

## SMOOTHIE BOWLS

Belgium's first and original superfood smoothie bowls  
It's like a smoothie, but a lot thicker, in a bowl topped with goodness!

<b>SWEET FIX</b>	9
Strawberry, raspberry, banana, almond milk, açai powder Topping: Homemade granola, banana, chia seeds, coconut flakes	
<b>BALI BREEZE</b>	9
Mango, banana, almond milk, maca Topping: Homemade granola, banana, chia seeds, coconut flakes	
<b>HULK</b>	9
Pineapple, spinach, spirulina, banana, coconut milk Topping: Homemade granola, banana, goji berries, chia seeds, blueberries, coconut flakes	
<b>GOLDEN TURMERIC BOWL</b>	9,5
Banana, mango, pineapple, turmeric, coconut milk, YHF organic vegan protein Topping: Goji berries, kiwi, homemade granola, coconut flakes	
<b>MATCHA BOWL</b>	9,5
Avocado, banana, mango, matcha, coconut milk Topping: Homemade granola, banana, goji berries, chia seeds	
<b>GOJI BOWL</b>	9,5
Mango, walnuts, ½ banana, goji berries, almond milk, maca, cinnamon Topping: Blueberries, homemade granola, coconut flakes	
<b>PINK PITAYA BOWL</b>	9,5
Raspberry, pink pitaya, banana, almond milk Topping: Homemade granola, banana, coconut flakes, chia seeds, goji berries	
<b>PASSION FRUIT BOWL</b>	9,5
Passion fruit, banana, mango, almond milk Topping: Homemade granola, cacao nibs, coconut flakes, kiwi	
<b>SNICKER BOWL</b>	9,5
Banana, raw cacao, chocolate oat milk, peanut butter Topping: Homemade granola, peanut butter, cacao nibs, blueberries, coconut flakes	

## VEGAN DESSERTS

CHECK OUT THE COUNTER FOR OUR VEGAN SWEETS OF THE DAY!

## OVERNIGHT OATS

<b>CHOCOLATE OVERNIGHT OATS</b>	7,5
Oats, chocolate oat milk, raw cacao Topping: Homemade granola, coconut flakes, kiwi, blueberries	

## AÇAI BOWLS



It's a smoothie bowl, but Açai is always the base!  
A typical Hawaiian surfers breakfast, good to get you goin' through the day!  
Açai is a purple berry from the Amazon in Brazil, filled with antioxidants!

<b>ORIGINAL ACAI BOWL</b>	9,5
Organic açai, banana, strawberry, coconut milk Topping: Homemade granola, banana, chia seeds, coconut flakes	
<b>GREEN ACAI BOWL</b>	9,5
Organic açai, banana, mango, spinach, spirulina, coconut milk Topping: Hemp seeds, banana, blueberries	
<b>TROPICAL ACAI BOWL</b>	9,5
Organic açai, banana, pineapple, coconut milk Topping: Homemade granola, banana, chia seeds, coconut flakes	
<b>NUTTY ACAI BOWL</b>	9,5
Organic açai, banana, strawberry, peanut butter, almond milk Topping: Homemade granola, banana, cacao nibs	
<b>CHOCOLATE ACAI BOWL</b>	9,5
Organic açai, raw cacao powder, banana, almond milk, date syrup, raspberry Topping: Homemade granola, cacao nibs, banana	
<b>NO-BANANA ACAI BOWL</b>	9,5
Organic açai, avocado, peanut butter, raspberry, almond milk Topping: Homemade granola, blueberries, coconut flakes	

## TOAST

<b>JUICY AVOCADO</b>	8
Avocado mash, cherry tomatoes, Himalaya salt & pepper, sesame seeds	
<b>FULL MONTY</b>	9
Hummus, Avocado mash, cherry tomatoes, Himalaya salt & pepper, hemp seeds	
<b>NUTTY MISTER</b>	8
Peanut butter, banana, cacao nibs, agave	

All toast served on spelt bread. *Optional: Gluten free bread: + 1€*

DON'T BE LAZY, MOVE YOUR BOOTY AND PLEASE ORDER (AND PAY) AT THE COUNTER

## DIVERS

All our products are lactose free, refined sugar free, 100% vegan and contain no preservatives.  
For info about allergens, please ask one of our staff members.

*Caution, the substance composition of the products may change.*

**For take-away orders:** bring your own reusable straw, cup or container and get €0,5 discount on your order!

**Add in extra's:** vegan protein, spirulina, chlorella, maca, spinach, ... + €1

## SUPERFOOD SMOOTHIES

### FRUITY SMOOTHIES

**MANGO MADNESS** 8  
Mango, almond milk, banana, YHF organic vegan protein, maca

**BERRY AWESOME** 8  
Raspberry, strawberry, banana, coconut milk, goji berries, agave, acai powder

**ENERGY FIX** 8  
Açaí, banana, almond milk, chia seeds, date syrup

**PITAYA SMOOTHIE** 8  
Pink pitaya, banana, almond milk, raspberry, acai powder

**PASSION SMOOTHIE** 8  
Passion fruit, coconut milk, pineapple, maca

### GREEN SMOOTHIES

**VEGGIE MASTER** 8  
Spinach, mango, banana, coconut milk, chlorella, lime, date syrup

**GREEN LEAN** 8  
Avocado, pineapple, spirulina, spinach, ginger, coconut milk, date syrup

**MATCHA SMOOTHIE** 8  
Avocado, mango, coconut milk, matcha, date syrup

### PROTEIN SMOOTHIES

**COCO MUSCLE** 8  
Coconut milk, banana, date syrup, almonds, YHF organic vegan protein, Himalaya salt

**VANILLA BEAN** 8  
Almond milk, banana, YHF organic vegan protein, vanilla bean

**COFFEE BOOSTER** 8  
Coffee, date syrup, raw cacao, banana, almond milk, YHF organic vegan protein, ice

### SWEET SMOOTHIES

**SNICKER SMOOTHIE** 8  
Almond milk, banana, raw cacao, peanut butter, vanilla bean, ice

**CHOCOLATE LOVERS** 8  
Oats cacao milk, banana, walnuts, dates, chili, maca, ice

## COLD DRINKS

**HOMEMADE ORGANIC ICE TEA** 3,5

**STILL WATER** 2,5

**SPARKLING WATER** 2,5

**KOMBUCHA** 4

**ORGANIC HERBAL DRINK** 3,2

## COLD PRESSED DRINKS

**COLD PRESSED JUICE** price see counter

**COLD PRESSED GINGER SHOT** 3

**For take-away orders:** bring your own reusable straw, cup or container and get €0,5 discount on your order!

**Add in extra's:** vegan protein, spirulina, chlorella, maca, spinach, ... + €1

## DIVERS COFFEE

**ESPRESSO** 2,8 **LATTE** 3,8

**AMERICANO** 3 **FLAT WHITE** 3,8

**CAPPUCCINO** 3,4 **ICED COFFEE** 3,8

**PLANT BASED "MILK" CHOICES:** OAT MILK, COCONUT MILK, ALMOND MILK, SOY MILK

## WELLNESS LATTES

**MATCHA LATTE** 4  
Powdered green tea leaves, mixed with plant based milk of your choice  
*Matcha is loaded with antioxidants, gives you energy, burns calories and detoxifies the body*

**TURMERIC LATTE** 4  
A homemade mix of turmeric, cardamom, ginger, cinnamon, chili, black pepper and liquorice, mixed with a plant based milk of your choice  
*Fights inflammation, boosts immunity, boosts skin health and detoxifies*

**AÇAÍ LATTE** 4  
Açaí pulp and a pinch of cinnamon, mixed with your plant based milk of choice

**CHAI LATTE** 4  
A homemade mix of cinnamon, cardamom, ginger, pepper and clove mixed with a plant based milk of your choice

**RED BEET LATTE** 4  
Red beet powder, vanilla and cinnamon mixed with soy milk

**SPIRULINA LATTE** 4  
Spirulina, lime and agave mixed with coconut milk

**SPICY HOT CHOCOLATE** 4  
Raw cacao, sea salt, chili mixed with almond milk, date syrup

**BULLETPROOF COFFEE** 4  
Coffee with coconut oil, cinnamon, sea salt and coconut milk

## YOGI TEA

Fresh herbal, organic tea flavors

**CLASSIC** 3,5 **DETOX** 3,5

**HIMALAYA** 3,5 **GREEN BALANCE** 3,5

**ROOIBOS** 3,5 **FRESH GINGER AND LEMON TEA** 3,5

## ADAPTOGEN LATTES

Adaptogens come from a group of plants or herbs which have balancing properties that can give energy or reduce stress. It really depends on what the body needs (hence "adaptogens" -> adapt). The use of plants to heal the body has been used for ages in Chinese and Ayurvedic medicine. We like to call them nature's miracle anti-stress and fatigue fighters! Because that's what they do.

**SELF-LOVE LATTE** 4  
Almond milk, YHF self-love adaptogen mix, raw cacao, cinnamon, agave

**CLEAN GREEN LATTE** 4  
Coconut milk, YHF clean green adaptogen mix, date syrup, lime

**ENERGY FIX LATTE** 4  
Coconut milk, YHF energy fix adaptogen mix, vanilla bean, date syrup