



TO NIBBLE & STARTERS



ROASTED BONIATOS | 2,50€

roasted and spiced sweet potatoes



ROASTED CARROTS | 2,50€

roasted and spiced carrots



UMAMI ALMONDS | 4,95€

Marcona almonds + white miso + white sesame + black garlic + ginger



KALE CHIPS ORIGINAL RECIPE | 3,95€

dehydrated kale + cashews + nutritional yeast + turmeric



KALE CHIPS THAI STYLE | 3,95€

dehydrated kale + cayenne + Goji berries + ginger + cilantro + peanuts | 🌶



SALMON SUSHI SANDWICH | 6,95€

rice + marinated salmon + avocado + nori seaweed + seaweed caviar + miso-ginger sauce



CRUNCHY YELLOWFIN TACO | 4,95€

crunchy nixtamalized corn taco + marinated yellowfin tuna dice + white cabbage + coriander + spring onion + housemade pink sauce with chipotle + avocado + sesame seeds | 🌶



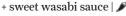
CRUNCHY SALMON TACO | 4,95€

crunchy nixtamalized corn taco + marinated Alaskan wild salmon2 dice + avocado + nori seaweed + romaine lettuce + tartare sauce with jalapeños



CRUNCHY HIRAMASA TACO | 4,95€

crunchy nixtamalized corn taco + marinated hiramasa (kingfish) dice + radishes +romaine lettuce + dill + ponzu sauce





MANGO & AVOCADO TARTARE | 9,95€

mango + avocado + red onion + semi-dry tomato + seaweed caviar + white sesame + chives + tartare special dressing



SUPERFOOD PLANT-BASED DUMPLINGS | 10,50€ / 6 UNITS

'bbq pulled pork' jackfruit + truffled funghi + 'carn d'olla' plant-based | 🌶



'BBQ PULLED PORK' BAO | 4,00€ / PIECE

healthy bao + jackfruit + red cabbage sauerkraut + peanuts + chili jam mayo + cilantro | 🖋











¹All plant-based proteins are developed by our R&D team in our workshop.

² Our Alaskan wild salmon is obtained by sustainable fishing, which helps to keep our oceans' ecosystems healthy and strong.

TO SHARE



CRUNCHY TACOS ASSORTMENT | 13,95€

1 pc. crunchy yellowfin taco 1 pc. crunchy salmon taco

1 pc. crunchy hiramasa taco



TENDER PEANUT BUTTER CAULIFLOWER | 5,95€

super tender cauliflower + black garlic + ginger + peanut sauce



KUALA LUMPUR'S STREET AUBERGINE | 5,95€

miso marinated aubergine + yakiniku sauce



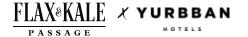
JAFFA STREET CREAMY HUMMUS | 5,95€

creamy hummus + housemade pita bread



COCONUT SAVOURY YOGHURT | 6,95€

coconut yoghurt + hummus + crunchy chickpeas + veggie dips + housemade nixtamalized corn nachos + avocado





SALADS



RF PB TERESA'S FAVORITE KALE SALAD 11,95€

kale + cherry tomatoes + avocado + mixed sprouts + nori seaweed + mango + radishes + chipotle vinaigrette | 🖋



PB KALE CAESAR SALAD | 11,95€

kale + romaine lettuce + plant-based parmesan + it's plant-based 'chicken'1 + croutons + plant-based Caesar sauce + plant-based 'bacon'



MIDDLE-EASTERN SALAD | 11,95€

spinach + rocket + caviar lentils + roasted pumpkin + crispy tempeh + almonds + pomegranate + tahina vinaigrette



SALMON POKE BOWL | 13,95€

Alaskan wild salmon² + black rice + white quinoa + avocado + wakame + fermented celery + kelp noodles + mango + leafy greens + miso-ginger sauce



THAI | 10,95€

green papaya + daikon + carrot + fennel + cucumber + parsley + mint + coriander + basil + roasted peanuts + citric vinaigrette with jalapeño | 🌶

HEALTHY KIDS OPTIONS



PB SUPERKIDS | 9,95€

housemade gluten-free bread + it's plant-based burger1 + ecologic ketchup + kale chips



JACK SPACHETTINI SPARROW | 9,95€

rice spaghetti + housemade tomato sauce + it's plant-based 'meatballs'



FINDING QUINOA NEMO |9,95€

Alaskan wild salmon² + quinoa with vegetables in the wok + leafy greens



NINJA NUGGETS | 6,95€ | 6 PIECES

baked it's plant-based 'chicken'1 nuggets + ecologic ketchup

TERESA'S SPECIALTIES



BUTTERNUT SQUASH MALAYSIAN CURRY | 14,00€

pumpkin + broccoli + zucchini + mushrooms + turmeric curry sauce + peanuts + coconut yoghurt + cilantro + brown basmati rice | 🌶



KONJAC RISOTTO | 15,00€

konjac + boletus edulis + spinach + green asparagus + artichoke + Alaskan wild salmon²



MY VEGAN JAPANESE GIRLFRIEND BOWL | 13,50€

black rice + quinoa + 'bbq pulled pork' jackfruit + plant-based scrambled eggs + yakiniku sauce + coriander | 🎤



BAMBOO STEAMED ALASKAN

SALMON 119,50€

Alaskan wild salmon² + teriyaki sauce + wild herbs + edamame + black wild rice



DOUBLE CHEEZBURGER | 13,95€

housemade bread + double it's plant-based 'hamburger'1 + housemade bbq sauce + pickled cucumber + double it's plant-based cheddar + roasted sweet potatoes



SALMON MINI BURGERS | 16,95€

housemade bread with beetroot + Alaskan wild salmon² burger patties (3 pcs.) + roasted sweet potato + plant-based mayonnaise with old style mustard



RAMEN YA-TERE | 12,95€

housemade ramen broth + buckwheat soba noodles + plant-based chashu (nori seaweed, pulled jackfruit)1 + young coconut 'bacon' + roasted pumpkin + oyster mushroom +nori seaweed + wakame seaweed + watermelon radish + toasted sesame



'CHICKEN' PAD THAI | 12,95€

rice spaghetti + shiitake + carrot + it's plant-based 'chicken' 1 + soybean sprouts + roasted peanuts + pickled daikon + housemade pad thai sauce + spring onion + lime + coriander





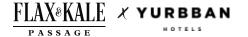






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HEALTHY PIZZA



FOCACCIA | 5,95€



MARINARA | 10,50€

San Marzano tomato + garlic + oregano + Teresa's Juicery Green Olive Oil



MARGHERITA | 11,50€

San Marzano tomato + plant-based mozzarella



BARBECUE | 15,00€

housemade barbecue sauce + San Marzano tomato + plant-based mozzarella + it's plant-based 'meat' + red onion + sweet corn + broccoli + jalapeño | 🔊



TRUFFLE & FUNGHI | 15,50€

coconut cream + wild herbs (pizza bianca)



JB | 11,50€

dried tomato + fresh spinach + plant-based mascarpone



PLANT-BASED QUATTRO | 15,00€

San Marzano tomato + plant-based cheddar + plant-based blue cheese + plant-based mozzarella + parmigiano teresiano



BARCELONA | 15,50€

grilled aubergine & red peppers + romesco sauce + tomato + plant-based pickled 'tuna'



WHITE MISO-GINGER 'CHEESECAKE' | 6,00€

cashews + white miso + ginger + activated carbon and dates jam



TWO TEXTURES CHOCOLATE CAKE | 6,95€

brownie + mousse de chocolate + hazelnut ice cream



TERESA'S MATCHA CHEESECAKE |5,95€

matcha tea + cashews + coconut cream + crunchy gluten-free base with almonds & walnuts



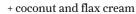
COOKIES & PASSIONFRUIT CAKE | 4,95€

cookie base + passionfruit and cashews mousseline + passionfruit gelée + cocoa nibs + matcha mascarpone



LEMON PIE | 5,95€

oat and almond tartlet + lemon and yuzu cream





CHEESECAKE | 6,95€

it's plant-based cheesecake + cookie base

+ wild berries coulis

WEEKEND BRUNCH



CLASSIC AVO TOAST* | 4,95€

housemade sliced bread with seeds + avocado + lemon + cayenne pepper + flax + chia



POKE AVO TOAST* | 5,95€

housemade sliced bread with seeds + avocado + cucumber + marinated Alaskan wild salmon² + raw onion



* TOASTS EXTRAS

- · free range poached egg | +1.95€
- · free range scrambled egg | +1.95€
- · marinated Alaskan wild salmon² | ^{+2,45}€



THE SCANDAL SCRAMBLE | 9,00€

AVAILABLE ONLY ON WEEKENDS

scrambled eggs + mushrooms + spinach

+ tomato + feta cheese + carrot + young garlic



THE PLANT-BASED SCANDAL SCRAMBLE | 11,00€

mushrooms + spinach + tomato + carrot + young garlic + ackee + silken tofu + Kala Namak salt



BAO BAB BENEDICTS | 12,50€

healthy bao + 'bbq pulled pork' jackfruit + poached eggs + peanuts + baobab's holandaise plant-based sauce + chili jam | 🇨





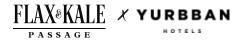






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NEW

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KOMBUCHA (400 ml.)



BLUE MOJITO | 4,95€ yuzu + spirulina + mint

MR. BARRI | 4,95€
raspberry + strawberry + camu-camu

MOTHER AFRICA | 4,95€
GF OF ginger + hibiscus + orange

MASALA CHAI | 4,95€
garam masala + ginger

GF

RE PB SPICY GIRL | 4,95€ lime-lemon + coriander + *jalapeño*

B DRAGON LEMONADE | 4,95€ pitaya + lime + lemon

ORANGE FANTASY | 4,956 orange + lemon

Do not shake | Not recommended for children under 10 Not recommended for pregnant women or during the breastfeeding period

SMOOTHIES (400 ml.)

GF GF or orange + kiwi + strawberry

GF OF Orango + mango + strawborry + graphe

orange + mango + strawberry + cranberries + beetroot + activated charcoal

MOLOKAI | 4,95€

mango + coconut water + apple + banana + almond butter + spinach + kale + lemon

+ basil + mint

COLD-PRESSED JUICES (400 ml.)

GREEN LOVE | 4,956

apple + spinach + cucumber + celery + ginger
+ lemon + yellow kiwi

GREEN SLIM FIT | 4,956

apple + spinach + fennel + celery + ginger
+ rocket + lemon + parsley + yellow kiwi

GREEN MEDICINE | 4,95€

pear + spinach + kale + grape + cucumber
+ lemon + parsley + dandelion + yellow kiwi

BE GAROTENO | 4,95€ carrot + apple + coconut water

FOREVER YOUNG | 4,95¢
carrot + orange + pineapple + grape + turmeric
+ lime + lucuma + yellow kiwi

PASSION GRAPEFRUIT | 4,95¢
apple + tangerine + grapefruit + strawberry
+ passion fruit + ginger

MY SWEET HORNY | 4,95¢
pineapple + apple + aloe vera + passion fruit + maca

VIRUS KILLER | 4,95€

pear + lemon + osmotized water + ginger

+ honey + echinacea + thyme

BLUE DIAMOND | 4,956

pineapple + pear + grapes + coconut + apple
+ ginger + lime + mint + spirulina + yellow kiwi

THE VEGAN VAMPIRE | 4,956

pear + beetroot + carrot + orange + pineapple
+ lemon + ginger

DETOX | 4,95¢
carrot + tomato + lettuce + beetroot + cucumber
+ fennel + spinach + celery + kale

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ENERGY BOOST | 4,95¢
osmotized water + cucumber + lemon + honey
+ orange blossom water + bee pollen

RF Raw food PB Plant-based GF Gluten-free OF Oily fish Spicy

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