

# SALADS & SALAD WRAPS



## CHICKEN CAESAR

12.95

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

12.95

romaine sla, cherrytomaat, olijven, gekookt ei, haricots verts, rode ui, kappertjes, ansjovis, tonijn  
dressing: extra vergine olijfolie

## GREEK (V)

12.95

rucola melange, komkommer, groene olijven, rode ui, rode paprika, oregano, courgette, feta  
dressing: extra vergine olijfolie & balsamico azijn

## ASIAN KIP OF TEMPEH (V)

12.95

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)

13.95

rucola melange, veel cherrytomaten, pittenmix, basilicumpesto, avocado, mozzarella  
dressing: extra vergine olijfolie

## URBAN BEEF

13.95

romaine sla, rode kool, komkommer, cherrytomaat, rode ui, paprika, jalapenos, biefstukreepjes  
dressing: truffeldressing

## DETOX DELICIOUS (V)

12.95

spinazie, rode kool, witte kool, rode biet, komkommer, wortel, broccoli, geitenkaas  
dressing: limoen vinaigrette

## IRON ENERGY (VG)

12.95

spinazie, witte kool, broccoli, quinoa, gedroogde cranberries, rozijnen, walnoten, druiven  
dressing: frambozen vinaigrette  
lekker met blauwe kaas of geitenkaas +1

## OMEGA-3

13.95

rucola melange, rode kool, cherrytomaat, rode biet, rode ui, pittenmix, gerookte zalm  
dressing: balsamico vinaigrette

## GADO GADO KIP OF TEMPEH (V)

12.95

romaine, witte kool, wortel, tuinerwten, gekookt ei, taugé, gebakken uitjes, gegrilde kippendij  
of tempeh (vegan)  
dressing: pinda-kokos dressing

## “CREATE YOUR OWN”

VA. 11.95

creëer je favoriete salade of wrap uit alle beschikbare ingrediënten

# SALADS & SALAD WRAPS

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## CHICKEN CAESAR 12.95

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 12.95

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

## GREEK (V) 12.95

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

## ASIAN CHICKEN OR TEMPEH (V) 12.95

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) 13.95

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

## URBAN BEEF 13.95

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

## DETOX DELICIOUS (V) 12.95

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

## IRON ENERGY (VG) 12.95

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

## OMEGA-3 13.95

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

## GADO GADO CHICKEN OR TEMPEH (V) 12.95

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 11.95

create your own favorite salad or wrap