



Healthy food  
and fresh juices

# HEALTHY BODY, MIND AND SPIRIT!

## MISSION

To help people live a healthier and happier life, by eating healthy food in today's busy life.

## Types of foods/diets:



VEGETARIAN



VEGAN



OMNIVORE (chicken breast, tuna)

## NOTICE

Egg products are categorized as 'vegetarian' foods.



green & protein



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review us on:



Green & Protein

tripadvisor

# NOTE:

Our products may contain different allergens, such as:



MILK



EGGS



SEAFOOD



MUSTARD



WHEAT/GLUTEN



SOYBEANS



SEEDS



CELERY



PEANUTS



**TREE NUTS:**  
almonds, walnuts,  
cashew nuts,  
hazelnuts.

Our goal is to provide you with fresh, safe and nutritious meals. We urge you to review the information in every section if you have food allergies, sensitivities or different preferences.

Please communicate with our bartenders or supervisors in order to assist you with detailed allergen information.

**\*Note:** No menu is designed to, and cannot be constructed to provide actual medical advice or treatment to you or anyone. Green & Protein is not intended as a substitute for medical or professional advice, care or treatment.

# Heart Healthy Soups

At 'green&protein' every day we serve various soups for vegans, vegetarians, and omnivores (chicken-eaters).

Please ask our bartenders for our daily soup choices.

Price for all soups:  
2.50€



Healthy House-made Dressings:



Sharp Vinaigrette



Smokey Soul



Japanese Soya



Spicy Tomato



Lemon & Parsley



Strong Mustard



# Salads

\*All salads contain: lettuce, spinach and parsley.



## Healing Power

ⓋG 6.5

brown rice, avocado, edamame, lentils, hummus, carrots, pickled radishes, sesame seeds, sunflower seeds, and "strong mustard".



## Positive Calorie

⓪ 6.2

brown rice, chicken breast, boiled eggs, pickled red onions, corn, peas, beetroot, sesame seeds, "strong mustard".



## Sea Soul

⓪ 7.5

marinated salmon, rice, boiled eggs, corn, peas, chickpeas, pumpkin seeds, crushed walnuts, and black sesame seeds, and "Japanese Soya".



## Ketogenic Boost

⓪ 6.9

chicken breast, mushrooms, cucumbers, Ketogenic cauliflower rice, boiled eggs, red peppers, pickled red onions, white cheese, sesame seeds, "lemon & parsley".



## Tunalicious

⓪ 6.5

tuna mix with carrots & pickled cucumbers, corn, black beans, purple house-made cabbage, and carrot slaw with soy bean sauce; tomatoes, baked whole wheat bread croutons, and "sharp vinaigrette".



## "wabi-sabi"

ⓋG 6.5

vegan lentil patties, mashed broccoli and spinach, purple cabbage, and carrot slaw dipped in vegan soy bean sauce, black beans, peas, corn, seedless sultanas, sesame seeds, and "strong mustard".

# Vegan Joy

VG

6.9

vegan lentil patties, quinoa, edamame, sweet potato, hummus, pickled onions, sesame seeds, arugula, radicchio and "strong mustard".

NEW



## Add (on all salads and bowls)

<b>Chicken Breast</b>	50gr	<b>1.2</b>
<b>Chicken Meatball S</b>	1pcs	<b>1</b>
<b>Vegan Meatball S</b>	1pcs	<b>1</b>
<b>Tofu</b>	50gr	<b>1.5</b>

# Bowls

\*All bowls have rice as a base.



## Protein Beast

Ⓞ 7.9

chicken breast, avocado, corn, pickled radishes, boiled eggs with soybean sauce, sesame seeds, and "lemon & parsley".



## Sweet & Tasty

Ⓞ 7.5

marinated chicken breast, sweet potato, boiled eggs with soybean sauce, peas, pickled red onions, pomegranate arils, sesame seeds and "strong mustard".



## Tofu & Mushroom Fix

Ⓞ 7.2

marinated tofu, mushrooms, sweet potato, chickpeas, mashed broccoli and spinach, sesame seeds, and "Smokey soul".



## Bodybuilder +

Ⓞ 7.5

chicken breast, avocado, broccoli, carrots, corn, sesame seeds, and "lemon & parsley".



## Chicken's Joy

Ⓞ 7.2

chicken meatballs, boiled eggs with soybean sauce, purple cabbage and carrot with soybean sauce, tomatoes, peas, corn, sesame seeds, and "sharp vinaigrette".



## Greenies Grains

Ⓞ 7.5

spinach, lentils, quinoa, chickpeas, corn, carrots, pumpkin seeds, sesame seeds, pomegranate arils, parsley, "strong mustard".



# Burgers

\*Buns: with Aronia and chia seeds.



## Queen Premium

Ⓞ 6.2

chicken meatballs, eggs, cheese, tomatoes, pickled cucumbers, lettuce, "soybean sauce" & "Greek yogurt and herbs".



## Wild-chant

VG 5.9

vegan lentil Pattie, 'soy bean sauce', tomatoes, chanterelle: wild mushrooms, red onions, and 'spicy tomato'.



## Salmon Taste

Ⓞ 5.9

lettuce, marinated salmon, tomato, cucumber, red onions, and "soybean sauce".



## Queen Deluxe XL

Ⓞ 5.2

chicken meatballs, tomatoes, pickled cucumbers, lettuce, "soy bean sauce" & "Greek yogurt and herbs".



## Leading Light

Ⓞ 5.5

Chicken breast, cheese, eggs, tomatoes, lettuce, "soy bean sauce" and "Greek yogurt and herbs".



## Gorgeous Gang

VG 4.9

vegan lentil Pattie, tomatoes, cucumbers, red onions, lettuce, "soybean sauce" and "beet & pb sauce".

# Wraps

\*Pita bread is made with fresh spinach and flax seeds, prepared at home.



## Chicken Delight

⊙ 4.9

chicken breast, cheese, corn, tomatoes, lettuce, "spicy tomato".



## Cool Egg

Ⓥ 4.5

boiled eggs with soybean sauce, cheese and dry dill, tomatoes and lettuce.



## Chicken Charm

⊙ 4.9

brown rice, chicken breast, black beans, carrots, corn, lettuce, "greek yogurt and herbs".



## Avocado & Egg

Ⓥ 5.2

avocado, eggs, tomatoes, lettuce, "soy bean sauce"



## Gut Power

ⓋⒺ 4.5

vegan lentil Pattie, carrots, broccoli, red onions, cucumbers, lettuce, "soy bean sauce".



## Tuna Turner

⊙ 4.9

tuna-mix with corn, pickled cucumbers, black beans, peppers, red onions, lettuce, "spicy tomato".

# Raw & Light Foods

## Parfaits: Smoothie cups & granolla



### Pink Vibes

4.5

strawberries and bananas; house-made granola with honey, coconut oil; oats, mixed dried fruits and seeds, coconut chips, strawberries, almonds



### Choco Lover

4.5

banana, cacao powder; house-made granola with honey, organic coconut oil; oats, mixed dried fruits and seeds, coconut chips, strawberries, peanut butter, banana, peanuts, dark chocolate.

## Chia seed puddings



### Berry Good

4.5

mixture of house-made cashew mylk and date sweetener, chia seeds; bananas, strawberries, coconut chips.



### PBJ Power

4.5

mixture of house-made cashew mylk and date sweetener, chia seeds; bananas, peanut butter, vegan dark chocolate, peanuts.

## Vegan oatmeals



### Simple Sunshine

3.9

oats with soy milk and house-made date sweetener; banana, goji berries, seedless sultanas.



### Chocolate Beauty

3.9

oats with soy milk and house-made date sweetener; banana, pieces of vegan dark chocolate with coconut oil, coconut chips.

# Fresh Beverages



## Antioxidant Hero

4.2

spinach, pineapple, green apple.



## Balanced Chakras

4.2

pineapple, beetroot, carrot, green apple, orange, lemon, ginger.



## Ginger Lover

4.2

green apple, ginger, carrot, lemon.



## Happy Oranges

4.2

oranges.



## Feel Good

3.9

beetroot, carrots, lemon, green apple.



## O & C

4.2

oranges, carrots.

# Smoothies



## “Pink Panther”

4.2

fresh orange juice, bananas, strawberries, chia seeds.



## Fiber Attack

4.2

fresh orange juice, avocado, bananas, strawberries, spinach, dates.



## Tasty Peanut Butter

4.2

milk, banana, house-made peanut butter, dates.



## Chocolate Cravings

3.9

milk, banana, cacao, dates.



## Vitamin Splash

4.2

fresh orange juice, carrot, bananas, pineapple.



## Whey Protein & PB

4.9

milk, water, bananas, whey protein, house-made peanut butter, dates.

## Salads

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
<input type="radio"/> Vegan Joy	345	547	40	40	15	10
<input type="radio"/> Healing Power	450	530	49	61	21	19
<input type="radio"/> Positive Calorie	380	485	27	42	20	7
<input checked="" type="radio"/> Heart & Soul	350	425	26	40	14	7
<input type="radio"/> Ketogenic Boost	380	440	34	15	23	5
<input checked="" type="radio"/> Tunalicious	420	600	38	56	23	54
<input checked="" type="radio"/> Sea Soul	315	338	11	50	14	8

## Bowls

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
<input type="radio"/> Protein Beast	600	980	65	79	28	11
<input type="radio"/> Greenies Grains	450	710	31	84	29	25
<input type="radio"/> Sweet & Tasty	620	970	57	79	31	10
<input type="radio"/> Tofu & Mushroom Fix	550	600	21	88	21	10
<input type="radio"/> Body Builder +	550	700	36	80	22	12
<input type="radio"/> "wabi-sabi"	690	1000	155	120	21	18
<input checked="" type="radio"/> Chicken's Joy	550	960	60	81	31	40

## Burgers

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
Queen Premium	380	670	35	87	52	6
Wild Chant	360	381	17	62	10	5
Salmon Taste	130	232	27	50	13	8
Queen Burger XL	300	560	24	71	26	6
Leading Light	330	600	30	59	30	4
Gorgeous Gang	310	580	20	96	18	10

## Wraps

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
Chicken Delight	300	405	10	67	26	6
Cool Egg	300	640	39	60	23	4
Chicken Charm	350	580	20	88	24	7
Avocado & Egg	230	540	29	63	19	7
Gut Power	250	500	28	66	10	6
Tuna Turner	300	355	7	68	16	7

Gluten FREE

Contains Gluten

## Light Meals

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
<b>Pink Vibes</b>	285	360	15	60	7	8
<b>Chocolate Lover</b>	275	440	21	62	11	10
<b>Berry Good</b>	335	345	18	45	9	13
<b>PBJ Power</b>	325	575	40	45	18	15
<b>Simple Sunshine</b>	305	370	6	67	14	9
<b>Chocolate Beauty</b>	300	390	12	65	16	12

## Fresh Beverages

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
<b>Antioxidant Hero</b>	300	153	1	41	1	7
<b>Balanced Chakras</b>	300	139	1	35	2	8
<b>Ginger Lover</b>	300	137	1	35	2	8
<b>Happy Oranges</b>	300	129	0	25	3	7
<b>Feel Good</b>	300	128	1	32	3	8
<b>O &amp; C</b>	300	125	1	29	3	8

## Smoothies

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
<b>Pink Panther</b>	300	180	1	40	4	8
<b>Fiber Attack</b>	300	245	4	52	4	9
<b>Tasty Peanut Butter</b>	300	509	32	47	16	7
<b>Chocolae Cravings</b>	300	295	7	58	9	8
<b>Vitamin Splash</b>	300	170	1	39	3	7
<b>Whey Protein</b>	300	315	9	42	21	5



[www.greenandproteinme.com](http://www.greenandproteinme.com)