***Let op: Al onze gerechten kunnen sporen van allergenen als noten, soja, pinda's, mosterd & gluten bevatten. Bij ernstige allergie raden we consumptie van onze gerechten af.***

| *SALADES* | EI | GLUTEN | SELDERIJ | MOSTERD | LUPINE | ZWAVELDIOXIDE | MELK | SESAMZAAD | SCHAALDIEREN | NOTEN | PINDA'S | VIS | SOJA | WEEKDIEREN |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **HUISGEMAAKTE GROENE KRUIDEN & MUNGBONENFALAFEL** | | ■ | ■ | | | | | ■ | | | | | ■ | |
| Sla | | | | | | | | | | | | | | |
| Volkoren bulghur met komijn | | ■ | | | | | | | | | | | | |
| Geroosterde wortel | | | | | | | | | | | | | | |
| Geroosterde bloemkool met kerrie & sesam | | ■ | ■ | | | | | ■ | | | | | | |
| Tomaat | | | | | | | | | | | | | | |
| Bolletje zoete aardappel-kaneelhummus | | | | | | | | | | | | | | |
| Groene kruiden & mungbonenfalafel | | ■ | ■ | | | | | | | | | | | |
| Pompoen- & zonnebloempitten | | | | | | | | | | | | | | |
| Harissa, sinaasappel & sojayoghurtdressing | | | | | | | | | | | | | ■ | |
| **GEROOKTE MAKREEL TERIYAKI** | | | | | | | | ■ | | | | ■ | ■ | |
| Sla | | | | | | | | | | | | | | |
| Zwarte bonen | | | | | | | | | | | | | | |
| Ingelegde komkommer | | | | | | | | | | | | | | |
| Edamame | | | | | | | | | | | | | ■ | |
| Geroosterde flespompoen | | | | | | | | | | | | | | |
| Gerookte makreel | | | | | | | | | | | | ■ | | |
| Broccolikiemen | | | | | | | | | | | | | | |
| Witte & zwarte sesam | | | | | | | | ■ | | | | | | |
| Teriyaki, rode peper & gemberdressing | | | | | | | | | | | | | ■ | |
| **GEROOSTERDE KIP GADO GADO** | | | ■ | ■ | | | | ■ | | | ■ | | ■ | |
| Sla | | | | | | | | | | | | | | |
| Volkoren basmatirijst | | | ■ | ■ | | | | | | | | | | |
| Gestoomde broccoli | | | | | | | | | | | | | | |
| Taugé | | | | | | | | | | | | | | |
| Zoete aardappel met kokos | | | | | | | | | | | | | | |
| Huisgemaakte atjar | | | | | | | | | | | | | | |
| Geroosterde kipfilet | | | | | | | | | | | | | | |
| Half gekookt eitje | ■ | | | | | | | | | | | | | |
| Koriander | | | | | | | | | | | | | | |
| Pinda, chilipeper & tamaridressing | | | | | | | | ■ | | | ■ | | ■ | |
| **VEGAN NOURISH BOWL** | | | ■ | ■ | | | | ■ | | | | | ■ | |
| Sla | | | | | | | | | | | | | | |
| Quinoa | | | | | | | | | | | | | | |
| Belugalinzen | | | | | | | | | | | | | | |
| Geroosterde bloemkool met kerrie & sesam | | | ■ | ■ | | | | ■ | | | | | | |
| Geroosterde zoete aardappel met kokos | | | | | | | | | | | | | | |
| Gestoomde broccoli | | | | | | | | | | | | | | |
| Tempeh tamari | | | | | | | | | | | | | ■ | |
| Bolletje kikkererwtenhummus | | | ■ | ■ | | | | | | | | | | |
| Koriander | | | | | | | | | | | | | | |
| Teriyaki, rode peper & gemberdressing | | | | | | | | | | | | | ■ | |
| **POMPOEN & RICOTTABURGERTJES** | | | | | | | ■ | | | ■ | ■ | | ■ | |
| Sla | | | | | | | | | | | | | | |
| Quinoa | | | | | | | | | | | | | | |
| Geroosterde knolselderij | | | ■ | | | | | | | | | | | |
| Courgettenoedels | | | | | | | | | | | | | | |
| Gepofte rode biet | | | | | | | | | | | | | | |
| Huisgemaakte boerenkoolpesto | | | | | | | ■ | | | ■ | ■ | | | |
| Pompoen & ricottaburgertjes | | | | | | | ■ | | | ■ | | | | |
| Walnoten & amandelen | | | | | | | | | | ■ | | | | |
| Cranberry, dadel & sumacdressing | | | | | | | | | | | | | ■ | |
| **GEROOSTERDE PADDENSTOELEN & PARMEZAANSE KAAS** | | | | | | | ■ | | | ■ | | | | |
| Sla | | | | | | | | | | | | | | |
| Belugalinzen | | | | | | | | | | | | | | |
| Gepofte rode biet | | | | | | | | | | | | | | |
| Geroosterde pastinaak | | | | | | | | | | | | | | |
| Geroosterde flespompoen | | | | | | | | | | | | | | |
| Geroosterde paddenstoelen | | | | | | | | | | | | | | |
| Parmezaanse kaas | | | | | | | ■ | | | | | | | |
| Walnoten & amandelen | | | | | | | | | | ■ | | | | |
| Basilicum, appelciderazijn & olijfoliedressing | | | | | | | | | | | | | | |
| **MEXICAANSE TEMPEH BOWL** | | | | | | | | | | | | | ■ | |
| Sla | | | | | | | | | | | | | | |
| Zwarte bonen | | | | | | | | | | | | | | |
| Volkoren basmatirijst | | | | | | | | | | | | | | |
| Mais met peterselie | | | | | | | | | | | | | | |
| Tomaat | | | | | | | | | | | | | | |
| Geroosterde wortel | | | | | | | | | | | | | | |
| Mexicaanse tempeh | | | | | | | | | | | | | ■ | |
| Avocado | | | | | | | | | | | | | | |
| Koriander | | | | | | | | | | | | | | |
| Limoen | | | | | | | | | | | | | | |
| Avocado, sojayoghurt & maanzaaddressing | | | | | | | | | | | | | ■ | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **ITALIAANSE BUFFELMOZZARELLA** | | | | | | | | | | | | | | |
| Sla | | | | | | | | | | | | | | |
| Belugalinzen | | | | | | | | | | | | | | |
| Tomaat | | | | | | | | | | | | | | |
| Geroosterde aubergine | | | | | | | | | | | | | | |
| Courgettenoedels | | | | | | | | | | | | | | |
| Buffelmozzarella | | | | | | | | | | | | | | |
| Huisgemaakte caponata | | | | | | | | | | | | | | |
| Basilicum | | | | | | | | | | | | | | |
| Pompoen- & zonnebloempitten | | | | | | | | | | | | | | |
| Balsamico, zongedroogde tomaat & olijfoliedressing | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| ***VEGGIE BOWLS*** | | | | | | | | | | | | | | |
| **BUMI TEMPEH BOWL** | | | | | | | | | | | | | | |
| Volkoren basmatirijst | | | | | | | | | | | | | | |
| Zwarte bonen | | | | | | | | | | | | | | |
| Gestoomde broccoli | | | | | | | | | | | | | | |
| Ingelegde komkommer | | | | | | | | | | | | | | |
| Geroosterde flespompoen | | | | | | | | | | | | | | |
| Tempeh tamari | | | | | | | | | | | | | | |
| Koriander | | | | | | | | | | | | | | |
| Zonnebloem- & pompoenpitten | | | | | | | | | | | | | | |
| Pinda, chilipeper & tamaridressing | | | | | | | | | | | | | | |

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| **HUMMUS & AVOCADO BOWL** | | | | | | | | | | | | | | |
| Belugalinzen | | | | | | | | | | | | | | |
| Volkoren bulghur met komijn | | | | | | | | | | | | | | |
| Geroosterde bloemkool met kerrie & sesam | | | | | | | | | | | | | | |
| Geroosterde wortel | | | | | | | | | | | | | | |
| Tomaat | | | | | | | | | | | | | | |
| Bolletje zoete aardappel & kaneelhummus | | | | | | | | | | | | | | |
| Kwart avocado | | | | | | | | | | | | | | |
| Broccolikiemen | | | | | | | | | | | | | | |
| Witte & zwarte sesam | | | | | | | | | | | | | | |
| Harissa, sinaasappel & sojayoghurtdressing | | | | | | | | | | | | | | |

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| ***GROENTEN*** | | | | | | | | | | | | | | |
| Geroosterde wortel | | | | | | | | | | | | | | |
| Geroosterde bloemkool met kerrie & sesam | | | | | | | | | | | | | | |
| Tomaat | | | | | | | | | | | | | | |
| Gestoomde broccoli | | | | | | | | | | | | | | |
| Taugé | | | | | | | | | | | | | | |
| Zoete aardappel met kokos | | | | | | | | | | | | | | |
| Huisgemaakte atjar | | | | | | | | | | | | | | |
| Geroosterde flespompoen | | | | | | | | | | | | | | |
| Ingelegde komkommer | | | | | | | | | | | | | | |
| Edamame | | | | | | | | | | | | | | |
| Geroosterde knolselderij | | | | | | | | | | | | | | |
| Courgettenoedels | | | | | | | | | | | | | | |
| Gepofte rode biet | | | | | | | | | | | | | | |
| Geroosterde pastinaak | | | | | | | | | | | | | | |
| Mais met peterselie | | | | | | | | | | | | | | |
| Geroosterde aubergine | | | | | | | | | | | | | | |

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| ***PREMIUMS*** | | | | | | | | | | | | | | |
| Tempeh tamari | | | | | | | | | | | | | | |
| Groene kruiden & mungbonenfalafel | | | | | | | | | | | | | | |
| Bolletje kikkererwtenhummus met kerrie | | | | | | | | | | | | | | |
| Pompoen & ricottaburgertjes | | | | | | | | | | | | | | |
| Halve avocado | | | | | | | | | | | | | | |
| Mexicaanse tempeh | | | | | | | | | | | | | | |
| Huisgemaakte boerenkoolpesto | | | | | | | | | | | | | | |
| Bolletje zoete aardappel & kaneelhummus | | | | | | | | | | | | | | |
| Huisgemaakte caponata | | | | | | | | | | | | | | |
| Geroosterde paddenstoelen | | | | | | | | | | | | | | |
| Italiaanse buffelmozzarella | | | | | | | | | | | | | | |
| Gekookt eitje | | | | | | | | | | | | | | |
| Gerookte makreel | | | | | | | | | | | | | | |
| Geroosterde kipfilet | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **GRAAN / ZAAD / PEUL** | | | | | | | | | | | | | | |
| Volkoren bulghur | | | | | | | | | | | | | | |
| Belugalinzen | | | | | | | | | | | | | | |
| Volkoren basmatirijst | | | | | | | | | | | | | | |
| Quinoa | | | | | | | | | | | | | | |
| Zwarte bonen | | | | | | | | | | | | | | |

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| ***DRESSING*** | | | | | | | | | | | | | | |
| Harissa, sinaasappel & sojayoghurtdressing | | | | | | | | | | | | | | |
| Teriyaki, rode peper & gemberdressing | | | | | | | | | | | | | | |

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| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Pinda, chilipeper & tamaridressing | | | | | | | | ■ | | | ■ | | ■ | |
| Cranberry, dadel & sumacdressing | | | | | | | | | | | | | ■ | |
| Basilicum, appelciderazijn & olijfoliedressing | | | | | | | | | | | | | | |
| Avocado, sojayoghurt & maanzaaddressing | | | | | | | | | | | | | ■ | |
| Balsamico, zongedroogde tomaat & olijfoliedressing | | | | ■ | | | | | | | | | | |

| ***TOPPING*** | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Koriander | | | | | | | | | | | | | | |
| Zonnebloem- & pompoenpitten | | | | | | | | | | | | | | |
| Broccolikiemen | | | | | | | | | | | | | | |
| Witte & zwarte sesam | | | | | | | | ■ | | | | | | |
| Walnoten & amandelen | | | | | | | | | | ■ | | | | |
| Olijven | | | | | | | | | | | | | | |
| Parmezaanse kaas | | | | | | | ■ | | | | | | | |
| Partje limoen | | | | | | | | | | | | | | |
| Basilicum | | | | | | | | | | | | | | |