

SALADS & SALAD WRAPS



- CHICKEN CAESAR** 9.75
romaine sla, komkommer, gekookt ei, croutons, parmezaanse kaas, gebakken spekjes, gerookte kipfilet
dressing: caesardressing of low fat buttermilk ranch dressing
zalm in plaats van kip +1.20
- TUNA NIÇOISE** 9.75
romaine sla, cherrytomaat, olijven, gekookt ei, haricots verts, rode ui, kappertjes, ansjovis, tonijn
dressing: extra vergine olijfolie
- GREEK (V)** 9.75
rucola melange, komkommer, groene olijven, rode ui, rode paprika, oregano, courgette, feta
dressing: extra vergine olijfolie & balsamico azijn
- ASIAN CHICKEN OF TEMPEH (V)** 9.75
rucola melange, witte kool, komkommer, wortel, champignons, taugé, jalapenos, gerookte kipfilet of
gegrilde tempeh (vegan)
dressing: soja-sesam vinaigrette
biefstuk of gerookte zalm in plaats van kip +1.20
- CAPRESE (V)** 10.50
rucola melange, veel cherrytomaten, pittenmix, basilicumpesto, avocado, mozzarella
dressing: extra vergine olijfolie
- URBAN BEEF** 10.50
romaine sla, rode kool, komkommer, cherrytomaat, rode ui, paprika, jalapenos, biefstukreepjes
dressing: truffeldressing
- DETOX DELICIOUS (V)** 9.75
spinazie, rode kool, witte kool, rode biet, komkommer, wortel, broccoli, geitenkaas
dressing: limoen vinaigrette
- IRON ENERGY (VG)** 9.75
spinazie, witte kool, broccoli, quinoa, gedroogde cranberries, rozijnen, walnoten, druiven
dressing: frambozen vinaigrette
lekker met blauwe kaas of geitenkaas +1
- OMEGA-3** 10.50
rucola melange, rode kool, cherrytomaat, rode biet, rode ui, pittenmix, gerookte zalm
dressing: balsamico vinaigrette
- GADO GADO** 9.75
romaine, witte kool, wortel, tuinerwten, gekookt ei, taugé, gebakken uitjes, gegrilde kippendij
of tempeh (vegan)
dressing: pinda-kokos dressing
- “CREATE YOUR OWN”** VA. 8.50
creëer je favoriete salade of wrap uit alle beschikbare ingrediënten

SALADS & SALAD WRAPS



CHICKEN CAESAR 9.75

romaine lettuce, cucumber, boiled egg, croutons, shaved parmesan, crispy bacon, smoked chicken breast
dressing: caesar dressing or low fat buttermilk ranch dressing
smoked salmon instead of chicken +1.20

TUNA NIÇOISE 9.75

romaine lettuce, cherry tomato, green olives, boiled egg, haricots verts, red onion, capers, anchovy, tuna
dressing: extra vergine olive oil

ORDINARY GREEK (V) 9.75

arugola mix, cucumber, green olives, red onion, red pepper, oregano, courgette, feta
dressing: extra vergine olive oil & balsamic vinegar

ASIAN CHICKEN OR TEMPEH (V) 9.75

arugola mix, white cabbage, cucumber, carrot, mushrooms, bean sprouts, jalapeños, smoked chicken breast or grilled tempeh (vegan)
dressing: soy-sesame vinaigrette
grilled steak or smoked salmon instead of chicken +1.20

CAPRESE (V) 10.50

arugola mix, a lot of cherry tomatoes, pumpkin & sunflower seeds, pesto, avocado, mozzarella
dressing: extra vergine olive oil

URBAN BEEF 10.50

romaine lettuce, red cabbage, cucumber, cherry tomato, red onion, red pepper, jalapeños, grilled steak
dressing: truffle dressing

DETOX DELICIOUS (V) 9.75

spinach, red cabbage, white cabbage, beetroot, cucumber, carrot, broccoli, goat cheese
dressing: lime vinaigrette

IRON ENERGY (VG) 9.75

spinach, white cabbage, broccoli, quinoa, dried cranberries, raisins, walnuts, grapes
dressing: raspberry vinaigrette
add some goat cheese or blue cheese +1

OMEGA-3 10.50

arugola mix, red cabbage, cherry tomato, beetroot, red onion, seeds, smoked salmon
dressing: balsamic vinaigrette

GADO GADO 9.75

romaine lettuce, white cabbage, carrot, green peas, boiled egg, bean sprouts, crispy onions,
grilled chicken thigh or tempeh (vegan)
dressing: peanut-coconut dressing

“CREATE YOUR OWN” FROM 8.50

create your own favorite salad or wrap