

Juices & Smoothies

Homemade with fresh organic ingredients

Flu Fighter Juice 5.95
Komkommer, bleekselderij, appel, citroen & gember

Classic Carrot Juice 5.95
Wortel, appel, citroen & gember

Liquid Sunshine Juice 5.95
Gele biet, appel, gember & citroen

Berry Boost Smoothie 6.50
Bosvruchtenmix, banaan, biet, dadel, citroen & amandelmelk

Popeye Power Smoothie 6.50
Spinazie, avocado, mango, banaan, spirulina, hennepzaad, limoen & kokosdrink

Sweets

Sweet treats with only natural ingredients

Choco Coco Ball 2.50

Salted Caramel Ball 2.50

Pistache Almond Ball 2.50

Banana Bread 3.95

Tahini Brownie 3.95

Drinks

All our drinks are organically certified

Water (SeaWater)	plat of bruisend	2.95 / 3.50
Sparkling lemonade (Sqwz)	peach	3.50
Sparkling lemonade (Sqwz)	lemon ginger	3.50
Sparkling lemonade (Sqwz)	red fruit	3.50
Appelsap (Luna et Terra)		3.50
Ice Tea Green (Charitea)		3.95
Water kefir (Kult)	yuzu & mandarijn	4.50
Water kefir (Kult)	gember & citroen	4.50
Water kefir (Kult)	passievrucht & hop	4.50
Jasmine Kombucha	(Bain Brewing)	5.50
Lichtekooi alcoholarm	Naeckte Brouwers	4.95

Koffie

Espresso	- enkel of dubbel shot	2.90 / 3.30
Americano		3.30
Cappuccino	- enkel of dubbel shot	3.75/ 4.25
Flat white		4.25
Latte	- enkel of dubbel shot	3.90 / 4.50

Thee

Verse gember-sinaasappel thee	3.50
Thee uit de theebar - free refill!	3.50

Special Lattes

Warm and iced!	
matcha latte - havermelk	5.50
golden turmeric latte - kokosmelk	5.50
spiced chai - amandelmelk	5.50

Allergie?

Stuur ons een mail naar info@ilovesla.com, we helpen je graag verder.

Nederlands

SLA

lente zomer menu

SLA is biologisch gecertificeerd.
Al onze ingrediënten zijn duurzaam, eerlijk
ingekocht en komen zoveel mogelijk van
Nederlandse bodem.

ilovesla.com

Salades

Base of salad, proteins and magic

Green Protein 14.50

Babyspinazie, geroosterde broccoli, geroosterde zoete aardappel, zoetzure komkommer, hummus, linzen, geroosterde kikkererwten & geroosterde pompoenpitten.

Dressing: sesam, gember & tamari

Kies je proteïne: biologische kippendij (+€1) / tempeh tamari / tofu panko.

The Caesar 15.50

Romaine mix, half ei, kappertjes, avocado, cherrytomaat, seizoensgroente, bulgur, Parmezaanse kaas & coconut bacon.

Dressing: SLA's Caesar dressing

Kies je proteïne: biologische kippendij (+€1) of plantbased kip.

Spicy Tofurama 15.00

Babyspinazie, geroosterde broccoli, edamame, avocado, rainbow coleslaw, zoetzure komkommer, volkoren rijst mix, taugé, geroosterde cashewnoten en een partje limoen.

Dressing: koriander-limoen dressing

Kies je proteïne: biologische kippendij (+€1) / tofu panko / tempeh tamari.

Greek Gyros 15.00

Romaine-mix, feta crumble, seizoensgroente, geroosterde puntpaprika, tomaat komkommer-mix, bulgur, pickled ui, granaatappelpitjes, geroosterde walnootstukjes & geroosterde pompoenpitten.

Dressing: sojayoghurt, knoflook & citroen

Kies je proteïne: biologische kippendij (+€1) of gyros seitan.

Killer Kapsalon 14.50

Romaine mix, geroosterde zoete aardappel, tomaat-komkommer mix, pickled rode kool, linzen & pickled rode ui.

Dressing: plantbased chili-mayo & sojayoghurt, knoflook & citroen

Kies je proteïne: biologische kippendij (+€1) of gyros seitan.

Want to swap a veggie? Let us know!

meal deal

Salade of Bowl naar keuze
+ juice naar keuze

18.95

pita deal

Pita naar keuze + sparkling lemonade,
ice tea of appelsap

13.95

Bowls

Base of grains, proteins and magic

Middle Feast 14.50

Bulgur, half ei, hummus, geroosterde bloemkool, pickled rode kool, tomaat-komkommer mix, romaine mix, pickled rode ui, granaatappelpitjes & geroosterde amandelstukjes.

Dressing: kerrie-madras dressing

Kies je proteïne: biologische kippendij (+€1) / feta crumble / plantbased kip.

Hot Mexicana 15.00

Volkoren rijst mix, avocado, geroosterde zoete aardappel, mais, cherrytomaat, romaine mix, jalapeno, geroosterde amandelstukjes & een partje limoen.

Dressing: chipotle dressing

Kies je proteïne: biologische kippendij (+€1) of plantbased kip.

Kimchi bowl 15.00

Volkoren rijst mix, homemade Kimchi, half ei, seizoensgroente, rainbow coleslaw, zoetzure komkommer, edamame, babyspinazie, taugé & sesamzaad.

Dressing: plantbased chili-mayo

Kies je proteïne: biologische kippendij (+€1) / tempeh tamari / tofu panko.

Harvest Bowl 15.50

Bulgur, geroosterde zoete aardappel, geroosterde puntpaprika, seizoensgroente, babyspinazie, feta crumble, & walnoot- en amandelstukjes.

Dressing: kerrie-madras dressing

Kies je proteïne: biologische kippendij (+€1) of plantbased kip.

Oh Gado Gado 14.50

Volkoren rijst mix, geroosterde zoete aardappel, seizoensgroente, rainbow coleslaw, zoetzure komkommer, half ei, babyspinazie, geroosterde cashew noten, taugé & een partje limoen.

Dressing: cashew-limoen dressing

Kies je proteïne: biologische kippendij (+€1) / tempeh tamari / tofu panko.

Kids bowl 6.50

Vraag naar het speciale kidsmenu aan de counter.

Warm

Warm comfort stew!

Indiase Dahl 14.50

Dahl op basis van rode linzen met masala kruiden, volkoren rijst mix, geroosterde bloemkool, zoetzure komkommer & koriander.

Pita's

Wrapped up goods!

Greek Gyros Pita 11.50

Feta crumble, seizoensgroente, tomaat-komkommer mix, romaine mix, pickled rode ui & granaatappelpitjes.

Dressing: sojayoghurt, knoflook & citroen

Kies je proteïne: Biologische kippendij (+€1) of gyros seitan.

The Caesar Pita 11.50

Avocado, half ei, cherrytomaat, romaine mix, kappertjes, Parmezaanse kaas & coconut bacon.

Dressing: SLA's Caesar dressing

Kies je proteïne: biologische kippendij (+€1) of plantbased kip.

Middle Feast Pita 11.50

Homemade hummus, half ei, pickled rode kool, tomaat-komkommer mix, romaine mix, pickled rode ui, granaatappelpitjes, geroosterde amandelstukjes.

Dressing: kerrie-madras dressing

Kies je proteïne: biologische kippendij (+€1) of feta crumble.

Hot Mexicana Pita 11.50

Avocado, mais, cherrytomaat, geroosterde zoete aardappel, romaine mix, jalapeno.

Dressing: chipotle dressing

Kies je proteïne: biologische kippendij (+€1) of plantbased kip.

Killer Kapsalon Pita 11.50

Geroosterde zoete aardappel, pickled rode kool, tomaat-komkommer mix, romaine mix, pickled rode ui.

Dressing: plantbased chili-mayo & sojayoghurt, knoflook & citroen

Kies je proteïne: biologische kippendij (+€1) of gyros seitan.

Sides

Comes with bread and olive oil

Creamy Hummus 6.50

Met 3 broodjes, pickled rode ui, olijfolie.

Soups

Klein of groot

Seizoenssoep 5.95 / 7.95

Vraag aan de counter

biologisch meergranenbroodje erbij? €0,75

Juices & Smoothies

Homemade with fresh organic ingredients

Flu Fighter Juice 5.95
Cucumber, celery, apple, lemon & ginger

Classic Carrot Juice 5.95
Carrot, apple, lemon & ginger

Liquid Sunshine Juice 5.95
Golden beetroot, apple, ginger & lemon

Berry Boost Smoothie 6.50
Mixed berries, banana, beetroot, date, lemon & almond milk

Popeye Power Smoothie 6.50
Spinach, avocado, mango, banana, spirulina, hemp seeds, lime & coconut drink

Sweets

Sweet treats with only natural ingredients

Choco Coco Ball 2.50

Salted Caramel Ball 2.50

Pistachio Almond Ball 2.50

Banana Bread 3.95

Tahini Brownie 3.95

Drinks

All our drinks are certified organic

Water (SeaWater) still or sparkling	2.95 / 3.50
Sparkling lemonade (Sqwz) peach	3.50
Sparkling lemonade (Sqwz) lemon ginger	3.50
Sparkling lemonade (Sqwz) red fruit	3.50
Apple Juice (Luna et Terra)	3.50
Ice Tea Green (Charitea)	3.95
Water kefir (Kult) yuzu & mandarin	4.50
Water kefir (Kult) ginger & lemon	4.50
Water kefir (Kult) passionfruit & hops	4.50
Jasmine Kombucha (Bain Brewing)	5.50
Lichtekooi low alcohol beer Naeckte Brouwers	4.95

Coffee

Espresso - single/double	2.90 / 3.30
Americano	3.30
Cappuccino - single/double	3.75/ 4.25
Flat white	4.25
Latte - single/double	3.90 / 4.50

Tea

Fresh Ginger & Orange Tea	3.50
Tea from the Tea Bar - free refill!	3.50

Special Lattes

Warm and iced!	
matcha latte - oat milk	5.50
golden turmeric latte - coconut milk	5.50
spiced chai - almond milk	5.50

Do you have any allergies?

Send us an email at info@ilovesla.com, we'll be happy to help you.

English

SLA
Spring Summer Menu

SLA is certified organic.
All our ingredients are sustainable, ethically purchased and, wherever possible, sourced from Dutch soil.

ilovesla.com

Salades

Base of salad, proteins and magic

Green Protein 14.50

Baby spinach, roasted broccoli, roasted sweet potato, sweet & sour cucumber, hummus, lentils, roasted chickpeas & roasted pumpkin seeds.
Dressing: sesame, ginger & tamari
Choose your protein: organic chicken thigh (+€1) / tamari tempeh / panko tofu.

The Caesar 15.50

Romaine mix, half egg, capers, avocado, cherry tomato, seasonal veggies, bulgur, Parmesan cheese & coconut bacon.
Dressing: SLA's Caesar dressing
Choose your protein: organic chicken thigh (+€1) or plant-based chicken.

Spicy Tofurama 15.00

Baby spinach, roasted broccoli, edamame, avocado, rainbow coleslaw, sweet & sour cucumber, whole grain rice mix, bean sprouts, roasted cashews & a wedge of lime.
Dressing: coriander-lime
Choose your protein: organic chicken thigh (+€1) / panko tofu / tamari tempeh.

Greek Gyros 15.00

Romaine mix, feta crumble, seasonal veggies, roasted bell pepper, tomato-cucumber mix, bulgur, pickled onion, pomegranate seeds, roasted walnut pieces & roasted pumpkin seeds.
Dressing: soy yogurt, garlic & lemon
Choose your protein: organic chicken thigh (+€1) or gyros seitan.

Killer Kapsalon 14.50

Romaine mix, roasted sweet potato, tomato-cucumber mix, pickled red cabbage, lentils & pickled red onion.
Dressing: plant-based chili mayo & soy yogurt with garlic & lemon
Choose your protein: organic chicken thigh (+€1) or gyros seitan.

Want to swap a veggie? Let us know!

meal deal

Salad or Bowl of your choice
+ Juice of your choice

18.95

pita deal

Pita of your choice + sparkling lemonade,
iced tea or apple juice

13.95

Bowls

Base of grains, proteins and magic

Middle Feast 14.50

Bulgur, half egg, hummus, roasted cauliflower, pickled red cabbage, tomato-cucumber mix, romaine mix, pickled red onion, pomegranate seeds & roasted almond pieces.
Dressing: curry madras.
Choose your protein: organic chicken thigh (+€1) / feta crumble / plant-based chicken.

Hot Mexicana 15.00

Whole grain rice mix, avocado, roasted sweet potato, corn, cherry tomato, romaine mix, jalapeño, roasted almonds & a wedge of lime.
Dressing: chipotle
Choose your protein: organic chicken thigh (+€1) or plant-based chicken.

Kimchi bowl 15.00

Whole grain rice mix, homemade kimchi, half egg, seasonal veggies, rainbow coleslaw, sweet & sour cucumber, edamame, baby spinach, bean sprouts & sesame seeds.
Dressing: plant-based chili mayo
Choose your protein: organic chicken thigh (+€1) / tamari tempeh / panko tofu.

Harvest Bowl 15.50

Bulgur, roasted sweet potato, roasted pointed pepper, seasonal vegetables, baby spinach, feta crumble and walnut & almond pieces.
Dressing: curry madras
Choose your protein: organic chicken thigh (+€1) or plant-based chicken.

Oh Gado Gado 14.50

Whole grain rice mix, roasted sweet potato, seasonal vegetables, rainbow coleslaw, sweet-and-sour cucumber, half egg, baby spinach, roasted cashew nuts, bean sprouts and a lime wedge.
Dressing: cashew-lime
Choose your protein: organic chicken thigh (+€1) / tamari tempeh / panko tofu.

Kids bowl 6.50

Ask a team member for our special kids menu.

Warm

Warm comfort stew!

Indian Dahl 14.50

Red lentil dahl with masala spices, whole grain rice mix, roasted cauliflower, sweet & sour cucumber & coriander.

Pitas

Wrapped up goods!

Greek Gyros Pita 11.50

Feta crumble, seasonal veggies, tomato-cucumber mix, romaine mix, pickled red onion & pomegranate seeds.
Dressing: soy yogurt, garlic & lemon
Choose your protein: organic chicken thigh (+€1) or gyros seitan.

The Caesar Pita 11.50

Avocado, half an egg, cherry tomatoes, romaine mix, capers, Parmesan cheese, and coconut bacon.
Dressing: SLA's Caesar dressing
Choose your protein: organic chicken thigh (+€1) or plant-based chicken.

Middle Feast Pita 11.50

Homemade hummus, half an egg, pickled red cabbage, tomato-cucumber mix, romaine mix, pickled red onion, pomegranate seeds, and roasted almond pieces.
Dressing: curry madras
Choose your protein: organic chicken thigh (+€1) or feta crumble.

Hot Mexicana Pita 11.50

Avocado, corn, cherry tomato, roasted sweet potato, romaine mix, jalapeño.
Dressing: chipotle
Choose your protein: organic chicken thigh (+€1) or plant-based chicken.

Killer Kapsalon Pita 11.50

Roasted sweet potato, pickled red cabbage, tomato-cucumber mix, romaine mix, pickled red onion.
Dressing: plant-based chili mayo & soy yogurt with garlic & lemon
Choose your protein: gyros seitan or organic chicken thigh (+€1)

Sides

Comes with bread and olive oil

Creamy Hummus 6.50

With 3 mini breads, pickled red onion & olive oil

Soups

Small or large

Seasonal Soup 5.95 / 7.95

Ask at the counter
Organic multigrain roll? +€0.75