

## Juices

Fresh orange juice	€ 3,60
Apple juice	€ 3,15
Apple-cherry juice	€ 3,15
Apple-red beet juice	€ 3,15
Fresh apple-rhubarb juice	€ 3,15
Worldshake juice (Oxfam)	€ 2,30

## Soft drinks



Organic Coke

€ 2,25



Sparkling Delicious Ginger

€ 2,25



Sparkling Cranberry juice (frisdrank met veenbes)

€ 2,25

Fairtrade organic ice tea

€ 2,25

Zero Coke

€ 2,00

Sparkling water

€ 2,00

Still water

€ 2,00

Banana milkshake with milk or soya milk

€ 3,75

## Arizona Ice Tea



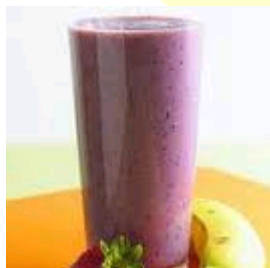
Green Tea Ginseng & Honey	€ 4,40
Diet Green Tea Ginseng & Honey (0 calories!)	€ 4,40
Pomegranate Green Tea	€ 4,40
Blueberry White Tea	€ 4,40

## Alcoholic drinks

Lager (Oxfam)	€ 2,50
Glass red wine (organic)	€ 3,00
Carafe 50 cl red wine	€ 11,00
Bottle red wine	€ 16,45
Glass white wine (Oxfam)	€ 2,75
Carafe 50 cl white wine	€ 9,50
Bottle white wine	€ 14,20

## Smoothie

Fresh smoothie with banana, red fruits, Fresh orange juice and milk or soya milk	€ 4,40
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## Coffee

ESPRESSO	€ 1,80
DOPPIO ESPRESSO	€ 2,30
ESPRESSO MACHIATO (with milk or soya milk froth)	€ 2,40
MAROCINO (machiato with chocolate syrup)	€ 2,50
LUNGO, 'plain' coffee	€ 2,00
DOUBLE LUNGO	€ 3,50
GRINGO, less strong coffee	€ 2,10
CAPPUCCINO (with milk or soya milk froth)	€ 2,50
CHOCOCCINO (cappuccino with chocolate syrup)	€ 2,60
LATTE, half milk (or soya milk) half coffee	€ 2,65
LATTE DOUBLE SHOT (latte with a double espresso)	€ 3,25
LATTE MOCHA (latte with chocolate syrup)	€ 3,25
LATTE GOLDFINGER (latte with caramel syrup)	€ 3,25
LATTE HONEY BEE (latte with honey)	€ 3,25
CHOCOLATTE	€ 3,35
Latte with a bar of Belgian chocolate (milk or dark)	
SPECULATTE	€ 3,35
Latte with speculoos flavour, topped with crumbs of speculoos	
COCOLATTE (latte with steamed coconut milk)	€ 3,45
BEAN COFFEE	€ 2,50
0% caffeine-free by nature	

## Tea

Fresh Moroccan mint tea with fresh mint leaves	€ 2,65
Fresh ginger tea	€ 3,25
XL glass of green tea with slice of fresh ginger	
Fresh orange tea:	€ 2,65
XL glass of green tea with slice of fresh orange	

## Organic tea

Cup: € 2,30, teapot: € 3,30

Green tea  
Black tea  
YOGI TEA Classic cinnamon Spice  
YOGI TEA Himalaya ginger harmony  
YOGI TEA Rose  
YOGI TEA Ginger Lemon

## Blends (organic and loose)

Cup: € 2,50, teapot: € 3,50

**Fruit Boost:** Royal fruit mixture with a hint of black tea  
**Pure love:** green tea with romantic rose leaves  
**Magic blue:** refreshing peppermint herbal tea with wonderful cornflowers  
**Sweet safari:** warm rooibos herbal tea enriched with heather and vanilla  
**Lovely lemon:** sweet calamine herbal tea with lemongrass

## Yogiccino

Yogi Chai Tea 'Indian Spice' (organic): delicious warm drink with spices (ginger, cardemon, cinnamon and cloves) with steamed milk or soya milk € 2,65

## Hot chocolate

WHITE chocolate € 2,75

Fairtrade MILK chocolate € 2,75

Fairtrade DARK chocolate € 2,75

CHILI CHARLOTTE € 3,25

Dark chocolate with red chili peppers and Omega 3 linseed

BANANA SPLIT € 3,25

Dark or milk chocolate with fresh banana

PINA CHOCOLADA € 3,40

Dark or milk chocolate with steamed coconut milk

For the coffee and chocolate milk, you can choose between organic milk and soya milk

## Breakfast à la carte (as long as the supply lasts)

Croissant (with or without butter)	€ 1,50
Croissant with jam	€ 1,70
Cheese croissant (hot or cold)	€ 2,20
Omelette, plain + bread	€ 5,00
Peasant Omelette with tomato, onion and cheese	€ 7,50
Fried egg + bread	€ 5,00

## Breakfast deals

### Light breakfast:

Coffee or tea (black or green) or chocolate milk, glass of fresh fruit juice and croissant	€ 7,50
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### Breakfast:

Coffee or tea (black or green) or chocolate milk, glass of fresh fruit juice, brown pain bagnat or Waldkorn ciabatta with young cheese or jam or honey or speculoos paste	€ 9,50
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### Deluxe breakfast:

Coffee or tea (black or green) or chocolate milk, glass of fresh fruit juice, croissant and omelette or fried egg with bread	€ 12,50
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## Cold sandwiches

All sandwiches (hot and cold) are served with a generous salad. If you don't want the salad, please let us know when you order.

Price without the salad: - €1,25.

We offer the following sandwiches:

1. Brown pain bagnat
2. Half a multigrain baguette
3. Waldkorn Ciabatta
4. 'Gringo' cornbread (soft, crusty, square roll with herbs)

HEALTHY: crunchy greens (lettuce, tomato, cucumber, carrots and shoots) with mayo or vinaigrette dressing (vegan version with balsamic vinegar)

1: € 4,50                      2 & 3: € 5,00                      4: € 6,00

POTATO SALAD with slices of tomato and gherkin

1: € 4,25                      2 & 3: € 4,75                      4: € 5,75

CLUB: + € 0,50

YOUNG CHEESE or BRIE (organic and veggie)

1: € 5,00                      2 & 3: € 5,50                      4: € 6,50

CLUB: + € 0,50

BRIE with walnuts and honey

1: € 6,00                      2&3: € 6,50                      4: € 7,00

CUCUMBER SALAD

1: € 4,25                      2 & 3: € 4,75                      4: € 5,75

CLUB: + € 0,50

MOZZARELLA with slices of tomato and homemade pesto

1: € 7,00                      2&3: € 7,50                      4: € 8,50

MADRE TIERRA (vegetarian chicken-curry made with Quorn)

1: € 7,00

2&3: € 7,50

4: € 8,50

CLUB: + € 0,50

MIKKI: organic goat's brie cheese with apricot-mango chutney

1: € 6,50

2&3: € 7,00

4: € 7,50

PAYSAN: omelette with tomato, onion and cheese

1: € 5,50

2&3: € 6,00

4: € 6,50

PHILADELPHIA with sun-dried tomatoes, rocket, walnuts and pepper

1: € 6,00

2&3: € 6,50

4: € 7,00

VEGGIETARTARE with or without onion

1: € 5,50

2&3: € 6,00

4: € 6,50

CLUB or MARTINO: + € 0,50

VEGGIE-TINO: homemade hummus with onion salsa, gherkin, sundried tomatoes and Tabasco (vegan)

1: € 7,00

2&3: € 7,50

4: € 8,50

GRANDEZZA: vegan pate with orange and fig chutney, lettuce, parmesan, balsamic vinegar and pepper (without parmesan: vegan)

1: € 7,00

2&3: € 7,50

4: € 8,50

LUGANO: veggie ham, cheese, cucumber salad, tomato and lettuce

1: € 7,00

2&3: € 7,50

4: € 8,50

## Hot snacks

- Mozzarella Focaccia with slices of tomato and homemade pesto € 8,50
- Brie Goats' Cheese Focaccia with tomato tapenade € 8,50
- Brie Focaccia with walnuts and honey € 8,50

Mexican Cheese burger (vegieburger, cheese, guacamole, € 9,75  
onion salad, Tabasco and crunchy greens) (without cheese: vegan)

Wrap Madre Tierra: organic Multi-grain wrap with home-made € 9,75  
hummus and pesto, melted organic cheese and raw vegetables

## Pasta

- Spaghetti Bolognese (vegan) € 15,00 (large) - € 8,50 (small)
- Pasta Pesto with homemade pesto € 15,00 (large) - € 8,50 (small)
- Pasta Madre Tierra with homemade sauce with peppers  
and marinated tofu cubes € 17,50 (large) - € 9,75 (small)

## Soup

- Soup Madre Tierra (vegan)  
A surprising African soup with coconut milk, sweet potato, banana and  
coriander € 7,90
- Soup of the week with bread (vegan) € 5,50

## Salads

### Bella Italia

€ 12,60

Mozzarella, homemade pesto, sundried tomato, fresh vegetables and French dressing

### Simply Salad

Large: € 7,50 - Small: € 4,50

Salad (lettuce, tomato, leek and radish shoots, rasped carrots, cucumber, potato salad and olives) with vinaigrette and bread (vegan version with hummus and balsamic vinegar)

## Sweets

Homemade bread pudding

€ 3,60

Chocolate/hazelnut muffin

€ 2,00

Cranberry muffin

€ 2,20

Double chocolate muffin

€ 2,20

Banana milkshake with milk or soyamilk

€ 3,75

### Sweet but sugar-free (suitable for diabetics)

Homemade tiramisu with speculoos

€ 4,75

Homemade coconut rice pudding (vegan)

€ 4,50

Homemade yoghurt cake with pieces of apple

€ 2,00



Chocolate Fudge Brownie:

Chocolate ice cream with pieces of brownie € 4,60

Cookie Dough:

Vanilla ice cream with delicious uncooked cookie dough and pieces of chocolate € 4,60

Strawberry Cheesecake:

Low-fat ice cream with strawberry and cheesecake € 4,60

Chunky Monkey:

Banana Ice Cream with Fudge Chunks and Walnuts € 4,60

Fairly Nuts:

Caramel Ice Cream with a Caramel Swirl and Praline Almond Clusters € 4,60