

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!

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

CHOCOLATE OVERNIGHT OATS	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!

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

TOAST

JUICY AVOCADO	8
Avocado mash, cherry tomatoes, Himalaya salt & pepper, sesame seeds	
FULL MONTY	9
Hummus, Avocado mash, cherry tomatoes, Himalaya salt & pepper, hemp seeds	
NUTTY MISTER	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

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DIVERS COFFEE

ESPRESSO 2,8

AMERICANO 3

CAPPUCCINO 3,4

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

LATTE 3,8

FLAT WHITE 3,8

ICED COFFEE 3,8

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

HIMALAYA 3,5

ROOIBOS 3,5

DETOX 3,5

GREEN BALANCE 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