

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:



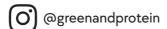




#### NOTICE

Egg products are categorized as 'vegetarian' foods.







#### NOTE:

Our products may contain different allergens, such as:





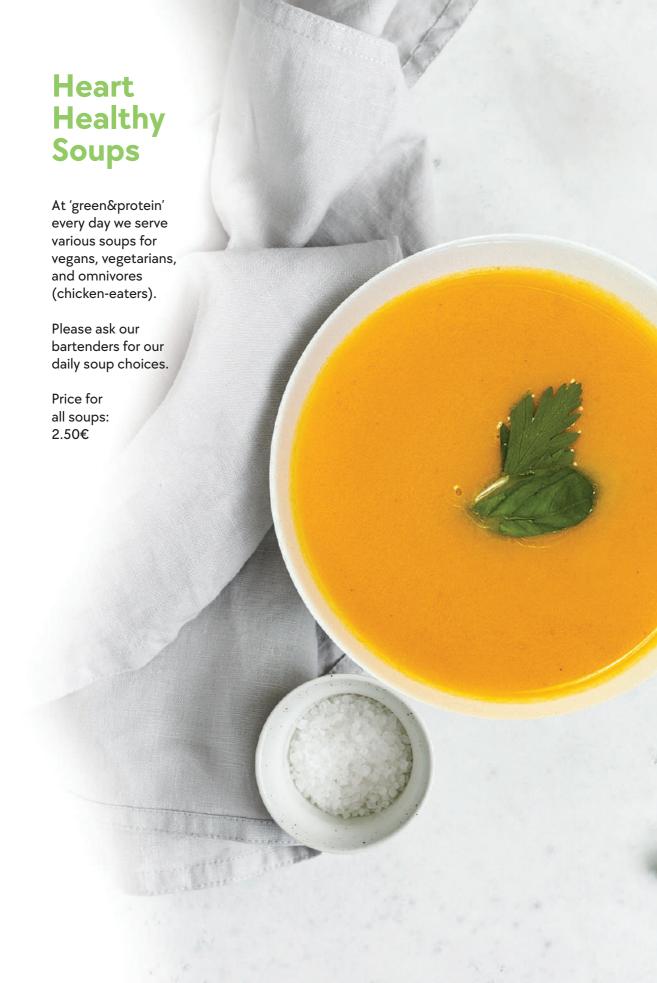






Please communicate with our bartenders or supervisors in order to assist you with detailed allergen information.

\*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.



#### Healthy House-made Dressings:





### Salads

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



#### **Healing Power**

(vg) 6.5

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



#### **Positive Calorie**

**6.2** 

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



#### Sea Soul

**o** 7.5

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



#### **Ketogenic Boost**

**6.9** 

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



#### **Tunalicious**

**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"

**vg** 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

**Chicken Meatball S** 

**Vegan Meatball S** 

Tofu

1pcs

1pcs

50gr

1.5

**6.9** 

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



### **Bowls**



#### **Protein Beast**

**o** 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

**o** 7.2

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



#### Bodybuilder +

**o** 7.5

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



#### Chicken's Joy

**o** 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**

**v**<sub>G</sub> 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

**vs 5.9** 

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



#### **Salmon Taste**

**o** 5.9

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



#### **Queen Deluxe XL**

**o** 5.2

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



#### **Leading Light**

**o** 5.5

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



#### **Gorgeous Gang**

**vs** 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**

**v** 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**

**v** 5.2

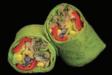
avocado, eggs, tomatoes, lettuce, "soy bean sauce"



#### **Gut Power**

**6 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

4.5



#### Pink Vibes

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



#### Choco Lover

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

4.5



#### Berry Good

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



#### PBJ Power

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

#### Vegan oatmeals

3.9



#### Simple Sun<u>shine</u>

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



## Chocolate Beauty

oats with soy milk and house-made date sweetener; banana, pieces of vegan dark chocolate with coconut oil, coconut chips. 3.9

4.5

# Fresh Beverages

Antioxidant Hero spinach, pineapple, green apple.	4.2
Balanced Chakras pineapple, beetroot, carrot, green apple, orange, lemon, ginger.	4.2
Ginger Lover green apple, ginger, carrot, lemon.	4.2
Happy Oranges oranges.	4.2
Feel Good beetroot, carrots, lemon, green apple.	3.9
O&C oranges, carrots.	4.2

### **Smoothies**



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

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

	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

	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

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

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

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



www. green and proteinme. com