

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 plant-based milk. Ever.

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
Fresh Ginger & Orange Tea Refill? Always!	3.50
Loose Leaf Tea Selection	3.50
Matcha latte oat milk	5.50
Golden turmeric latte coconut milk	5.50
Spiced Chai almond milk	5.50

Sweets

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

Cold drinks

Water (SeaWater) still or sparkling	2.95
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 & mandarijn	4.50
Water kefir (Kult) ginger & lemon	4.50
Water kefir (Kult) passion fruit & hops	4.50
Jasmine Kombucha (Bain Brewing)	5.50

English

SLA

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

Any allergies? Please let us know!

ilovesla.com

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.