

# Coffee



HOT

<b>ESPRESSO</b>	<b>€1.45</b>	<b>€1.80</b>
<b>AMERICANO</b>	<b>€2.55</b>	<b>€3.30</b>
<b>CAPUCCINO</b>	<b>€3.05</b>	<b>€3.80</b>
<b>LATTE</b>	<b>€3.05</b>	<b>€3.80</b>

COLD

<b>FREDDO ESPRESSO</b>	<b>€2.55</b>	<b>€3.30</b>
<b>ESPRESSO ORANGE</b>	<b>€5.00</b>	<b>€5.60</b>
<b>ICED AMERICANO</b>	<b>€2.55</b>	<b>€3.30</b>
<b>FREDDO CAPUCCINO</b>	<b>€2.95</b>	<b>€3.70</b>
<b>ICED LATTE</b>	<b>€3.05</b>	<b>€3.80</b>

## EXTRAS

SYRUPS: **VANILLA (SUGAR FREE), CARAMEL, HAZELNUT** +€0.60

MILK OPTIONS: **OAT, COCONUT, ALMOND** +€0.60

# Matcha and Lattes



HOT

<b>MATCHA LATTE CLASSIC</b>	<b>€4.90</b>
<b>COCOLATTE (HOT CHOCOLATE)</b>	<b>€4.00</b>
<b>TURMERIC LATTE</b>	<b>€4.00</b>
<b>PRANA CHAI LATTE</b>	<b>€4.50</b>
<b>HOT TEA (SELECTION)</b>	<b>€2.00</b>

COLD

<b>ICED MATCHA LATTE</b>	<b>€4.90</b>
<b>ICED RASPBERRY MATCHA LATTE</b>	<b>€5.50</b>
<b>ORANGE/GRAPEFRUIT MATCHA</b>	<b>€5.00</b>

# Power Breakfasts

## **SYRNIKI (COTTAGE CHEESE PANCAKES) SCRAMBLED EGGS**

Served on a toasted homemade sourdough bread.  
Available options: tomatoes/cheese/Polish sausage

€6.00

€8.00

# Smart Sandwiches

## **POLISH SANDWICH**

Sourdough bread, Polish sausage,  
Polish cheese, pickles, mustard sauce

€8.50

## **TUNACADO SANDWICH**

Sourdough bread, pesto sauce,  
tuna sauce, tomatoes, avocado

€8.50

## **SALMOCADO SANDWICH**

Sourdough bread, fresh guacamole, salmon

€7.50

## **CHICKEN SANDWICH**

Sourdough bread, grilled chicken,  
red coleslaw, tomatoes, yoghurt sauce

€9.00

## **ROAST BEEF SANDWICH**

Sourdough bread, roast beef, cheese, tomato, pickles,  
rocca, mustard sauce OR dijon cream sauce

€10.00

# Soups

## **SOUP OF THE DAY**

## **HOMEMADE SOURDOUGH BREAD**

€6.00

€1.00

# Wellness Bowls and Salads

## **ENERGY BOWL**

roast beef, cucumbers, carrots, red peppers, red  
coleslaw, sesame seeds, coriander leaves, sweet  
sesame and spicy mango sauce

€13.00

## **IRON BOWL**

grilled chicken, buckwheat, rocca, spinach, baked  
beetroot, pumpkin seeds, tahini-lemon dressing

€12.50

## **BRAIN FUEL BOWL**

baked salmon, suchi rice, edamame beans, corn,  
cucumbers, marinated carrots, onions, spinach,  
rocca, peanuts, spicy mango and shoyu mayo sauces

€14.70

## **GUT HEALTH BOWL**

Buckwheat, poached egg, avocado, cherry  
tomatoes, spinach, yoghurt sauce

€11.00

## **MEDITERRANEAN POWER SALAD**

mixed leaves, cucumbers, tomatoes, avocado,  
feta, capers, olive oil - balsamic dressing

€8.50

## **PROTEIN POWER SALAD**

grilled chicken, mixed leaves, cherry tomatoes,  
red coleslaw, red beans, corn, honey-mustard  
dressing

€11.00

## **IRON POWER SALAD**

roast beef, rocca, baked pepper, cherry tomatoes,  
walnuts, pickles, hard cheese flakes,  
honey-mustard dressing

€13.00



# Smoothies



€5.15

€6.30

## DETOX AND GREEN

**BLUE DETOX** blueberries, banana, coriander leaves, spirulina

**GREEN DETOX** spinach, cucumber, apple, ginger

**GINGER DETOX** apple, orange juice, ginger, mint

## ENERGY AND VITALITY

**WAKE UP** banana, Nescafe, oat milk, dates, cinnamon

**RASPBERRY MANGO** raspberry, mango, orange juice

**RUM PUNCH** orange, pineapple, strawberry, lime juice

## ANTIOXIDANT AND BEAUTY

**LOVE IS...** strawberries, banana, oat milk

**SOUR BERRIES** mixed berries, banana, coconut milk, agave syrup

**PURPLE BERRIES** blueberry, blackberry, banana, oat milk

**MATCHA** pineapple, banana, almond milk, matcha, agave syrup

## INDULGENT AND NUTRITIOUS

**TROPICAL** banana, mango, pineapple

**PIÑA COLADA** pineapple, banana, coconut milk, shredded coconut

**STRAWBERRY DAIQUIRI** strawberries, pineapple, coconut milk, lime juice, shredded coconut, honey

**STRAWBERRY HALVA** strawberries, banana, halva, oat milk

**BANANA TAHINI** banana, tahini, halva, oat milk, cinnamon

**CHOCOCONUT** banana, peanut butter, cocoa, dates, almond milk

**DUBAI** avocado, banana, dates, coconut milk, lemon juice, cardamom, pistachios

# Fresh Juices



€4.25

€5.20

**HEALTHY GREEN** celery, green apple, cucumber

**GREEN GARDEN** pineapple, apple, cucumber, lemon

**SUNRISE** orange, apple, lemon, turmeric

**ENERGY BOOSTER** apple, red grapefruit, ginger

**IMMUNE BOOSTER** carrot, apple, ginger, lemon

**CITRUS MIX** orange, grapefruit, lemon

**IRON JUICE** beetroot, carrot, apple, lemon

**GLOW KISS** Apple, strawberry, ginger

**APPLE CARROT**

**GREEN APPLE**

**ORANGE**



**NEED MORE ENERGY? ADD MACA**

**GLOW FROM WITHIN? ADD COLLAGEN**

**WANT A BRAIN BOOST? ADD LECITHIN**

**BULDING MUSCLE? ADD PROTEIN**

**PUSHING YOUR LIMITS? ADD CREATINE**

**FIGHTING INFLAMMATION? ADD TURMERIC**

**+€1.00**