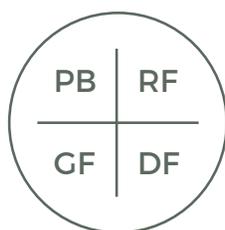


# FOOD IS THE FOUNDATION OF YOUR HEALTH

THE MANUKA TEAM ARE DEDICATED TO HELPING YOU FEEL GOOD IN YOUR BODY, AND WE BELIEVE THE BEST WAY TO DO THAT IS TO FEED YOU CLEAN, WHOLESOME FOOD THE WAY IT WAS INTENDED BY NATURE; FREE FROM REFINED SUGARS, ADDITIVES AND CHEMICALS.

WE ARE OBSESSED WITH WHERE YOUR FOOD COMES FROM. WE WORK HARD TO CONTINUOUSLY SOURCE EACH SINGLE INGREDIENT THAT GOES INTO OUR DISHES FROM OUR WIDE NETWORK OF LOCAL FARMERS AND SPECIALIST ORGANIC PRODUCERS IN THE REGION. WE ARE COMMITTED TO SEASONAL PRODUCE AND GO ORGANIC WHEREVER POSSIBLE.



**PB: PLANT BASED** | Dishes made entirely with vegan products avoiding all animal derived products. These dishes have the largest amounts of vitamins, nutrients and enzymes and alkalizing effect on the body as well as preventing suffering to ALL other life forms on the planet and is a powerful aid for spiritual transformation of the body, emotions and spirit.

**RF: RAW FOODS** | These have the highest amount of nutrients and enzymes as a lot of these are destroyed when heated above 35 degrees.

**GF: GLUTEN FREE** | Gluten, the protein in wheat, barley, and rye can cause digestive and health problems in people who are intolerant to it. Gluten intolerance has risen due to the GMO alteration of wheat to create stronger crops.

**DF: DAIRY FREE** | It is estimated that 8 /10 people are intolerant to dairy due to the lack of the enzyme needed to break down lactose. This intolerance can lead to a series of health problems from general discomfort to allergies, bloating, etc When consuming dairy it is better to opt for goat or sheep milk as it does not have the same growth factors found in cows milk which interfere with human hormones. Not to mention the use of antibiotics in the over exploited cow milk industry.

**IMPORTANT NOTICE RE ALLERGEN INFORMATION:** If you have a food allergy do not go by the information presented here as it only refers to the ingredients we use. Additional information regarding possible traces of allergens from our supplier's facilities are set out in our allergen control document which you can request from our staff.

This is in compliance with EU Regulation N° 1169/2011.

This establishment complies with the Royal Decree 140/2006 of 1st of December regarding Parasitic Anisakis in fish products for those establishments supplying food for final consumption to individuals or groups.

Prices are quoted in Euros (€) and include 10% VAT.

# PRESSED JUICES 4,80



**SUPER DETOX** | Apple, ginger, spinach, avocado & pineapple

**GREEN GODDESS** | Pear, red grapes, cucumber, spinach, kale & parsley

**CARROT TWIST** | Apple, carrot & ginger

**BOOSTER** | Cucumber, celery, fennel, pineapple, parsley & lime

**SWEET BEAT** | Apple, carrot, beetroot & orange juice

**KIWI BURST** | Apple, kiwi, pineapple & mint

**HYDRATOR** | Mango, cucumber, coconut water & mint

**BURNING MAN** | Apple, lemon, ginger & fresh turmeric root

**STRAWBERRY RUSH** | Orange juice, strawberry and banana

**BERRY BLISS SMOOTHIE** | Strawberries, raspberries, banana & apple juice

# SUPERFOOD SMOOTHIES 6,90



**RAW, PLANT BASED SMOOTHIES DELICATELY SWEETENED WITH FRUITS, AGAVE OR STEVIA**

**SKIN GLOW** | Marine collagen and Vitamin C blended with mixed berries and coconut probiotic yogurt. The ultimate beauty drink

**GOJI REJUVENATOR** | Antioxidant goji berries and cold-pressed coconut butter, blended with banana and mango

**OMEGA 3 SALTED CARAMEL** | Omega 3-rich hemp seeds, banana, sprouted flax, maple almonds, home-made medjool date caramel and a touch of Himalayan salt

**CLEAN GREENS** | Detoxify your body of heavy metals with fresh lemon grass, coriander and spirulina combined with spinach, cucumber juice and a chunk of pineapple

**RED MOON** | A super antioxidant burst of mixed berries, blended in coconut water and balanced with earthy organic beets

**PASSION & CHIA** | Tropical flavors of passion fruit and mango explode on the tongue, mellowed with a touch of banana, apple and activated chia seeds

**AFRICAN BLUE** | Fragrant vanilla & cacao butter, with fresh blueberries and a creamy banana & coconut base. A bestseller

**CHOCOLATE MOOD LIFTER** | Guilt-free boost your serotonin with raw chocolate, blended with banana, dates, almond milk and topped with raw Mayan cacao nibs

**ENERGIZER** | Light coconut & orange smoothie blended with apricots and mango, supercharged with pollen and guarana for a burst of energy

**PISTACHIO VANILLA** | Whipped avocado with a heaping spoon of pistachios rich in potassium, bursting with minerals and healthy fats enhanced with Madagascar vanilla

# SUPPLEMENTS

## RAW PROTEIN ISOLATE | + 0,50

Organic, dairy-free vegan protein offering a complete amino acid profile enhanced with digestive enzymes for easy digestion and premium bioavailability

## PALEO PROTEIN | + 0,50

Vegan and grain free wholefood formula with fermented seeds and greens as well as additional superfoods such as fermented spirulina, quinoa and chia.

## COLLAGEN | + 1,00

A premium beauty formula to support collagen production and skin function containing Collagen Type I and III in a highly bioavailable form with Vitamin C.

## SUPERFOOD | + 0,50

Echinacea | Cacao Nibs | Chia Seeds | Chaga | Sprouted flax | Maca Matcha | Hemp seeds | Ginger | Blue spirulina | Guarana | Pollen Vitamin C | Turmeric root

## IMMUNITY SHOTS



### ANTI-VIRAL SHOT | 3,50

Lemon, ginger, vitamin C and oregano oil

### REBOOT SHOT | 3,00

Ginger and lemon

### IMMUNITY BOOSTER | 3,00

Beetroot and echinacea flower

### PAINKILLER SHOT | 4,00

Turmeric, ginger and lemon

## CHIA PUDDINGS



### MANUKA'S CHIA PUDDING | 5,50

Activated chia seeds in coconut milk with a touch of citrus, served with mango pure and strawberries

### SNICKERS BAR | 6,00

Activated chia seeds layered with whisked banana, peanut butter, raw chocolate and our Medjool date caramel, pollen and coconut

### STRAWBERRY CAKE | 6,00

Activated chia seeds layered with whisked banana and blueberry topped with strawberry, pomegranate and coconut cream

### BERRY CHIA PARFAIT | 7,00

Activated chia seeds layered with probiotic coconut yogurt, mulled cherry compote and blueberries

## SMOOTHIE BOWL 11,90



**SUPERFOOD SMOOTHIE BOWLS, SERVED WITH FRESH FRUIT AND OUR DELICIOUS HOMEMADE GLUTEN-FREE, PLANT-BASED COCONUT BUTTER CRUMBLE.**

**ACAI BOWL** | Amazonian Antioxidant Acai with strawberries and wild berries

**SLIM DRAGON** | Dragon fruit with strawberries and mango, lightly sweetened with stevia

**PAPAYA PLAYA** | Young coconut pulp with papaya, pineapple & phycocyanin (super-antioxidant blue spirulina)

**PURPLE VELVET** | Young coconut pulp, figs and coconut yogurt, topped with our homemade cherry and chia compote

# REFRESHMENTS

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## MANUKA'S HOME-MADE LEMONADE | 3,50

Sugar free health tonic with raw apple cider vinegar and lime juice

## CHEATING COLA | 4,90

Like coke but better! Fresh ginger, maple syrup & lime with sparkling mineral water.

## HOMEMADE ICED TEA | 2,90

## GLASS BOTTLE WATER 500ML | 2,50

## SPARKLING WATER 500ML | 2,20

## COCA COLA | 1,90

## COCONUT WATER | 3,90

## FRESH ORANGE JUICE | 3,70

## DRAFT BEER | 1,90          LARGE | 4,00

## DRAFT WEISSBEAR | 2,60      LARGE | 5,00

## HEINEKEN, CORONITA, ALHAMBRA SPECIAL | 3,80

# WINE

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## WHITE



### PROTOS VERDEJO | VERDEJO | RUEDA, SPAIN

3,25 | 14,50

Dry, light on the pallet with some bitterness towards the end.

### ENATE CHARDONNAY (SOMONTANO, SPAIN)

3,75 | 16,50

Chardonnay. Full, creamy & aromatic with citric sparks

### MENADE SAUVIGNON - ORGANIC | RUEDA, SPAIN

21,00

Fruity, round with hints of papaya and passion fruit, wrapped in a strong texture.

## RED

### ENATE TINTO | TEMPRANILLO | SOMONTANO, SPAIN

3,25 | 14,50

Strong and powerful with notes of blackcurrant, wood and herbs.

### PROTOS ROBLE | TEMPRANILLO BASED RIBERA DEL DUERO, SPAIN

3,50 | 16,00

Medium to full body, balanced acidity, delicious smooth finish.

### IJALBA CRIANZA - ORGANIC (RIOJA, SPAIN)

4,20 | 18,00

Tempranillo, Graciano. Rich and powerful. Aromas of ripe black fruit balanced with a long oaky aftertaste

## ROSÉ

### IZADI LARROSA (RIOJA, SPAIN)

3,50 | 14,00

Tempranillo Garnacha. Provencal style dry rose with a hint of sweetness. Floral fragrance with a dominant notes of strawberries

### AURORA D'ESPIELS - ORGANIC (PENEDES, SPAIN)

16,50

Pinot Noir, Shiraz, Xarel-lo. Very dry and fruity, with a short aftertaste. Balanced acidity with apple & peach flavours

# MANUKA ORGANIC COFFEE



CAREFULLY SELECTED ORGANIC FAIR-TRADE COFFEE BLENDS, OFFERED WITH SELECTION OF PLANT-BASED MILKS AND NATURAL SWEETENERS. ALL OUR TEAS AND COFFEES ARE MADE USING REVERSE-OSMOSIS FILTERED WATER, REMOVING ALL TRACE CHEMICALS.

**ESPRESSO, AMERICANO, CORTADO | 2,00**

**COFFEE WITH MILK | 2,50**

**CHAGA COFFEE | 3,50**

Coffee with Chaga mushroom, a nutrient-dense superfood proven to boost immunity, fight inflammation and lower cholesterol.

**ADD:** Milk +0,50

**COCO COFFEE | 3,00**

Coffee with coconut milk & cinnamon

**CHICORY LATTE | 4,00**

Try this activating, caffeine-free alternative to coffee. A roasted chicory latte with lion's mane to sharpen the mind.

**CAPPUCCINO, LATTE, DOUBLE COFFEE | 2,90**

**SWEETENERS** Coconut Sugar | Stevia

**MILK OPTIONS** Oat | Almond | Walnut nut +0,50

# PREMIUM QUALITY ORGANIC TEAS 3,00/CUP



			100 GR
<b>EARLY MORNING BREAKFAST</b> A wonderful flowery mixture of fine different tea leaves.	100° C	3-5 m	7,90
<b>CHAI BLACK TEA</b> Made with either milk or water. Black Assam tea with cinnamon, fennel, ginger, anise and cardamon.	100° C	7-10 m	7,00
<b>BLUE EARL GREY</b> Black Assam tea with bergamot and cornflower.	100° C	3-5 m	8,40
<b>FRUITY COCO</b> Green Tea China Sencha with coconut, moringa leaves and grapes.	75° C	2-3 m	8,40
<b>PAVILLON OF FLOWERS</b> Provencal mix of green and white tea with rosemary and lavender.	75° C	2-3 m	11,00
<b>SLIMMING TEA</b> Mix of various teas, tulsi, ginger, dandelion & rose petals.	100° C	7-10 m	8,40
<b>JASMIN HIGH GRADE JINJING</b> Top quality fine green leaf and finest jasmin taste.	75° C	2-3 m	9,90
<b>MILKY OOLONG</b> Oolong steamed with milk for a creamy and tenderly sweet aftertaste.	80° C	1-3 m	13,40
<b>HIGH SPIRIT ROOIBOS</b> Rooibos with a blend of exotic fruits and vanilla.	100° C	7-10 m	8,20
<b>TULSI "HOLLY BASIL"</b> A potent Ayurvedic adaptogen herb used to combat many forms of stress.	100° C	5-10 m	8,90
<b>CAMOMILLE</b> Premium hand-picked camomille flowers	100° C	5-10 m	8,00
<b>PU'ERH</b> Pu'Erh (45%) mixed with jasmin green tea, strawberries and kiwi.	100° C	3-5 m	8,00

# BREAKFAST

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TOAST WITH OLIVE OIL & TOMATO | 2,60 DF

TOAST WITH BUTTER & LOCAL ORGANIC JAM | 2,80

CRUSHED AVOCADO TOAST WITH SPROUTS | 5,90 PB DF

“CATALANA” TOMATO, OLIVE OIL AND IBERIAN HAM | 4,90 DF

TOAST WITH MANCHEGO CHEESE | 4,90

CRUSHED AVOCADO TOAST WITH TOMATO, FETA & OREGANO | 6,50

MULTI GRAIN CROISSANT | 3,20

MANUKA’S CHIA PUDDING | 5,50 PB RF GF DF

BREAKFAST BERRY MUFFIN | 3,50 DF

Made with coconut butter, organic eggs and sweetend with stevia

**SIMPLY POACHED | 4,50**

2 poached organic eggs served in a glass with brown toast

**ADD:** Acorn fed pork bacon +1,50 | Feta +1,50

**FRESH BREKKIE | 10,50**

3 runny scrambled organic eggs, kale or spinach, avocado, smoked salmon and rustic toasted olive bread

**ADD:** Halloumi cheese +2,50

**INDULGENT EGGS | 7,50**

2 poached organic eggs served on a toasted spelt croissant with homemade hollandaise sauce

**ADD:** Salmon +3,00 | Avocado +2,00 | Acorn fed pork bacon +2,00

**EGGS ROYALE | 7,50**

**DF**

2 poached organic eggs, crushed avocado & chili flakes on toasted olive bread

**ADD:** Salmon +3,00

**PALEO BREAKFAST | 9,50**

**GF DF**

Crispy sweet potato hash brown, mashed avocado, 2 poached organic eggs topped with turmeric hollandaise

**ADD:** Salmon +3,00 | Acorn fed pork bacon +1,50

**HUEVOS RANCHEROS | 10,50**

**GF**

Corn tortilla with manchego cheese, pico de gallo, black beans, avocado, 2 poached organic eggs, avocado jalapeño sauce and a spicy tomato salsa

**GREEK BREAKFAST | 9,90**

**GF**

A poached organic egg with grilled halloumi cheese and roasted tomatoes on a quinoa and kale mix, spinach and avocado, served with grated tomato.

**FIT PANCAKES | 9,90**

**GF DF**

Quinoa pancakes with crushed banana served with maple syrup, coconut yogurt & blueberries

**“NOTELLA” PANCAKES | 9,90**

**GF DF**

Quinoa pancakes with crushed banana served with our homemade raw cacao and hazelnut sauce

**COCO BOWL | 7,90**

**PB RF GF DF**

Creamy probiotic coconut yogurt with gluten free sprouted muesli topped with honey

**WITH YOUR CHOICE OF:**

Strawberry, banana, walnuts & goji berries

Strawberry, blueberries & pomegranate

Banana, apple, pineapple & apricot

# APPETISERS, SIDES & SHARERS

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## HEALTHY KALE CHIPS | 4,50

PB RF GF DF

Raw kale, marinated in our secret recipe, and dehydrated to preserve enzymes and nutrients

## RAW NUTS | 4,00

PB RF DF

Toasted olive bread with "Cashew Nut Cheese"

## GUACAMOLE | 10,50

PB RF GF DF

Fresh guacamole served with corn tortillas and home-made salsas: charred tomato & chipotle; avocado & jalapeño; almond and ginger. Perfect to share!

## HUMMUS | 6,50

PB GF DF

## WILD PIL PIL PRAWNS | 12,50

DF

Whole wild tiger prawns sizzling in cold-pressed extra virgin olive oil, with lots of garlic and chillis

## HAWAIIAN TUNA TACOS | 9,50

RF GF DF

2 Corn tortillas filled with fresh Blue Fin tuna chunks marinated in chipotle sauce with pineapple, cucumber and cilantro

## WILD PRAWN TACOS | 8,50

GF DF

2 Corn tortillas filled with wild prawns, guacamole, our homemade raw apple cider pickled cabbage, avocado sauce, coconut sour cream and coriander

## JACKO TACOS | 7,50

PB GF DF

2 Corn tortilla filled with smoky jackfruit, guacamole, pico de gallo, coconut sour cream and coriander

## CHEAT-DAY QUESADILLAS

GF

### PLAIN 9,50 | FREE RANGE CHICKEN 10,50 | JACKFRUIT 10,90

Blue corn tortilla filled with cheese, pico de gallo served with guacamole and chard tomato salsa

# BREADS & WRAPS

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## MANUKA BURGER | 15,90

Grass-fed Galician beef with manchego cheese, guacamole and caramelised onions in a locally baked rye wheat bun served with french fries and garlic mayo

**ADD:** Acorn fed pork bacon +1,00

## KOREAN STYLE VEGGIE BURGER | 11,50

DF

Pea protein veggie burger with kimchi coleslaw served with sweet potato fries and chipotle mayo

## MIAMI CHICKEN WRAP | 11,90

Herbed free-range chicken, caramelized onions and tomatoes, cream cheese, spring onion, kale, spinach, avocado & mozzarella in a toasted artisan wrap\*

## MYKONOS WRAP | 11,90

PB DF

Greek-style artisan wrap\* filled with roasted aubergine, plant-based 'feta' cheese, caramelized onions, sun-dried tomato pesto, kalamata olives and rocket

## CHIPOTLE CHICKEN WRAP | 11,90

Chipotle marinated chicken, avocado, crunchy carrots, onions, kale and manchego cheese in a toasted artisan wrap\*

\* Our wraps are supplied by a local Baker and made only of wheat, salt and water.

# SALADS

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## MANUKA SALAD | 10,90

PB RF GF DF

Mixed greens, grilled sweet potato, plant-based "feta", cherry tomatoes, red onion, avocado, pumpkin & sunflower seeds with a miso and apple cider dressing

## MIXED SALAD | 10,90

RF GF DF

Spanish style salad with mixed greens, carrots, peppers, tomato, onion, avocado, an organic egg and crisp local green olives

## DETOX SALAD | 12,00

PB RF GF DF

A healthy mix of greens, kale, fennel with avocado, pomegranate kernels, dates, hemp seeds and walnuts in a lemon and tahini dressing

## THAI ME UP

RF GF DF

### FREE RANGE CHICKEN 12,90 | WILD PRAWNS 15,90

Wild prawns or Chicken with crisp mixed leaves, tomato, cucumber, sweet onion, green beans, bean sprouts, red chili, coriander, mint and crushed cashews with a Thai dressing

## CHICKEN & AVOCADO SALAD | 12,90

RF GF DF

Grilled herbed free-range chicken with lots of avocado, mixed greens, cherry tomatoes, toasted pumpkin & sunflower seeds with a mustard dressing

## CAMPS BAY SALAD | 11,90

RF GF

Miso-coated kale and spinach leaves, micro greens, parmesan flakes, cherry tomatoes, carrots and broccoli

ADD: Chicken +3,00

## GOAT CHEESE SALAD | 10,90

RF GF

Pan-grilled slice of goat cheese on a bed of spinach with oven roasted pears, apples and muscatel raisins, walnuts and honey mustard dressing

## NIÇOISE SALAD | 16,90

RF GF DF

Tataki style (Eco Salmon or blue fin tuna) on a bed of gem lettuce and green beans, with sweet potato, anchovies, red onions and kalamata olives, topped with an organic egg in a mustard dressing

## GREEK SALAD | 12,90

RF

Tomatoes, onion, cucumber, green peppers, kalamata olives and fresh oregano with your choice of feta cheese or our plant based alternative, served with a side of hummus and toasted artisan flat bread

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### ADD TO ANY SALAD

Feta cheese +2,50 | Vegan coconut cheese +3,00 | Avocado +2,50

Free range chicken +3,00 | Extra wild prawns +6,00

# PASTA

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## PAD THAI 🌶️

GF DF

### VEGETARIAN 10,90 | FREE RANGE CHICKEN 12,90 | WILD PRAWNS 15,90

Classic Thai rice noodles with tamarind, spring onion, green beans, eggs, sprouts and coriander topped with crushed peanuts and chili, with a fish sauce dressing on the side

## SPICY CHICKEN WOK | 12,90 🌶️

GF DF

Sauteed chicken and vegetables with spiced rice noodles coated in a creamy almond & ginger sauce

## ZUCCHINI PASTA

RF GF

### VEGETARIAN 10,90 | WILD PRAWNS 15,90

Spiralized zucchini pasta with sun-dried tomato pesto, cherry tomatoes & parmesan cheese

## CRUNCHY LASAGNA | 11,90

PB RF GF DF

Our "Walnut Bolognese", layered with zucchini and cashew nut cheese with a dash of pesto

# BOWL FOOD

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## SUPERFOOD BOWL | 11,90

PB GF DF

Kale, grated beets, quinoa, hummus, avocado, toasted pumpkin & sunflower seeds and pomegranate kernels with a miso-based dressing

**TIP:** Add feta or plant based coconut cheese

## PROTEIN PUNCH | 10,50

GF DF

Raw "refried" black beans, chickpeas, pico de gallo, sweet potato, poached egg & coriander with a creamy avocado dressing. Choose bulgur wheat or quinoa.

**TIP:** Add free range chipotle chicken

## TACO BOWL | 11,90

PB RF GF DF

"Chilli con Walnuts" on spicy quinoa and black beans with pico de gallo, avocado and coriander, served with coconut sour cream.

## FAMOUS QUINOA BOWL | 14,90

GF DF

Chipotle and honey infused free range chicken, with wilted greens, warm quinoa, chili flakes, avocado and sweet potato with a jalapeno & avocado dressing

## NEW BUDDHA BOWL | 10,90

PB (GF) DF

Seasonal oven-roast vegetables with a choice of quinoa or bulgur wheat, hummus, kale and a creamy sesame sauce

**TIP:** Halloumi cheese +2,50

## SALMON BOWL | 15,90

GF DF

Loch Duarte\* salmon filet served with organic rice, crushed avocado, coriander & chili served with a side of our grandmother's Vietnamese dressing

## CREAMY SATAY

### CHICKEN 14,50 | WILD PRAWNS 16,50

Tender free-range chicken or wild prawns cooked in an organic peanut & coconut sauce with lots of fresh turmeric served with rice and vegetables

## TUNA POKE | 16,90

RF GF DF

Blue-fin tuna tartar marinated with lemongrass and soy on a bed of organic rice with avocado

## 5 SPICE CHICKEN BOWL | 14,90

GF DF

Teriyaki and 5 spice marinated chicken served with our homemade raw apple cider pickled cabbage, rice an organic egg and fresh cucumber and tomato

## JACKFRUIT CURRY | 13,50

PB GF DF

Marinated jackfruit, cherry tomatoes, green beans and other seasonal veggies in a creamy coconut ginger curry with a hint of mango served with rice

\*Ethically farmed in the Badcall bay of Scotland, our salmon is completely free of antibiotics, growth promotors and GMOs, fed with high fish and fish oil content from the icelandic capelin and other sustainable sources. For more info look up

[www.lochduart.com](http://www.lochduart.com)

# SIDE DISHES

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HALLOUMI CHEESE | 3,00

AVOCADO | 2,50

FRENCH FRIES WITH GARLIC, PARSLEY & CHILES | 4,00

SWEET POTATO FRIES WITH CHIPOTLE MAYONNAISE | 4,50

ROAST VEGGIES | 4,50

QUINOA BREAD | 2,00

# MUNCHKIN FOOD & DRINKS

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CARROT & APPLE JUICE | 2,50

CARROT & ORANGE JUICE | 2,50

BANANA, STRAWBERRY AND FLAX SEED SHAKE | 3,50

BANANA, DATE & CACAO SHAKE | 3,50

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RICE PASTA WITH WALNUT BOLOGNESE | 6,50 PB RF GF DF

FREE-RANGE CHICKEN BREAST | 7,50 GF DF  
Sweet potato fries and steamed broccoli

GRILLED SALMON CHUNKS | 8,00 GF DF  
Sweet potato mash and roast veggies

FRIED RICE | 6,50 GF DF  
Veggies and an organic egg

## DESSERTS WITH BENEFITS

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HOMEMADE - NATURAL SUGARS - WHOLESOME INGREDIENTS

BLUEBERRY MUFFIN | 3,50 DF  
Light and fluffy blueberry muffin made with coconut butter, organic eggs sweetend with stevia

MAMA'S CRUMBLE | 6,50 PB GF DF  
Oat and coconut crumble over a bed of oven roast apples, pears and muscatel raisins topped with vanilla and pecan ice cream

RASPBERRY "CHEESECAKE" | 5,50 PB RF GF DF  
Cashew nut raspberry cheesecake on a coconut and almond cookie base topped with a mulled berry compote

CHOCOLATE AND HAZELNUT | 5,50 PB RF GF DF  
Raw chocolate and hazelnut tart

DOUBLE CHOCOLATE FUDGE | 5,90 PB RF GF DF  
Intense dark chocolate cake with orange zest, high in protein and served with plant based chocolate icecream

BANOFFEE CUP | 5,90 PB RF GF DF  
Oat and coconut crumble topped with banana, our home-made medjooj date caramel and coconut fresh whipped cream

CARROT & BEET CAKE | 4,90 DF  
Flax seed and spelt carrot cake with ginger, walnuts and a sugar-free vanilla coconut icing

RASPBERRY SPLIT | 9,90 PB RF GF DF  
Doble vanilla and raspberry plant-based ice cream layered with whipped coconut cream, almond crumble, mulled cherry and chia compote topped with pistachios - Perfect for sharing !

ICE-"CREAM" | 3,90 PB RF GF DF  
We love this clean, natural, plant-based ice cream

**MADE FROM A HANDFUL OF REAL ORGANIC INGREDIENTS:**

Chocolate salted caramel | Vanilla & raspberry | Pecan praline & caramel