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| *SALADES* | EI | GLUTEN | SELDERIJ | MOSTERD | LUPINE | ZWAVELDIOXIDE | MELK | SESAMZAAD | SCHAALDIEREN | NOTEN | PINDA'S | VIS | SOJA | WEEKDIEREN |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **RODE LINZEN & ZOETE AARDAPPELFALAFEL** | | ■ | | | | | | ■ | | | | | ■ | |
| Bladsla | | | | | | | | | | | | | | |
| Eikenbladsla | | | | | | | | | | | | | | |
| Volkoren spelt couscous | | ■ | | | | | | | | | | | | |
| Komkommer | | | | | | | | | | | | | | |
| Tomaat | | | | | | | | | | | | | | |
| Geroosterde wortel | | | | | | | | | | | | | | |
| Kikkererwtenhummus met kerrie | | | | | | | | ■ | | | | | | |
| Koriander | | | | | | | | | | | | | | |
| Rode linzen & zoete aardappelfalafel | | | | | | | | | | | | | | |
| Sinaasappel, tahin, sojayoghurt, koriander & munt | | | | | | | | ■ | | | | | ■ | |
| **GREEN PROTEIN BOWL** | | | | | ■ | | | ■ | | | | | ■ | |
| Bladsla | | | | | | | | | | | | | | |
| Spinazie | | | | | | | | | | | | | | |
| Zwarte rijst | | | | | | | | | | | | | | |
| Puy-linzen | | | | | | | | | | | | | | |
| Gestoomde broccoli | | | | | | | | | | | | | | |
| Geroosterde zoete aardappel | | | | | | | | | | | | | | |
| Komkommer | | | | | | | | | | | | | | |
| Tempeh tamari | | | | | ■ | | | ■ | | | | | ■ | |
| Koriander | | | | | | | | | | | | | | |
| Rode bietenhummus | | | | | | | | ■ | | | | | | |
| Geroosterde kikkererwten | | | | | | | | | | | | | | |
| Sesam, tamari, rode peper, gember & sojayoghurt | | | | | | | | ■ | | | | | ■ | |
| **CAESAR SALAD** | | ■ | | ■ | | | ■ | | | ■ | | | | |
| Bladsla | | | | | | | | | | | | | | |
| Romaine | | | | | | | | | | | | | | |
| Quinoa | | | | | | | | | | | | | | |
| Courgettenoedels | | | | | | | | | | | | | | |
| Gemarineerde venkel | | | | | | | | | | | | | | |
| Avocado | | | | | | | | | | | | | | |
| Geroosterde kip | | | | | | | | | | | | | | |
| Volkoren zuurdesem croutons | | ■ | | | | | | | | | | | | |
| Parmezaanse kaas flakes | | | | | | | ■ | | | | | | | |
| Cashewnoten, kappertjes, mosterd, citroen & olijfolie | | | | ■ | | | | | | ■ | | | | |
| **TOFU IP KIP?** | | ■ | | ■ | | | ■ | | | ■ | | | ■ | |
| **GEROOKTE TOFU SWEET CHILI** | | ■ | | | | | | ■ | | ■ | ■ | | ■ | |
| Bladsla | | | | | | | | | | | | | | |
| Romaine | | | | | | | | | | | | | | |
| Azukibonen | | | | | | | | | | | | | | |
| Som Tam | | | | | | | | | | ■ | ■ | | | |
| Geroosterde zoete aardappel | | | | | | | | | | | | | | |
| Komkommer | | | | | | | | | | | | | | |
| Gerookte tofu | | ■ | | | | | | | | | | | ■ | |
| Taugé | | | | | | | | | | | | | | |
| Witte & zwarte sesam | | | | | | | | ■ | | | | | | |
| Thai Sweet Chili & rijstazijn | | | | | | | | | | | | | | |
| **BROCCOLI, SPINAZIE & PARMEZAANBURGERTJES** | | | | ■ | | | ■ | ■ | | | | | ■ | |
| Bladsla | | | | | | | | | | | | | | |
| Romaine | | | | | | | | | | | | | | |
| Puy-linzen | | | | | | | | | | | | | | |
| Geroosterde zoete aardappel | | | | | | | | | | | | | | |
| Komkommer | | | | | | | | | | | | | | |
| Tomaat | | | | | | | | | | | | | | |
| Broccoli, spinazie & parmezaanburgertjes | | | | ■ | | | ■ | | | | | | ■ | |
| Rode bietenhummus | | | | | | | | ■ | | | | | | |
| Peterselie | | | | | | | | | | | | | | |
| ], groene kruiden, agavesiroop, appelciderazijn & olijfolie | | | | ■ | | | | | | | | | | |
| **VEGAN SUSHI BOWL** | | | | | ■ | | | ■ | | | | | ■ | |
| Bladsla | | | | | | | | | | | | | | |
| Spinazie | | | | | | | | | | | | | | |
| Zwarte rijst | | | | | | | | | | | | | | |
| Quinoa | | | | | | | | | | | | | | |
| Komkommer | | | | | | | | | | | | | | |
| Edamame | | | | | | | | | | | | | ■ | |
| Radijs | | | | | | | | | | | | | | |
| Tempeh tamari | | | | | ■ | | | ■ | | | | | ■ | |
| Avocado | | | | | | | | | | | | | | |
| Nori flakes | | | | | | | | | | | | | | |
| Witte & zwarte sesam | | | | | | | | ■ | | | | | | |
| Sesam, tamari, rode peper, gember & sojayoghurt | | | | | | | | ■ | | | | | ■ | |

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| | EI | GLUTEN | SELDERIJ | MOSTERD | LUPINE | ZWAVELDIOXIDE | MELK | SESAMZAAD | SCHAALDIEREN | NOTEN | PINDA'S | VIS | SOJA | WEEKDIEREN |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **BIOLOGISCHE GEITENKAAS** | | | | | | | ■ | | | ■ | | | | |
| Bladsla | | | | | | | | | | | | | | |
| Eikenbladsla | | | | | | | | | | | | | | |
| Bloemkoolrijst | | | | | | | | | | | | | | |
| Geroosterde aubergine | | | | | | | | | | | | | | |
| Tomaat | | | | | | | | | | | | | | |
| Gemarineerde venkel | | | | | | | | | | | | | | |
| Geitenkaas | | | | | | | ■ | | | | | | | |
| Broccolikiemen | | | | | | | | | | | | | | |
| Walnoten & amandelen | | | | | | | | | | ■ | | | | |
| Basilicum, citroen, appelciderazijn & olijfolie | | | | | | | | | | | | | | |
| **INDIAN TEMPEH BOWL** | | | | ■ | ■ | | | ■ | | | | | ■ | |
| Bladsla | | | | | | | | | | | | | | |
| Spinazie | | | | | | | | | | | | | | |
| Zwarte rijst | | | | | | | | | | | | | | |
| Geroosterde wortel | | | | | | | | | | | | | | |
| Bloemkool met kerrie | | | | | | | | | | | | | | |
| Komkommer | | | | | | | | | | | | | | |
| Indiase tempeh | | | | ■ | ■ | | | ■ | | | | | ■ | |
| Mangochutney | | | | ■ | | | | | | | | | | |
| Witte & zwarte sesam | | | | | | | | ■ | | | | | | |
| Komkommer, sojayoghurt, appelciderazijn & munt | | | | | | | | | | | | | ■ | |
| ***VEGGIE BOWLS*** | | | | | | | | | | | | | | |
| **BUMI TEMPEH BOWL** | | | | | ■ | | | ■ | | | | | ■ | |
| Zwarte rijst | | | | | | | | | | | | | | |
| Azukibonen | | | | | | | | | | | | | | |
| Gestoomde broccoli | | | | | | | | | | | | | | |
| Geroosterde zoete aardappel | | | | | | | | | | | | | | |
| Komkommer | | | | | | | | | | | | | | |
| Tempeh tamari | | | | | ■ | | | ■ | | | | | ■ | |
| Avocado | | | | | | | | | | | | | | |
| Rode bietenhummus | | | | | | | | ■ | | | | | | |
| Broccolikiemen | | | | | | | | | | | | | | |
| Witte & zwarte sesam | | | | | | | | ■ | | | | | | |
| Sesam, tamari, rode peper, gember & sojayoghurt | | | | | | | | ■ | | | | | ■ | |
| **HUMMUS & AVOCADO BOWL** | | ■ | | | | | | ■ | | | | | ■ | |
| Puy-linzen | | | | | | | | | | | | | | |
| Volkoren speltcouscous | | ■ | | | | | | | | | | | | |
| Geroosterde bloemkool met kerrie & sesam | | | | | | | | | | | | | | |
| Geroosterde wortel | | | | | | | | | | | | | | |
| Tomaat | | | | | | | | | | | | | | |
| Kikkererwtenhummus met kerrie | | | | | | | | ■ | | | | | | |
| Avocado | | | | | | | | | | | | | | |
| Broccolikiemen | | | | | | | | | | | | | | |
| Sinaasappel, tahin, sojayoghurt, koriander & munt | | | | | | | | ■ | | | | | ■ | |
| ***GROENTEN*** | | | | | | | | | | | | | | |
| Geroosterde bloemkool met kerrie | | | | | | | | | | | | | | |
| Komkommer | | | | | | | | | | | | | | |
| Tomaat | | | | | | | | | | | | | | |
| Som Tam van witte kool & pinda | | | | | | | | | | ■ | ■ | | | |
| Geroosterde zoete aardappel | | | | | | | | | | | | | | |
| Taugé | | | | | | | | | | | | | | |
| Gestoomde broccoli | | | | | | | | | | | | | | |
| Courgettenoedels | | | | | | | | | | | | | | |
| Gemarineerde venkel | | | | | | | | | | | | | | |
| Geroosterde wortel | | | | | | | | | | | | | | |
| Edamame | | | | | | | | | | | | | | |
| Radijs | | | | | | | | | | | | | | |
| Geroosterde aubergine | | | | | | | | | | | | | | |
| ***PREMIUMS*** | | | | | | | | | | | | | | |
| Tempeh tamari | | | | | ■ | | | ■ | | | | | ■ | |
| Rode linzen & zoete aardappelfalafel | | | | | | | | | | | | | | |
| Kikkererwtenhummus met kerrie | | | | | | | | ■ | | | | | | |
| Broccoli, spinazie & parmezaanburgertjes | | | | ■ | | | ■ | | | | | | ■ | |
| Halve avocado | | | | | | | | | | | | | | |
| Indiase tempeh | | | | ■ | ■ | | | ■ | | | | | ■ | |
| Pittige mangochutney | | | | ■ | | | | | | | | | | |
| Rode bietenhummus | | | | | | | | ■ | | | | | | |
| Gerookte tofu | | ■ | | | | | | | | | | | ■ | |
| Biologische geitenkaas | | | | | | | ■ | | | | | | | |
| Gekookt eitje | ■ | | | | | | | | | | | | | |
| Geroosterde kip | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **GRAAN / ZAAD / PEUL** | | | | | | | | | | | | | | |
| Volkoren speltcouscous | | ■ | | | | | | | | | | | | |
| Azukibonen | | | | | | | | | | | | | | |
| Zwarte rijst | | | | | | | | | | | | | | |
| Quinoa | | | | | | | | | | | | | | |
| Puy-linzen | | | | | | | | | | | | | | |
| ***DRESSING*** | | | | | | | | | | | | | | |
| Sinaasappel, tahin, sojayoghurt, koriander & munt | | | | | | | | ■ | | | | | ■ | |
| Sesam, tamari, rode peper, gember & sojayoghurt | | | | | | | | ■ | | | | | ■ | |
| Cashewnoten, kappertjes, mosterd, citroen & olijfolie | | | | ■ | | | | | | ■ | | | | |
| Thai Sweet Chili & rijstazijn | | | | | | | | | | | | | | |
| d, groene kruiden, agavesiroop, appelciderazijn & olijfolie | | | | ■ | | | | | | | | | | |
| Basilicum, citroen, appelciderazijn & olijfolie | | | | | | | | | | | | | | |
| Komkommer, sojayoghurt, appelciderazijn & munt | | | | | | | | | | | | | ■ | |
| ***TOPPING*** | | | | | | | | | | | | | | |
| Koriander | | | | | | | | | | | | | | |
| Pompoen- & zonnebloempitten | | | | | | | | | | | | | | |
| Geroosterde kikkererwten | | | | | | | | | | | | | | |
| Witte & zwarte sesam | | | | | | | | ■ | | | | | | |
| Parmezaanse kaas | | | | | | | ■ | | | | | | | |
| Zuurdesem volkorencroutons | | ■ | | | | | | | | | | | | |
| Walnoten & amandelen | | | | | | | | | | ■ | | | | |
| Noriflakes | | | | | | | | | | | | | | |
| Broccolikiemen | | | | | | | | | | | | | | |
| Peterselie | | | | | | | | | | | | | | |
| ***SOEP*** | | | | | | | | | | | | | | |
| Bospeen, kokos & gember | | | ■ | | | | | ■ | | | | | | |
| Gazpacho | | | ■ | | | | | | | ■ | | | | |
| ***ZOET*** | | | | | | | | | | | | | | |
| Raw lemon & lime slice | | | | | | | | | | ■ | | | ■ | |
| Raw choco chia cake | | | | | | | | | | ■ | | | ■ | |
| Raw mango & vanilla cheesecake | | | | | | | | | | ■ | | | | |
| Bananen-notenbrood | | ■ | | | | | | | | ■ | | | | |
| Notenreep met chia & dadel | | | | | | | | | | ■ | | | | |
| ***SMOOTHIES*** | | | | | | | | | | | | | | |
| Geel | | | | | | | | | | | | | | |
| Roze | | | | | | | | | | ■ | | | | |
| ***COLD PRESSED JUICES*** | | | | | | | | | | | | | | |
| Detox | | | ■ | | | | | | | | | | | |
| Energize | | | | | | | | | | | | | | |
| Refresh | | | | | | | | | | | | | | |