

## Smoothies

"All our juices are per order, freshly made. We use local organic and/or raw products .What you see is what you get"

### Fruit

300ml/500ml

#### Salsa

Strawberry, pineapple, apple, banana & orange juice....€ 3,95/4,95

#### Apple Cinnamon

Apple, cinnamon, melon, & orange juice.....€ 3,95/4,95

#### Hangover

Pear, blueberry, aguave syroop almonds.....€ 3,95/4,95

### Fruit & Vegetables

#### Pink Lady

Beetroot, kiwi, banana, lemon & orange juice.....€ 3,95/4,95

#### Rabbit

Spinach, carrot, apple, ginger & orange juice.....€ 3,60/4,80

#### Farmer

Kale, kiwi, banana.....€ 3,75/4,75

### Extra addition

Peanut butter.....+ € 0,50

Vanilla protein.....+ € 1,90

## Shots

### Ginger Shot

Ginger, lemon & cayenne.....€ 2,50

## Whole Fruit

**Pineapple**.....€ 4,90

**Coconut**.....€ 5,25

## Drinks

Fresh mint icetea.....€ 2,50

Fresh orange juice.....€ 2,95

Sparkling water.....€ 2,00

Still water.....€ 2,00

## Tea

**Fresh mint**.....€ 2,65

**Fresh ginger & lemon**.....€ 2,75

**Fresh celery & lemon**.....€ 2,75

### Herbal tea

Green \* Black \* Detox \*.....€ 2,35

## Coffee ☕

"The highest quality 100 % arabica coffee. Directly from the farmer, Dutch Beans, The Roast to Happiness"

<b>Espresso</b> single.....	€ 2,10
<b>Espresso</b> double.....	€ 2,50
<b>Ristretto</b> single.....	€ 2,10
<b>Ristretto</b> double.....	€ 2,50
<b>Americano</b> .....	€ 2,50
<b>Cappuccino</b> ① regular/soy ②	
small.....	€ 2,50
normal.....	€ 3,00
big.....	€ 4,25
<b>Latte macchiato</b> ① regular/soy ②	
normal.....	€ 3,00
big.....	€ 4,25
<b>Cortado</b> ①.....	€ 3,15
<b>Babyccino</b> ①.....	€ 1,75
<b>Extra shot espresso</b> .....	€ 0,75

## Ice Cappuccino ②

"Coffee, (lactose free) milk, ice & aguave  
Thats it ☺"

<b>Naturel</b> .....	€ 3,75
<b>Soy</b> .....	€ 3,75
<b>Coconut</b> .....	€ 3,85
<b>Almond</b> .....	€ 3,85
<b>Choco</b> .....	€ 3,85

## Dream Coffee ②

"Latte macchiato with lactose free milk"

<b>Coconut Dream</b> .....	€ 3,35
<b>Almond Dream</b> .....	€ 3,35
<b>Choco Dream</b> .....	€ 3,35

## Smoothie Program

"Energy boost for your body & mind  
Please order one day in advance"

**1 day plan** ② ..... € 23,80  
5x smoothies \* 1x gingershot

**3 day plan** ② 🍌 ..... € 68,85  
15x smoothies \* 3x gingershot  
*Every day we deliver, your 1 day plan*

**5 day plan** ② ..... € 114,75  
25x smoothies \* 5x gingershot  
*Every day we deliver, your 1 day plan*

## Smoothie High Tea

**A big plate with lots of  
healthy stuff**

Yogurt, smoothie, tea, sweets & treats .

Please order 1 day in advance

Starting at 4 persons.....normal pp € 17,50

vegan pp € 19,80

## Choose your yogurt

### Yogurt

Skyr - Skinny organic - Quark

Coconut  - Vanilla 

### Topping

Brownie   - Granola 

*our brownie is vegan/sugar-free/gluten-free*

*our granola is vegan & sugar-free*

### Fruit 3 pieces

Banana - pineapple - strawberry - apple

kiwi - pear - melon

### Superfood 2 pieces

Hemp seed - linseed - chia seed -

goji berry - coconut.....€ 4,95

### Extra topping

Peanut butter.....+ € 0,50

Vanilla protein.....+ € 1,90

## Croissant

**Cheese, stawberry jelly**

**& peanut butter.....€ 2,75**

## Choose your oats

### Oats

Buckwheat - oatmeal

Milk  warm

Soy - almond - coconut - choco

### Topping 3 pieces

Matcha - cacao - cinnamon -

aguave syroop - coconut sugar

### Fruit 3 pieces

Banana - pineapple - strawberry - apple

kiwi - pear - melon.....€ 4,95

### Extra topping

Peanut butter.....+ € 0,50

Vanilla protein.....+ € 1,90

## Chia pudding

Chia, almond milk, banana, vanille

& strawberry.....€ 4,65

### Extra topping

Peanut butter.....+ € 0,35

Vanilla protein.....+ € 1,90

## Spelt toast

### Supercado


Hummus, avocado, line & hennep seed,  
coconut & goij berries .....€ 6,25

### Filet American

De Vegetarische Slager.....€ 6,25

### Light Spicy Chicken

Spinach, cucumber, chicken,  
pineapple.....€ 6,25

*Option: Vegan Chicken* 

### Hüttenkäse

Hüttenkäse, honey, cucumber  
cherry tomato, lin seed  
& pesto.....€ 6,25

## Tosti

**Cheese & Chicken**.....€ 4,90

*Option: Vegan Chicken* 

*Option: Vegan Cheese* 

**Brie & honey**.....€ 4,25

**Peanut butter & banana**  ..... € 3,75

## Wrap

### Orange

Spinach, carrot, apple, lin seed  
& aguave.....€ 4,50

### Red

Rucola, strawberry, avocado,  
goji berry & aguave.....€ 4,50

## Sis Special

### Cucumber Sandwich Delight Vegan

Cucumber, hummus, avocado,  
cherry tomato, line & hennep seed  
coconut & goij berries .....€ 6,25

### Cucumber Sandwich Delight


Cucumber, hüttenkäse , chicken,  
cherry tomato, line & hennep seed  
coconut & honing.... .....€ 6,25

## Salade

### Sis Salad Chicken

Mixed salad, spinach, chicken, cherry tomato, cucumber,  
red onion, carrot,  
line seed & coconut.

Rosemary with orange dressing or  
Pesto dressing.....€11,50

*Option: Vegan Chicken* 


### Sis Salad Hummus

Mixed salad, hummus, avocado, spinach, cherry tomato,  
cucumber, red onion, carrot, line seed & coconut.


Rosemary with orange dressing  
or Pesto dressing.....€ 11,50

## Bowls

### Buddha bowl

Hummus  or Hüttenkäse, spinach, kale, avocado, chickpeas, carrot, cherry tomato & beetroot, line- en chia seed & coconut .....€ 9,50

### Power bowl

Hummus  or Hüttenkäse, cauliflower rice, green beans, chickpeas, carrot, cherry tomato & chicken, line- en chia seed & coconut .....€ 9,50

*Option: Vegan Chicken*

### Fruit bowl

Fresh fruit.....€ 6,50

### Smoothie bowl

Freshly frozen stawberry & banana, soymilk, granola, brownie, fresh fruit & superfoods.....€ 7,50

### Chocolate banana bowl

Freshly frozen banana, soymilk, raw cacao granola, brownie, fresh fruit & superfood.....€ 7,50

### Açai bowl

Freshly frozen banana, soymilk, açai, granola, brownie fresh fruit & superfood.....€ 7,95

## Sweets

### Brownie

*our brownie is vegan/sugar-free/gluten-free*  
Date, buckwheat flour, cacao, apple, banana, vanilla & salt.....€ 3,00

### Bliss Ball

*our ball is vegan & sugar-free*  
Date, sunflower-paste, salt, aguave syroop nuts, oatmeal .....€ 1,00

### Raw Carrot Peanut Pie

*our pie is vegan & sugar-free*  
Carrot, otatmeal date, coconut oil, peanut, lemon, aguave syroop & vanille.....€ 2,95

### Oatmeal muffin

*our muffin is sugar-free*  
Oats, appel, raisin, nuts, honey, coconut,banana,cinnamon, egg & salt.....€ 2,50

### Bananabread

*our bananabread is sugar-free*  
Buckwheat flour, oats, banana, avocado dates, egg, coconut, cinnamon, nuts apple & salt.....€ 3,00

# Sis Special

**Frozen Brownie on a stick** 

*our brownie is vegan/sugar-free/gluten-free*

Date, buckwheat flour, cacao,  
apple, banana, vanilla & salt.....€ 3,25

**Watermelon Pizza slice**

A slice of watermelon with yohurt, granola  
and fresh fruit .....€ 2,95

*Option: Vegan Yogurt* 