banana and frozen açai

**Chocolate protein shake**

Rice milk, banana and protein powder + espresso hot (1,5) 7/10

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!

### HOT DRINKS

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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

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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

**Let's stay in touch!**

 lifebar\_be  lifebarleuven