

BREAKFAST

OAT PORIDGE 27kn
Almond milk, oats, hemp seeds, banana or fruit coulis

GRANOLA 29kn
sprouted buckwheat groats, oat flakes, apple, cinnamon, almonds, fruit and almond milk

CHIA YOGHURT 26kn
chia seeds soaked serves with cashew yoghurt and banana

BAR SNACKS

KALE CHIPS 29kn
dehydrated kale three ways: spicy red pepper, cacao, cheese and onion

BANANA CRAPES 36kn
banana cream, banana, mixed berry sauce

ASSORTED MACAROONS 9kn / piece
blueberry, orange, cacao, vanilla, coconut flour, cashews

SPICY CANDID NUTS 18kn
marinated with cayenne pepper, and tamari

OLIVES IN OLIVE OIL 27kn
local marinated olives served with raw bread

SAVOURY

EASTERN WISDOM 49kn
norimaki
nori algae, carrot, cucumber, red pepper, arugula, wasabi, tamari, honey mustard, ginger

FULL OF CONFIDENCE 36kn
stuffed champignons
pesto, tomato, cream cheese

I AM SO GOOD 56kn
empanadas
red pepper, flax, walnuts, sundried tomato, arugula

GREEN GOLD 32kn
art of raw salad
Kale, dark greens, white and red cabbage, carrot, green gold dressing

BE CALM 57kn
spring rolls
Rice paper, mixed greens, julienne of vegetables, spicy peanut and tomato sauce

ADRIATIC WISDOM 37kn
nut caprese
Cashew, onions, agar agar, tomato, olive oil, basil, aceto balsamico, black pepper

LOVE LIFE VOLIM 54kn
Spaghetti courgette, dill, hemp seeds, arugula, alfredo sauce

FEEL POWERFUL 31kn
walnut, celery, sundry tomato pate served with raw crackers

SWEETS

SOUTHERN BREEZE 35kn
seasonal fruit, cashews, dates, coconut flour, vanilla

LOVE GAZE 35kn
strawberry almond cake

GARDEN KISS 25kn
chilled fruit cream

POETRY PRINCESS 25kn
chocolate mouse

DOW'S DANCE 35kn
art of raw way tiramisu

FRESH JUICES

17kn 0,3 / 28kn 0,5

Strong

lemon, ginger, agvae, fresh peppermint
(aids digestion & elimination)

Grace

carrot, apple, ginger
(stimulates circulation & detox)

Be Cool

cucumber, pineapple, ginger
(anti-inflammatory, stimulates digestion)

RAW SMOOTHIES

17kn 0,3 / 28kn 0,5

Incredible

banana, pear, dates, vanilla, cashew, almonds,
cinnamon

Amazing

spinach, lemon, banana, pear, dates, vanilla,
cashew, almonds, cinnamon

Choose a power boost for your smoothie

7kn / tablespoon

cacao powder / acai / maca / hemp protein /
pea protein / lucuma / cacao nibs (2 spoons) /
seasonal fruit (3 spoons)

MENU

*Dear friends,
Enjoy all the food we've created with love.
Our goal is that these dishes feed your body
and soul.*

Yours,

art of raw


art of raw