



Healthy
and
Nutritious

Pear, Anari, Honey & Almond

eat
GOOD
feel
GOOD
BRUNCH



Smoked Salmon & Avocado

FLAXSEED-WALNUT TARTINES

OUR OWN OPEN SANDWICHES WITH HOMEMADE GLUTEN FREE, PROTEIN FLAXSEED WALNUT BREAD WITH SUNFLOWER SEEDS
Our flaxseed bread has a delicious nutty flavour & dense texture. It's filling and nutritious and a good source of protein & fibre.

SUGARFREE & NO PRESERVATIVES

PEAR ANARI HONEY & HAZELNUT ① ② ③ ⑥ **V** €8,5

Anari, honey, cinnamon, pear, walnuts, mixed berries, pomegranate, strawberries, homemade hazelnut cream and fresh mint leaves.

PEANUT BUTTER BANANA & BERRIES ① ② ③ ④ **V** €9,5

Homemade peanut butter cream, organic quinoa, banana, peanuts, pomegranate, strawberry, mixed berries and forest fruit sauce.

GOAT CHEESE DATES & POMEGRANATE ① ② ③ ⑥ **V** €11

Goat cheese, quinoa, pomegranate, almond flakes, dates, radish, tomato, cucumber, beetroot yogurt truffle, cherry tomatoes, fresh mint leaves.

SMOKED SALMON & AVOCADO ① ② ③ €12

Smoked salmon, feta mousse, avocado-quinoa cream, radish, pesto basilico, pomegranate, cucumber, cherry tomatoes, dill, chives and super seeds.

THE MARKET ① ② ③ **V** €11,5

Cottage cheese, tomato, pumpkin seeds, avocado-quinoa cream, goji berries, cucumber, radish, cherry tomatoes, beetroot yogurt truffle.

MANOURI STRAWBERRY & CAROB ② ⑥ **V** €12,9

Manouri Cretan cheese, beetroot yogurt truffle, organic quinoa, cherry tomatoes, dill, carob syrup, strawberries, walnuts, pomegranate and fresh mint.

TARTINES WITH GRIDDLED EGGS

ON **CLEAN LABEL** TOASTED MULTIGRAIN RYE SOURDOUGH BREAD

BIO EGG AVOCADO ① ② ③ **V** €10,9

2 griddled eggs, avocado-quinoa cream, beetroot yogurt truffle, dill, crispy salad with maple-mustard-soy dressing.

TRADITIONAL HALLOUMI ① ② ③ **V** €12,5

Grilled halloumi, 2 griddled eggs, avocado-quinoa cream, beetroot yogurt truffle, carob syrup, figs, tomato, cucumber, black olives.

SIKO PASTRAMI ① ② ③ €13,5

Smoked beef pastrami, feta mousse, 2 griddled eggs, onion marmalade, beetroot yogurt truffle, figs, sesame, crispy salad with maple-mustard-soy dressing.

GRILLED SALMON TARTINE ① ② ③ ⑤ ⑥ ⑧ ⑫ ⑭ €15,4

2 griddled eggs and grilled salmon with Yakitori sauce, edamame beans, pomegranate, beetroot yogurt truffle, avocado - quinoa cream, crispy salad with maple-mustard-soy dressing.

TARTINES WITH SCRAMBLED EGGS

ON **CLEAN LABEL** TOASTED MULTIGRAIN RYE SOURDOUGH BREAD

BIO SCRAMBLED EGGS ① ② ③ **V** €12

Scrambled eggs, confit tomatoes, dill, beetroot yogurt truffle, crispy salad with maple-mustard-soy dressing.

THE BOY'S SCRAMBLED EGGS ① ② ③ ⑤ ⑥ ⑭ €12,8

Bio scrambled eggs with crispy bacon, feta mousse, strawberries, mixed berries and crispy salad with maple-mustard-soy dressing.

V **TRUFFLE PORTOBELLO SCRAMBLED EGGS** ① ② ③ ⑤ ⑥ €13,5

Scrambled eggs with portobello mushrooms and truffle oil, asparagus, beetroot yogurt truffle, crispy salad with maple-mustard-soy dressing.

VEGAN AVOCADO BAGUETTINO ③ ⑥ ⑭ €11,5

fresh avocado-quinoa cream, pomegranate, roasted walnuts, figs, cherry tomatoes, cucumber, radish pearls, super seeds and sea salt, served with cherry tomatoes and crispy salad with maple-mustard-soy dressing. **VEGAN**

EGGSPERT OMELETTES

ALL SERVED WITH CRISPY SALAD WITH MAPLE-MUSTARD-SOY DRESSING ON TOASTED MULTIGRAIN, RYE SOURDOUGH BREAD

HEALTHY WHITE COTTAGE CHEESE ① ② ③ ⑤ ⑥ ⑭ **V** **HIGH PROTEIN** €12,9

white omelette with fresh spinach, cottage cheese, fresh basil, toasted black sesame, citrus zest
smoked beef pastrami€2,5 turkey.....€1,25

THE VEGAN OMELETTE (served without bread) **GLUTEN FREE** **VEGAN** €14,2

made from lentils, mushrooms, sautéed onions, spinach, kale, broccoli & avocado

ORGANIC OMELETTE WITH PASTRAMI & AVOCADO ① ② ③ ⑤ ⑥ ⑭ €14,5

avocado, pastrami, farmers cheese, tomato, mustard

SUPER GREEN AVOCADO ① ② ⑤ ⑥ ⑭ **V** €13,8

spinach, broccoli, parsley, chives, farmers cheese, avocado. Served with homemade peanut butter and strawberries on multigrain, rye sourdough toasted bread sprinkled with quinoa

BURRITO MEXICAN OMELETTE ① ② ③ ⑤ ⑥ ⑭ €14,8

with bell peppers, onions, bacon, cheddar cheese, jalapenos, black beans wrapped in a tortilla

ORGANIC OMELETTE WITH SMOKED SALMON ① ② ③ ⑤ ⑥ ⑭ €14,9

smoked salmon, feta mousse, chives, dill, citrus zest

NEW

EGGSLUT BURGERS

THE WORKS BURGER ① ② ⑥ ⑧ ⑭ €14,5

Double smash fresh chicken mincemeat Japanese burgers, free range griddled egg, smoked turkey, sausage, caramelized onions, dill, el chorizo, beetroot and yogurt spread flavoured with truffle, miso mayo. Served with crispy salad with maple-mustard-soy dressing in a warm brioche bun.

BRUNCH TOWER OF AMAZING GOODNESS ① ② ⑤ ⑥ ⑧ ⑭ €13,9

Omelette tower with spinach, miso mayo, layered with crispy grilled bacon, dijon mustard, halloumi, cheddar cheese, red ripe tomato, crispy lettuce leaves. Served with crispy salad with maple-mustard-soy dressing in a warm black brioche bun.

THE GAUCHO BURGER ① ② ⑥ ⑭ €14,9

Double smash aged beef Japanese topside burgers, halloumi, free range griddled egg, chimichurri sauce, maple syrup, tomato, beetroot and yogurt spread flavoured with truffle, cucumber, feta mousse. Served with crispy salad with maple-mustard-soy dressing in a warm brioche bun.

ADD EXTRA...

Crispy sweet potato with truffle oil and grated graviera.....€4,50

The Cheesey Sausage Pancake



VERY BRITISH

① ② ⑥ ⑬ ⑭ €9
fried eggs with crispy bacon, baked beans, tomato, sausage, mushroom, with toast, butter and jam

BAKERS FESTIVAL

FRENCH

AMERICAN

CROISSANT & BAGELS

FERRERO ROCHER CROISSANT ① ② ⑥ ⑭ **V** €8,5

with ferrero rocher chocolate, berries and sprinkled with icing sugar

EGG & BACON CROISSANT ① ② ⑥ ⑭ €11,9

with griddled egg, hollandaise sauce, crispy bacon, avocado-quinoa cream and chilli flakes, served with kiwi, strawberry and pomegranate

SMOKED SALMON & AVOCADO BAGEL ① ② ③ ⑥ ⑫ ⑭ €13,9

with smoked salmon, feta mousse, chives, avocado-quinoa cream, carrot, cherry tomatoes, pomegranate, dill, radish, parsley pesto & super seeds

LA BROUILLAGE BAGEL ① ② ⑥ ⑭ €14,5

with cheesey scrambled eggs, crispy bacon, feta mousse, smashed avocado, grilled halloumi, topped with a griddled egg, served with kiwi, strawberry & pomegranate

The Works Burger



Funky Salmon Pancake



SAVOURY PANCAKES

THE CHEESEY SAUSAGE ① ② ⑤ ⑥ €12,4

Homemade pancakes with cheddar cheese, ham, griddled egg, sausage, pomegranate, black sesame and homemade cheese sauce.

GOING BANANAS ① ② ⑥ €12,6

Homemade pancakes with caramelized banana, crispy bacon, cheddar cheese, mixed berries and maple syrup.

ALL YOU NEED IS LOVE ① ② ⑤ ⑥ €13,4

Homemade pancakes with cheesey scrambled eggs, crispy bacon, cheddar cheese, homemade bacon marmalade, black sesame, mixed berries, pomegranate & maple syrup.

HALLOUMI, POMEGRANATE & FIG ① ② ⑥ €13,5 **V**

Homemade pancakes with a griddled egg, grilled halloumi, avocado - quinoa cream, homemade bacon marmalade, pomegranate, dry figs, beetroot yogurt truffle and hollandaise sauce.

THE GREEK MACEDONIA ① ② ⑤ ⑥ €14,4

Homemade Greek yogurt pancakes, scrambled eggs, poached egg, avocado, crispy bacon, hollandaise sauce, Manouri cheese, toasted black sesame, avocado-quinoa spread, pomegranate and fresh dill.

FUNKY SALMON ① ② ⑥ ⑧ ⑫ ⑭ €14,9

Oat wholegrain pancakes with scrambled organic eggs, smoked salmon, homemade bacon marmalade, creme fraiche, hollandaise sauce and pomegranate.



BOWLS

HEALTHY & ENERGY BOOSTING

MIAMI VICE ③ **SF GF V DF** €13,9
coconut yoghurt, strawberries, mixed berries, mango, goji berry protein, cinnamon, organic berry granola, homemade hazelnut cream, peanuts, passion fruit, figs*, sauteed apple with cinnamon, chia seeds, organic red mulberries

YUMMY PEANUT BUTTER BOWL ③ ④ **SF GF V DF** €14,4
organic young amazonian coconut, bio vanilla protein, cinnamon, plant based milk, organic berry granola, peanut butter, banana, red berries, peanuts, pumpkin seeds, organic dried mulberries, almond flakes, bio hemp canah

TROPICAL PASSION ③ **SF GF V DF** €14,5
mango, pineapple, banana, passionfruit, mixed berries, coconut yoghurt, organic hemp protein, plant based milk, mint, lime zest, ginger, raw cashew nuts, chia seeds, organic cacao yacon nibs, almond flakes

MATCHA FITNESS ③ **SF GF V DF** €15,5
coconut yoghurt, banana, mango, homemade almond cream, avocado, japanese grade matcha, baobab protein, plant based milk, organic berry granola, dates, peanuts, pumpkin seeds, mixed berries, almond flakes, organic dry goji berries

ACAI ENERGY BOWL ③ **SF GF V DF** €14,9
organic amazonian acai energy, plant based milk, organic berry granola, kiwi, banana, strawberries, blueberries, pomegranate, bio hemp canah, chia seeds, organic dark chocolate

CRUNCHY SALTED CARAMEL BOWL ③ **GF V DF** €14,5
organic young amazonian coconut, banana, homemade salted caramel, coconut yoghurt, plant based milk, red berries, caramelized apple, mango, organic berry granola, peanuts, organic dark chocolate, bio hemp canah, chia seeds, almond flakes

SF SUGARFREE **GF** GLUTEN FREE **V** VEGAN **DF** DAIRY FREE



THE BREAKFAST

Buddah Bowl

GRILLED CHICKEN PROTEIN BOWL ③ ⑤ €14,4
grilled chicken, boiled egg, tahini, quinoa, edamame beans, cucumber, carrot, black sesame, almonds flakes, fresh green leaves, beetroot and yogurt spread flavoured with truffle, apple cider vinaigrette dressing, crispy tortilla

GLUTEN FREE **ANTIOXIDANT SCRAMBLED EGGS BOWL** ① ② ③ €14,8 **V**
scrambled eggs, radish, sweet potato, red cabbage, sweetcorn, broccoli, beluga lentils, spinach leaves, cucumber rings, carrot, fresh green leaves, pomegranate sauce

Antioxidant Scrambled Eggs Bowl



SANDWICHES

AVOCADO - BEET - YOGURT VEGGIE ① ③ ⑥ ⑭ **V** €12
wholegrain sliced bread, sliced avocado, organic egg, roasted walnuts, beetroot yogurt truffle, seasoning, maple-mustard-soy dressing, served with crispy salad.

SLOW COOKED BBQ PULLED PORK TORTILLA ⑥ ⑭ €13
wheat tortilla, slow-cooked pulled pork with stout beer, homemade coleslaw, spinach leaves, homemade BBQ sauce, seasoning, maple-mustard-soy dressing, served with crispy salad.

PANCAKES

RED VELVET ① ② ③ ⑥ €11,5
red velvet pancakes with white chocolate mousse, forest fruits, mixed berries, broken pistachios, topped with crumbled biscuits, strawberries & fresh mint

YUMMY SALTED CARAMEL & BERRIES ① ② ③ €12,5
chocolate pancakes with crunchy salted caramel & white chocolate sauce, topped with mixed berries & broken pistachios
CAN ALSO BE SEVED GLUTEN FREE

FERRERO ROCHER ① ② ③ ⑥ €13,4
pancakes with Ferrero Rocher chocolate, roasted hazelnuts, berries, banana, golden berry and crumbled oreo cookies and topped with vanilla ice cream & fresh mint

Θεϊκό!!! SNICKER CHOCOLATE...for chocolate lovers €12,9
① ② ③ ④ ⑥
homemade fluffy pancakes with snickers chocolate, homemade creamy peanut butter, roasted peanuts, berries, crumbled biscuit and topped with vanilla ice cream



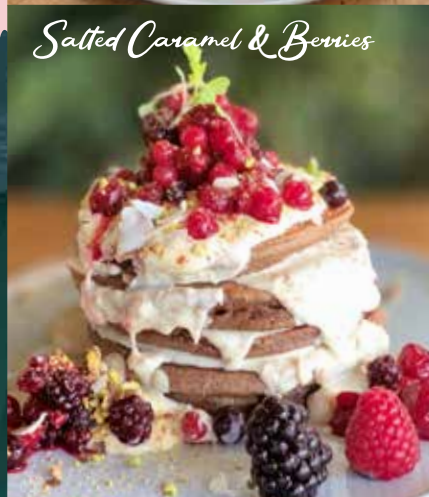
PROTEIN PANCAKES

PEANUT BUTTER OAT PROTEIN BOMB ③ **SUGAR FREE** €13,5
VITAMINS A, B, D, E AND K. ANTIOXIDANT, RICH IN MAGNESIUM AND FIBER
oat wholegrain pancakes, plant based milk, homemade creamy peanut butter, caramelized banana, mixed berries, hazelnuts, maple syrup and fresh mint

GLUTEN FREE **FITNESS OATS HAZELNUT** ③ **VEGAN** **SUGAR FREE** €13,9
VITAMINS A, B, D, E AND K. ANTIOXIDANT, RICH IN MAGNESIUM AND FIBER
oat wholegrain pancakes, plant based milk, hazelnut cream, coconut yogurt, organic granola, homemade raspberry and chia seed jam (sugarfree), mixed berries, dates and almond flakes

MATCHA BERRY & ALMOND ③ **VEGAN** €14,5
ANTIOXIDANT AND REDUCES TRIGLYCERIDES, CONTAINS POTASSIUM, MAGNESIUM, SELENIUM AND VITAMINS A, C, D, E, K
green pancakes made from Japanese grade organic matcha, plant based milk, served with matcha sauce, homemade creamy peanut butter, coconut yogurt, almonds, berries, dates, dry mulberries and almond flakes

BLACK FRIDAY & WHITE CHOCOLATE ① ② €13,5
DETOXIFYING, HIGH IN AMINO ACIDS, GLYCEMIC ACID, POTASSIUM AND MAGNESIUM. VITAMINS B6 & C
pancake with activated charcoal, homemade salted caramel, plant based milk, white chocolate, berries, banana, strawberries and organic cacao yacon nibs



ALLERGENS KEY: ① Eggs ② Milk ③ Dry Nuts ④ Peanuts ⑤ Sesame ⑥ Cereal ⑦ Celery ⑧ Mustard ⑨ Soya ⑩ Shellfish ⑪ Molluscs ⑫ Fish ⑬ Sulphur Dioxide ⑭ Lupine Suitable For Vegetarians

Our menu descriptions do not contain all ingredients, so please ask your server (before ordering), if you have any allergy or requirements. Please use our allergens key as guide but we cannot guarantee that all of our dishes are 100% free from nuts or their derivatives. All menu items are subject to availability. All images are for illustrative purposes only. Prices are in euro and include all taxes.