

PUMPKIN STEW

8,0 / 10,0

Made with red lentils, sweet potato, tomato and a sweet and warm spice blend.

✦ with basmati rice or golden quinoa

MUNGBEAN STEW

8,0 / 10,0

Made with yellow split mung beans, coconut milk, kale and curcuma

✦ with basmati rice or golden quinoa

VATA BOWL

11,5 / 14,5

Basmati rice with the pumpkin stew, slow roasted beetroots, root veggies, apricot sesame crunch

PITTA BOWL

11,5 / 14,5

Basmati rice with the mung bean stew, pumpkin slices, sticky mushrooms, roasted seeds, mango chutney

KAPHA BOWL

11,5 / 14,5

Golden quinoa with the mung bean stew, cauliflower, grilled cabbage, ginger pickle and tomato chutney

SALAD BOWL

13,0

Leafy greens with a grain, 3 vegetable dishes of your choice. 2 toppings and a dressing to complete your salad

✦ with basmati rice or golden quinoa

KIDS BOWL

8,0

Rice with 3 vegetable dishes of your choice and a cup of dressing

KIDS STEW

7,0

Rice with a stew of your choice

BUILD YOUR SALAD

€ 13,0

BASE PICK 2

- basmati rice
- golden quinoa
- leafy greens

VEGGIES PICK 3

- roasted root veggies
- slow roasted beetroot
- sticky mushrooms
- cheezy cauliflower
- miso glazed eggplant
- sweet cumin pumpkin
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TOPPINGS PICK 2

- roasted seed mix
- ginger lime pickle
- pickled radishes
- tomato chutney
- mango chutney
- cashew crunch
- chilli crunch
- apricot sesame crunch
- tempering (garlic and spices in olive oil)

DRESSING PICK 2

- tahini and keltic seasalt dressing
- cilantro cashew dressing
- no dressing

+ €1,5 for an extra veggie

+ €0,5 for an extra topping

BUILD YOUR STEW

- M starts at €8,0
- L starts at €10,0

BASE PICK 2

- basmati rice
- golden quinoa
- pumpkin stew
- mung bean stew

VEGGIES + €1,5

- roasted root veggies
- slow roasted beetroot
- sticky mushrooms
- cheezy cauliflower
- miso glazed eggplant
- sweet cumin pumpkin
-

TOPPINGS + €0,5

- roasted seed mix
- ginger lime pickle
- pickled radishes
- tomato chutney
- mango chutney
- cashew crunch
- chilli crunch
- apricot sesame crunch
- tempering (garlic and spices in olive oil)

DRESSING + €0,5

- tahini and keltic seasalt dressing
- cilantro cashew dressing
- no dressing