

# Smoothies & juices

## Flu Fighter Juice 5.95

Cucumber, celery, apple, lemon & ginger.

## Classic Carrot Juice 5.95

Carrot, apple, lemon & ginger.

## Liquid Sunshine Juice 5.95

Yellow beet, 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.

## Ginger Shot 4.50

Ginger, lemon, turmeric, agave (made by Bain Brewing).

A small eco-packaging fee applies to all take-away items.

# Soups

## Seasonal soups 5.95 / 7.95

Ask at the counter.  
Organic multigrain bread roll? +€0.75

# Coffees

We don't charge for plantbased milk. Ever.

<b>Espresso</b> (single / double)	2.90 / 3.30
<b>Americano</b>	3.30
<b>Cappuccino</b> (single / double)	3.75 / 4.25
<b>Flat White</b>	4.25
<b>Latte</b> (single / double)	3.90 / 4.50
<b>Fresh Ginger &amp; Orange Tea</b> Refill? Always!	3.50
<b>Loose Leaf Tea Selection</b>	3.50
<b>Matcha latte</b> oat milk	5.50
<b>Golden turmeric latte</b> coconut milk	5.50
<b>Spiced Chai</b> almond milk	5.50

# Sweets

<b>Bliss Balls</b> variety of flavors	3.50
<b>Banana Bread</b>	4.50
<b>Tahini Brownie</b> vegan, traces of gluten and nuts	4.50

# Cold drinks

<b>Water (SeaWater)</b> still or sparkling	2.95
<b>Sparkling lemonade (Sqwz)</b> peach	3.50
<b>Sparkling lemonade (Sqwz)</b> lemon ginger	3.50
<b>Sparkling lemonade (Sqwz)</b> red fruit	3.50
<b>Apple juice (Luna et Terra)</b>	3.50
<b>Ice Tea Green (Charitea)</b>	3.95
<b>Water kefir (Kult)</b> yuzu & mandarin	4.50
<b>Water kefir (Kult)</b> ginger & lemon	4.50
<b>Water kefir (Kult)</b> passion fruit & hops	4.50
<b>Jasmine Kombucha</b> (Bain Brewing)	5.50

# SLA

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

# Salads

## Green Protein 14.50

Baby spinach, roasted broccoli, roasted sweet potato, sweet and sour cucumber, hummus, lentils, roasted chickpeas & roasted pumpkin seeds.

**Sesame, ginger & tamari dressing**

Choose your protein: tempeh | tofu panko | organic chicken (+€1.5) | hot-smoked salmon (+€3.5)

## The Caesar 14.90

Romaine, half egg, capers, avocado, cherry tomato, seasonal veggies, bulgur, Parmesan cheese & coconut bacon. **SLA's Caesar dressing**

Choose your protein: plant-based chicken | organic chicken (+€1.5)

## Spicy Tofurama 14.50

Baby spinach, roasted broccoli, edamame, avocado, rainbow coleslaw, sweet and sour cucumber, whole-grain rice, bean sprouts, roasted cashews and a slice of lime. **Chili mayo dressing**

Choose your protein: tofu panko | tempeh | organic chicken (+€1.5) | hot-smoked salmon (+€3.5)

## Greek Gyros 14.90

Romaine, feta crumble, seasonal veggies, tomato-cucumber mix, bulgur, pickled onion, pomegranate seeds, roasted walnut pieces & roasted pumpkin seeds.

**Soy yogurt, garlic & lemon dressing**

Choose your protein: gyros seitan | organic chicken (+€1.5)

## Killer Kapsalon 13.90

Romaine, roasted sweet potato, tomato-cucumber mix, pickled red cabbage, lentils & pickled red onion.

**Chili mayo & soy yogurt, garlic & lemon dressing**

Choose your protein: gyros seitan | feta crumble | organic chicken (+€1.5)

## Create Your Own from 11.50

Follow the step-by-step plan at the counter.

Want to swap a veggie? Let us know!

# Warm

## Indiase Dahl 14.50

Dahl made with red lentils and masala spices, whole-grain rice, roasted cauliflower, sweet and sour cucumber, lime & coriander.

Extra protein? tempeh (+€1) | tofu panko (+€1) | organic chicken (+€2)

## Warm Nutty Stew 14.50

African peanut curry with seasonal vegetables, whole-grain rice, roasted cashews, lime & coriander.

Extra protein? tempeh (+€1) | organic chicken (+€2)

Our chicken is certified organic and halal.

# Bowls

## Middle Feast 14.50

Bulgur, half egg, hummus, roasted cauliflower, pickled red cabbage, tomato-cucumber mix, romaine, pickled red onion, pomegranate seeds & roasted almond pieces. **Curry-madras dressing**

Choose your protein: feta crumble | plant-based chicken | organic chicken (+€1.5)

## Hot Mexicana 14.90

Whole-grain rice, avocado, roasted sweet potato, corn, cherry tomato, romaine, jalapeño, roasted almond pieces & a slice of lime. **Chipotle dressing**

Choose your protein: plant-based chicken | organic chicken (+€1.5) | hot-smoked salmon (+€3.5)

## Kimchi Bowl 14.90

Whole-grain rice, homemade kimchi, half egg, seasonal veggies, rainbow coleslaw, sweet and sour cucumber, edamame, baby spinach, bean sprouts & sesame seeds. **Chili mayo dressing**

Choose your protein: tempeh | tofu panko | organic chicken (+€1.5) | hot-smoked salmon (+€3.5)

## Oh! Gado Gado 14.50

Whole-grain rice, roasted sweet potato, seasonal veggies, rainbow coleslaw, sweet and sour cucumber, half egg, baby spinach, roasted cashews, bean sprouts & a slice of lime. **Cashew-lime dressing**

Choose your protein: tempeh | tofu panko | organic chicken (+€1.5)

## Kids bowl 6.50

Ask at the counter for our kids' menu, perfect for little eaters!

# Everyday bowls

Lighter, nourishing bowls with full flavor. Perfect for lunch or after your workout.

## Hummus Avo Bowl 10.50

Bulgur, roasted cauliflower, pickled red cabbage, avocado, hummus, roasted pumpkin seeds & pickled onion. **Soy yogurt, garlic & lemon dressing**.  
Comforting, gently spiced and perfectly balanced.

## Teriyaki Tempeh Bowl 11.50

Whole-grain rice, seasonal veggies, rainbow coleslaw, teriyaki tempeh, bean sprouts & sesame seeds. **Sesame, ginger & tamari dressing**.  
Plant-based power (21 grams of protein) with warm, umami-rich notes.

## The Workout Bowl 12.50

Whole-grain rice, roasted broccoli, roasted organic chicken, half egg, pomegranate seeds, roasted pumpkin seeds. **Curry madras dressing**.  
High-protein (25 grams) and feel-good, energizing yet light.

# Pitas

## Greek Gyros Pita 11.50

Feta crumble, tomato-cucumber mix, romaine, pickled red onion & pomegranate seeds. **Soy yogurt, garlic & lemon dressing**

Choose your protein: gyros seitan | organic chicken (+€1)

## The Caesar Pita 11.50

Avocado, half egg, cherry tomato, romaine, capers, Parmesan cheese & coconut bacon. **SLA's Caesar dressing**

Choose your protein: plant-based chicken | organic chicken (+€1)

## Middle Feast Pita 11.50

Homemade hummus, half egg, pickled red cabbage, tomato-cucumber mix, romaine, pickled red onion, pomegranate seeds. **Curry-madras dressing**

Choose your protein: feta crumble | organic chicken (+€1)

## Hot Mexicana Pita 11.50

Avocado, sweetcorn, cherry tomato, roasted sweet potato, romaine, pickled jalapeño. **Chipotle dressing**

Choose your protein: plant-based chicken | organic chicken (+€1)

## Killer Kapsalon Pita 11.50

Roasted sweet potato, pickled red cabbage, tomato-cucumber mix, romaine, pickled red onion.

**Chili mayo & soy yogurt, garlic & lemon dressing**

Choose your protein: gyros seitan | feta crumble | organic chicken (+€1)

# Side Hummus 6.50

With 3 bread pieces, pickled red onion, olive oil.

# Deals

## Meal deal 18.95

Salad or bowl of your choice + juice of your choice.

## Pita deal 13.95

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