

smoothies + juices

flu fighter JUICE 6.50

cucumber, celery, apple, lemon & ginger.

classic carrot JUICE 6.50

carrot, apple, lemon & ginger.

liquid sunshine JUICE 6.50

yellow beet, apple, ginger & lemon.

berry boost SMOOTHIE 7.00

mixed berries, banana, beetroot, date, lemon & almond milk.

popeye power SMOOTHIE 7.00

spinach, avocado, mango, banana, spirulina, hemp seeds, lime & coconut drink.

ginger shot 4.50

ginger, lemon, apple.

soups

6.50 / 8.50

always changing with the seasons, choice of small or large.
ask us at the counter.

add organic sourdough bread? €1.50

WE CHARGE A SMALL PACKAGING
FEE FOR ALL TAKEOUT ITEMS.

DO YOU HAVE AN ALLERGY? LET US KNOW!

coffees

espresso <small>single / double</small>	3.00 / 3.50
americano	3.50
cappuccino <small>single / double</small>	4.00 / 4.50
flat white	4.50
latte <small>single / double</small>	4.00 / 4.50
fresh ginger & orange tea	3.50
tea from the tea bar	3.50
matcha latte <small>hot/iced</small>	6.00
spiced chai	6.00

sweets

sla's homemade banana bread	4.50
tahini brownie <small>VEGAN</small>	4.50
dateables <small>BITE ME! COCO CRUSH</small>	3.75
dateables <small>DATE ME! SESAMESATIONAL</small>	3.75
dateables <small>PICK ME! NUTTY</small>	3.75
the dateables (all 3 flavours)	10.00

cold drinks

water (seawater) <small>still / sparkling</small>	3.00
sparkling lemonade (sqwz) <small>peach</small>	3.50
sparkling lemonade (sqwz) <small>lemon ginger</small>	3.50
sparkling lemonade (sqwz) <small>red fruit</small>	3.50
apple juice (luna et terra)	3.50
ice tea green (charitea)	4.00
water kefir (kult) <small>yuzu & mandarin</small>	4.50
water kefir (kult) <small>ginger & lemon</small>	4.50
water kefir (kult) <small>passionfruit & hop</small>	4.50
jasmine kombucha (bain brewing)	5.50
raw coconut water	5.50

english

SLA

sla is certified organic. our commitment to the planet means every ingredient is ethically and sustainably sourced. by choosing ingredients from dutch soil whenever we can, we keep our footprint small and our flavors fresh.

wifi password: ilovesla

ilovesla.com

salads

green protein 15.00

baby spinach, roasted broccoli, roasted sweet potato, lentils, hummus, pickled cucumber, roasted chickpeas & roasted pumpkin seeds.

SESAME GINGER TAMARI DRESSING.

choose your protein: organic chicken thigh (+€2) | hot-smoked salmon (+€3.50) |

teriyaki tempeh | panko tofu

the caesar 15.50

romaine, bulgur, seasonal vegetables, cherry tomato, avocado, half egg, capers, parmesan & coconut bacon.

SLA'S CAESAR DRESSING.

choose your protein: organic chicken thigh (+€2) | plant-based chicken

chili crunch 15.00

baby spinach, brown rice, roasted broccoli, edamame, rainbow coleslaw, pickled cucumber, avocado, bean sprouts, roasted cashews, crispy chili oil & lime wedge.

CHILI MAYO DRESSING.

choose your protein: organic chicken thigh (+€2) | hot-smoked salmon (+€3.50) |

panko tofu | teriyaki tempeh

greek gyros 15.50

romaine, bulgur, seasonal vegetables, roasted pointed pepper, tomato-cucumber mix, feta crumble, kalamata olives, pickled onion, pomegranate seeds & roasted pumpkin seeds.

LEMON GARLIC YOGURT DRESSING.

choose your protein: organic chicken thigh (+€2) | gyros-style seitan

killer kapsalon 14.50

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

CHILI MAYO & LEMON GARLIC YOGURT DRESSING.

choose your protein: organic chicken thigh (+€2) | gyros-style seitan | feta crumble

create your own from 12.50

follow the step-by-step instructions at the counter.

KIDS BOWL 6.50

children up to and including 8 years old receive a free kids bowl when dining with a parent. made with the same organic, feel-good ingredients you know us for. with our kids bowl, we make it easier to choose healthy, nourishing food. at sla, kids discover that healthy eating isn't just good for you, it can be seriously tasty too. ask for the kids menu at the counter.

warm

indiase dahl 15.00

red lentil dahl with masala spices, brown rice, roasted cauliflower, pickled cucumber, lime & coriander.

extra protein? organic chicken thigh (+€2) | panko tofu (+€1) | teriyaki tempeh (+€1)

bowls

middle feast 15.00

bulgur, roasted cauliflower, hummus, half egg, pickled red cabbage, tomato-cucumber mix, romaine, pickled red onion, pomegranate seeds

& roasted almond flakes. MADRAS CURRY DRESSING.

choose your protein: organic chicken thigh (+€2) | feta crumble | plant-based chicken

hot mexicana 15.50

brown rice, roasted sweet potato, avocado, corn, cherry tomato, romaine, jalapeño, roasted almond flakes & lime wedge.

CHIPOTLE DRESSING.

choose your protein: organic chicken thigh (+€2) | plant-based chicken

kimchi bowl 15.50

brown rice, homemade kimchi, half egg, edamame, seasonal vegetables, rainbow coleslaw, pickled cucumber, baby spinach, bean sprouts & toasted sesame seeds.

CHILI MAYO DRESSING.

choose your protein: organic chicken thigh (+€2) | hot-smoked salmon (+€3.50) |

teriyaki tempeh | panko tofu

oh! gado gado 15.00

brown rice, roasted sweet potato, seasonal vegetables, half egg, rainbow coleslaw, pickled cucumber, baby spinach, bean sprouts, roasted cashews & lime wedge.

CASHEW LIME DRESSING.

choose your protein: organic chicken thigh (+€2) | teriyaki tempeh | panko tofu

sesame ginger salmon bowl 17.50

brown rice, hot-smoked salmon, avocado, edamame, rainbow coleslaw, pickled cucumber, bean sprouts, lime wedge & toasted sesame seeds.

SESAME GINGER TAMARI DRESSING.

everyday bowls

LIGHTER, NUTRITIOUS BOWLS PACKED WITH FLAVOUR, PERFECT FOR LUNCH OR AFTER YOUR WORKOUT.

hummus avo bowl 11.00

bulgur, roasted cauliflower, hummus, avocado, pickled red cabbage, pickled onion & roasted pumpkin seeds.

LEMON GARLIC YOGURT DRESSING.

teriyaki tempeh bowl 12.00

brown rice, seasonal vegetables, teriyaki tempeh, rainbow coleslaw, bean sprouts & sesame seeds.

SESAME GINGER TAMARI DRESSING.

the workout bowl 13.00

brown rice, roasted broccoli, organic chicken thigh, half egg, pomegranate seeds & roasted pumpkin seeds.

MADRAS CURRY DRESSING.

pita's

greek gyros pita 12.00

feta crumble, kalamata olives, seasonal vegetables, tomato-cucumber mix, romaine, pickled red onion & pomegranate seeds.

LEMON GARLIC YOGURT DRESSING.

choose your protein: gyros-style seitan | organic chicken thigh (+€1.50)

the caesar pita 12.00

avocado, half egg, cherry tomato, romaine, capers, parmesan & coconut bacon.

SLA'S CAESAR DRESSING.

choose your protein: organic chicken thigh (+€1.50) | plant-based chicken

middle feast pita 12.00

homemade hummus, half egg, pickled red cabbage, tomato-cucumber mix, romaine, pickled red onion, pomegranate seeds, roasted almond flakes.

MADRAS CURRY DRESSING.

choose your protein: feta crumble | organic chicken thigh (+€1.50)

hot mexicana pita 12.00

avocado, corn, cherry tomato, roasted sweet potato, romaine, jalapeño.

CHIPOTLE DRESSING.

choose your protein: organic chicken thigh (+€1.50) | plant-based chicken

killer kapsalon pita 12.00

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

CHILI MAYO & LEMON GARLIC YOGURT DRESSING.

choose your protein: gyros-style seitan | organic chicken thigh (+€1.50)

side

hummus €7.50

with two pieces of sourdough bread, pickled red onion & olive oil.

deals

meal deal 19.50

salad or bowl of choice + juice of choice.

pita deal 14.50

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