

## BREAKFAST

monday – friday until 11:30

saturday until 14:00



### KICK START

6,50

1 AFRO COFFEE, AFRO TEA or Hot Cocoa Drink

Bagel with cottage cheese or hummus (A,G,N)

### VITALITY

12,90

1 AFRO COFFEE, AFRO TEA or Hot Cocoa Drink

Smoothie, cream cheese (G), yoghurt (G)

fruit salad, vegetable sticks, turkey ham,

cheese, camembert (G), butter (G),

whole grain bread (A)

### BREKKIE SANDWICH

7,90

Cereal bread with organic fried egg, salad,

tomatoes, cucumber, cress, hummus + Smoothie (A,G,C,O)

### FRESH START

8,90

Free range scrambled eggs on toasted walnut bread,

baby spinach with pomegranate-mint-vinaigrette

and sunflower seeds (A,O,G)

### HAM & EGGS

5,90

free range eggs with toast (A,G)

### SCRAMBLED EGGS

4,90

free range eggs with toast (A,G)

... with ham and cheese

5,90

### Boiled Egg

1,90

free range egg, soft or hard boiled

### CEREAL BOWL

5,90

Cereals, yoghurt, nuts, fruit salad, dried fruits (G,H,O)

### BREAKFAST BOWL

6,50

Sweet couscous with yoghurt, fruits, hemp seeds,

sunflower seeds and roasted almonds (G,E)

### BREKKIE WRAP

7,50

Sweet Creme Fraiche (G), rose hip jam,

banana, crunchy cereals + Smoothie (A,G,O,E,H)

### VANILLA PORRIDGE

5,90

Oats porridge with dried dates, pomegranate, hemp seeds (A,G,O,E,H)

### WAFFLES

6,30

with fruit salad, maple syrup and cream (A,G,C)

### Croissant with Nutella or jam

3,10

## BREAKFAST BUBBLES

### BREKKIE Prosecco

2,90

### MIMOSA

4,50