

Starters



Hummus

traditional oriental dish of chickpeas, olive, sesame oil and aromatic herbs **14 euro**

Baba Ganush

traditional oriental dish of baked vegetables, olive, sesame oil and aromatic herbs **14 euro**



Shakshuka

Tomatoes, pepper, onion, garlic, olive oil and herbs with eggs.

12 euro



Home made Guacamole

Fresh avocado, cilantro, fermented garlic, lime, lemon, herbs and olive oil.

12 euro



Beetroot salad with goat cheese

Beetroot, lettuce, goat cheese, pine nuts with vinegar honey orange and mustard dressing

12 euro



Quinoa salad

Quinoa, avocado, tomatoes Cherry, corn, basil, pomegranate with lime, olive oil and herbs dressing

14 euro



Caesar salad

Caesar salad Romaine lettuce, croutons and Chicken or Shrimps classic Caesar sauce with lemon juice (or lime juice), olive oil, egg, Worcestershire sauce, anchovies, garlic, Dijon mustard, Parmesan cheese, and black pepper. **14 euro**



Mushroom soup

Mushrooms, onion, cream or coconut cream and herbs.

12 euro portion (min 2)



Tom Yam Soup

Classic spicy Thai soup with chicken and shrimps in coconut milk

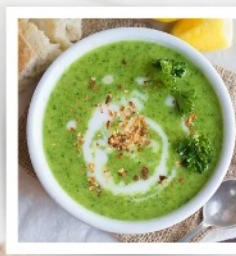
14 euro portion (min 2)



Tomato soup

Baked tomatoes, basil, onion, garlic, olive oil and herbs

12 euro portion (min 2)



Broccoli soup

Broccoli, celery, onion, garlic, olive oil, coconut milk, lemon juice and herbs

12 euro portion (min 2)



Onion Soup

French classic onion soup with onion, wine, butter, cheese and bread.

14 euro portion (min 2)



Pumpkin Soup

Baked pumpkin, onion, garlic, lime juice, ginger, oil, cream or coconut milk, pumpkin seeds and herbs.

12 euro portion (min 2)



Chicken soup

Chicken, vegetables and herbs.

12 euro portion (min 2)



Scandinavian Fish Soup

Salmon, onion, carrot, potatoes, cream and fish stock soup.

14 euro portion (min 2)

Side dishes



Baked potatoes

Potatoes or sweet potatoes with cheese or veggie filling

12 euro



Stuffed peppers

stuffed peppers with meat / chicken or veggie filling

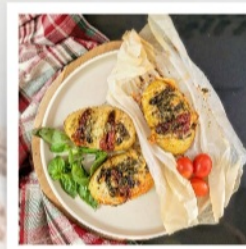
12 euro



Potato gratin

Potatoes, cream or coconut cream, baked in oven with provencal herbs

12 euro



Baked potatoes

With Garlic butter, goat cheese, dried tomatoes and Parmesan

12 euro



Veggie curry chickpeas

Chickpeas in coconut milk with curry, broccoli and sesame seeds

12 euro



Rice with seafood

Rice, seafood, lime, chili, coconut milk and spices

14 euro



Veggie Pancakes
Potatoes or **Courgette**, onion, olive oil, eggs, oatmeal flour, fresh herbs

12 euro



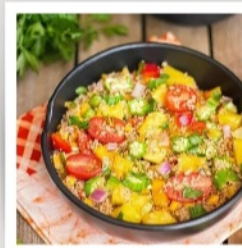
Spinach with Cherry Tomatoes
 Spinach, pine nuts, cherry tomatoes, sesame seeds and parsley cooked with coconut milk and olive oil

12 euro



Ratatouille
 Tomatoes, aubergine, courgettes, baked in oven with olive oil and provencal herbs

12 euro portion (min 2)



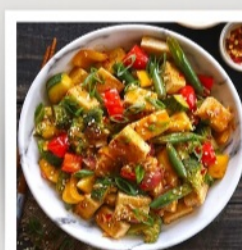
Veggie Ragù
 Sweet pepper, tomatoes cherry, asparagus, onion, garlic, fresh chili pepper, cilantro, parsley, olive oil and lime juice

12 euro



Aubergine Parmigiana with tomatoes
 Aubergines, tomatoes, mozzarella, garlic, parmigiano, olive oil.

12 euro portion (min 2)



Tofu with vegetables
 Tofu, Bell pepper, green beans, broccoli, sesame seeds, fresh herbs with soy lime dressing

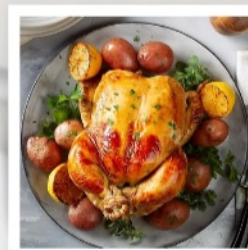
12 euro

Main course



Turkey with cranberry sauce
 Baked with herbs and sweet paprika

25 euro 1 kg



Roasted chicken
 - classic with herbs and sea salt and potatoes
 - with honey, oranges and balsamic
 - Sweet and sour sauce
 - Sour cream and mustard
 - Mediterranean style with olives, tomatoes and lemon

15 euro 1 kg



Roasted Lamb
 Lamb, potatoes, onion, garlic, oil, carrot, mustard, herbs.

30 euro 1 kg



Coq au Vin *Red wine chicken
 Half chicken, baked with carrot, potatoes, onion, garlic, olive oil.

25 euro



Conchiglie pasta with dried tomatoes, garlic, fresh cherry tomatoes and basil

15 euro



Conchiglie pasta with spinach, tomatoes, ricotta and basil-tomato sauce

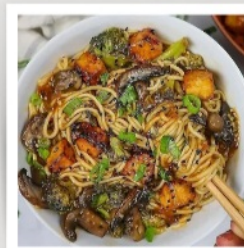
15 euro



Chicken with mango chutney

Chicken with sweet and sour spicy Mango chutney

22 euro



Udon

Chicken or veggie with noodles and sweet and sour sauce

15 euro



Wok

create your own wok recipe with meat, chicken, seafood or vegetables with a spicy soy ginger sauce, sesame seeds and fresh herbs

15 euro



Pad Thai

Classic Thai noodle recipe with:

- Chicken or...
- Veggie and Tofu or...
- Seafood

15 euro



Cottage pie min 2 portions

Classic meat version with potatoes, cheese, eggs, carrot, celery, tomatoes and onion

18 euro

or...

14 euro

Veggie with sweet potatoes, dried tomatoes, olives, celery and fresh herbs



Salmon en croute

salmon baked in puff pastry with spinach and onion filling.

20 euro



Sweet potatoes pie with Goat cheese

Sweet potatoes, carrot, eggs, goat cheese and rosemary.

25 euro



Spanakopita

This is an authentic, really rich pie stuffed with spinach, onions, cheeses and herbs that are all enfolded by crispy, flaky phyllo dough

25 euro



Goulash

Chicken or meat, tomatoes, onion, garlic, olive oil and my love.

20 euro



Chicken Curry

Classic with coconut milk and indian spices (level of spice to your personal taste!)

16 euro



Rustic-style baked rabbit

With coconut cream, mustard, rosemary and pepper sauce.

24 euro



Cabbage rolls with chicken and rice

Asian style rolls with soy and sesame sauce and chili spice touch

18 euro



Red bean ragu with meat and ham

with tomatoes, garlic, onion, carrot, red wine and rosemary.

20 euro



Meat or Chicken Balls

Chicken or meat, onion, garlic, olive oil, eggs, fresh herbs in tomatoes sauce with basil.

20 euro



Salmon or Bacalao Teriyaki

with sesame seeds and fresh herbs

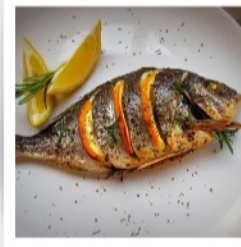
16 euro



Merluza

Fresh hake fish with lime, caramelized onion and fresh green peas and nut cheese salad

16 euro



Dorado or Trout baked with herbs and lemon-balsamic sause and orange

20 euro



Baked Squid with vegetables lemon and herbs

24 euro



Risotto

Musrooms or Pumpkin or Classic risotto. Rice, cream, butter, cheese, herbs.

18 euro



Gnocchi with tomato sauce

18 euro



Pumpkin cheese pie

Sweet pumpkin, carrot, eggs, cream or coconut milk, cheese and rosemary.

25 euro



Cheese pie

Phyllo dough with cheese and herbs
- classic cheese
- mushrooms
- vegetables (carrot, onion, pepper and celery)

25 euro



Beef Stroganoff min 2 portions

Classic with beef, onion, cream, pickles, mushrooms and herbs.

16 euro

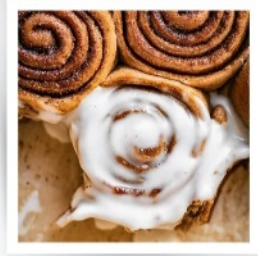


Beef Bourguignon min 2

Beef with vegetables cooked in red wine, herbs, mustard, olive oil and butter.

16 euro

Sweets



Cinnamon Rolls

20 euro



Blueberry pancakes

Oat, berries, eggs, banana, coconut oil.
- No sugar
- less gluten
- Max vitamins

16 euro



Mini Clafoutis is a traditional French dessert made with seasonal fresh berry

8 euro



Mini Lemon meringue tart

Flour, sugar, eggs, lemon, butter or coconut oil.

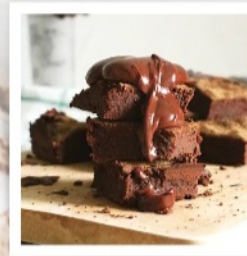
5 euro



Blueberry cake

classic or gluten free

15 euro



Brownie

Oat or quinoa flour, only dark chocolate, nuts, bananas
-No sugar
-less gluten
-Max pleasure and Serotonin

15 euro