

# MENU FOOTPRINTZ

# JANUARY



## FOCUS OF THE MONTH: SET YOUR INTENTION.



Every ending has a new beginning every beginning an ending. But let's focus purely on new beginnings here. Feeling fresh. New. Alive. Strong. Full of goals, views and missions for this brand new year ahead. This is the gift the universe provides us with every year. The gift of feeling brand new. Take a moment here to really celebrate that. You are brand new! Anything you want to do, change, create, achieve now is the time. Now is also time to rethink eating

habits. Think of yourself, the planet and all beings who deserve to live on this planet. Approach this new year like we do. Cruelty free, with compassion and a new found energy. Enjoy our beautiful fresh juices and food created to nourish the soul, the mind and the belly. Happy new year! **Set your intention right here, right now.**

## OUR BREAKFAST/BRUNCH MENU:

**Breakfast and brunch ONLY available between 9.00 and 13.00 on weekdays and 10:00 to 13:00 on weekends.**

### BREAKFAST/BRUNCH:

#### GRANOLA IN A JAR

This jar has three layers. 1: Homemade granola: rolled oats/coconut milk/agave syrup/ cashews/almonds 2: berries. 3: blended coconut milk. **5.50/6.00** (0.50 deposit for glass jar which you can keep or return) **TA/ SF/SOYF**

#### BOM DIA:

Toast with homemade vegan “nutella” (chocolate paste)

For those who would like something a little more sweet, try this yummy toast. (HOMEMADE GF BREAD OPTION AVAILABLE 1 EURO EXTRA CHARGE) **TA/ SF/ SOYF 4.50**

#### “THE GREEN MACHINE”- SUPER YOGI SMOOTHIE BOWL

Yogi or no yogi this bowl is delicious and full of nutrition (plus we love creating a very pretty smoothie bowl which you can all share on the gram :) the bowl is banana based with fresh spinach and super food powder: spirulina topped with goji berries, chia seeds, coconut & fresh seasonal fruit. **TA/GF/ NF/ R/ SF/ SOYF 7.50 add a side of granola for 1 euro extra**

#### BREAKFAST DELUXE PLATE- you can have it all!

Scrambled tofu, avocado shiitake mushroom toast, spinach salad w/soyanaïse dressing & roasted tomato. (HOMEMADE GF BREAD OPTION AVAILABLE 1 EURO EXTRA CHARGE) **TA/GF/ NF/ SF 12.50**

#### SCRAMBLED TOFU

Who does not like a good scramble.... Scrambled tofu, with fresh spinach and toast on the side. (HOMEMADE GF BREAD OPTION AVAILABLE 1 EURO EXTRA CHARGE) **TA/GF/ NF/ SF 8.00**

**TA: take away optional / GF: Gluten Free / NF: Nut Free  
R: Raw / SF: refined sugar free / SOYF: soy free**

### **Flour-free Buckwheat Pancake**

These pancakes are something different. Made from buckwheat kernels, not using any flour whatsoever. It is a very healthy option for your breakfast. Baked in coconut oil (vey little) and sprinkled with a fresh berry sauce. **TA/ GF/ NF/ SF/ SOYF 6.00**

### **VEGAN WARRIOR BRUNCH MENU:**

Scrambled Tofu (served with side salad)

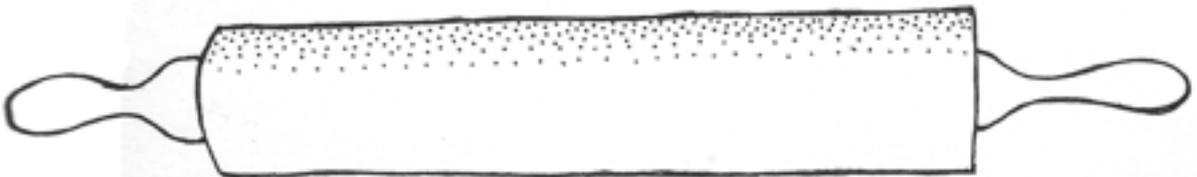
Small toast by choice

(Shiitake Toast 1 euro extra)

Coffee/Tea w/small treat

Orange Juice

**14.00**



**Lunch is available between 12:00 and 15:00 EVERYDAY  
after 1500 we still offer the soup, burger and salad of the lunch menu.  
Toasts & snacks available all day**

## **SOUP OF THE MONTH:**

### **ROASTED PAPRIKA SOUP**

So when we say Holiday Season we mean Holiday Season. This soup is a roasted Paprika soup so we really represent the red colour and the beauty and spice of this festive month, decorated with some broccoli trees. **TA/ GF/ NF/ SF/SOYF 4.00**

## **MAINS:**

### **BURGER:**

#### **HARE RA(J)MA!**

##### **Indian rajma (black bean) burger**

This is a burger made from a traditional Indian dish with many incredible flavours and lots of goodness to keep you warm and healthy. Onions, garlic, ginger, tomato, garam masala and black beans topped with a chutney dip. Served with a naan and side salad. (HOMEMADE GF BREAD OPTION AVAILABLE 1 EURO EXTRA CHARGE) **TA/ SF/ NF/ SOYF 8.00**

## **SALAD:**

### **WINTER WARMER- Spinach & Pumpkin winter salad**

This salad is full of yummy winter veggies which will make you feel so nice and warm & nourished all day. Roasted pumpkin (of course) sweet potato, spinach, tandoori roasted chickpeas, coriander, almond feta, crushed nuts on top with a beautiful tahini dressing. **TA/ SF/ SOYF 9.50** (HOMEMADE GF BREAD OPTION AVAILABLE 1 EURO EXTRA CHARGE)

## **MAIN:**

### **MUSH LOVE LOAF: MUSHROOM NUT LOAF w/ sweet potato chips**

This is indeed a loaf with mush love, packed with so much goodness & nothing but love love love inside. This triple mushroom loaf is roasted in the oven and contains three types of mushroom, walnuts, herbs & spices. Served with salad, sweet potato chips and aioli (vegan garlic mayonnaise) **TA/ SF/ GF/ 10.50**

**TA: take away optional / GF: Gluten Free / NF: Nut Free  
R: Raw / SF: refined sugar free / SOYF: soy free**

## DAILY SPECIAL!

We strive to have a daily special everyday, just ask us what the daily special of the day is or have a look on our chalkboard.

Daily Dish: 7.50

+

## LUNCH DEAL!

Soup of the Day and Daily Dish together: 10,50 euro

Soup of the day, Daily Dish

Dessert 13,50 euro (please note our crumble is not part of this deal!)

## DESSERT:

### ICE-CREAM:



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**An ice-cream date.**

Homemade banana & date ice cream we have two flavours. Just check with our lovely floor staff which flavours we have available. **TA/GF/ NF/ R/ SF/ SOYF 4.00**

### CAKES:

**Chocolate Avocado Cake:** this raw cake is a signature dish from our chef and has become rather popular, try it for yourself. **TA/GF/ NF/ R/ SF/ SOYF 3.50**

**GET READY TO CRUMBLE:** Are you ready to crumble? Try our home-made crumble cake and you will see what we mean when we say LOVE..... **TA/ SF/SOYF 5.00**

### COOKIES:

We always have cookies (GF) available as they have become rather popular, just check with our staff which flavour cookies we have today. **3.00**

### MORE CAKES/TREATS:

Ask for our cake of the day, week and or month and all of our other daily treats.



**TOASTS:** all toasts can be made on our homemade gluten free bread for 1 EURO EXTRA CHARGE

Ricotta & Avocado toast

**TA/ NF/ SF/ 4.00**

Pesto-ricotta toast with sun-dried tomatoes

**TA/ SF/ 4.00**

Hummus toast with tomato & sweet paprika.

**TA/ NF/ SF/ SOYF 4.00**

Avocado toast with marinated shiitaki mushroom

**TA/ NF/ SF/ SOYF 6.00**

**AND FOR SOMETHING SWEET:**

Peanutbutter & banana toast

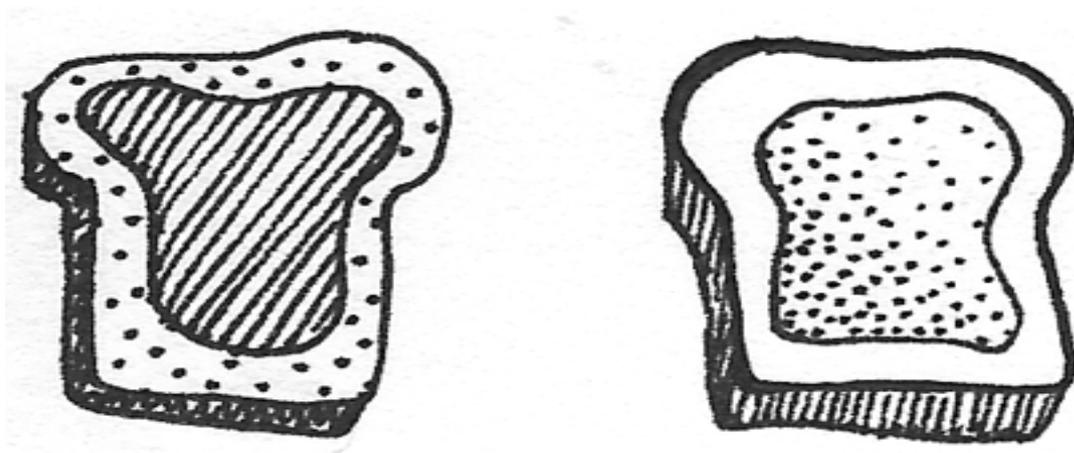
**TA/ SF/ SOYF 4.00**

**BOM DIA**

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## SIDE DISH:

Try our chef's very own locally homemade with love vegan cheese which is made right here in the cafe. This **"KAAS PLANKJE"** GOPAL CHEESE PLATTER is served with dried fruit and is a mix of hard nut-based cheeses

**PINEY** (cashew, pinenuts, sundried tomatoes) **FRUITLOOP** (cashews, cranberries, figs, apricots) **HOLY CHÈVRE** (natural cashew) and two spreads: **RICHIE** (tofu based) and **SMOOTH CREAMINAL** (cashew cream spread) served with GF bread.  
**TA/GF/ R/ SF/ 15.00 full size /7.50 half the size**

EXTRA BREAD: 2 slices 1.50 euro

## DRINKS:

Freshly made juices from a variety of locally sourced fruit and vegetables

**ALL JUICES 3.50**

### **The Incredible (She)-Hulk**

Apple, cucumber, spinach, ginger

### **Rise and Shine:**

Orange, carrot, lemon, turmeric

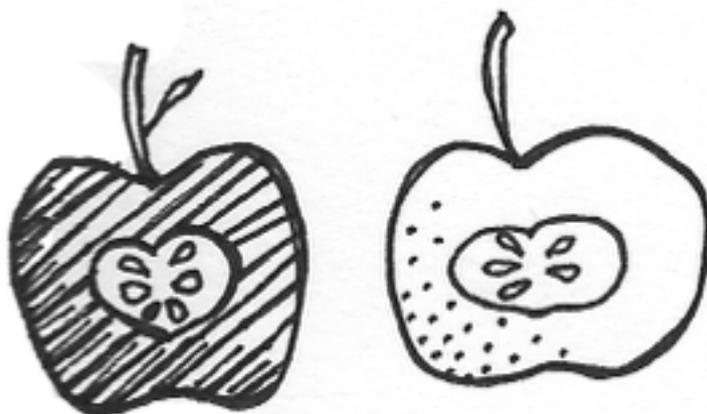
## SMOOTHIES:

### **Bananarama**

Banana, avocado and blueberries with your choice of milk **4.00**

### **Snickers in a jar:**

Oat, dates, cacao peanut butter, a splash of plant milk and caramel sauce!  
**5,00**



## **COLD DRINKS:**

### **LEMONADE & ICE TEA:**

Fresh Lemonade 2.00  
Fresh Lavender Lemonade 2.50  
Hibiscus and Lemongrass Iced Tea 2.50  
Xate Kombucha Original 2,50  
Xate Kombucha Ginger/ Gengibre 2,80  
Agua das Pedras: 1.50



### **LATTES:**

**Matcha Latte** 3,50

**Golden milk** 3,00  
Turmeric Latte

**Hot Chocolate** 3,00

**Macaccino** 3.00  
Cacao and Maca powder for a sweet, chocolatey but caffeine free version of a cappuccino

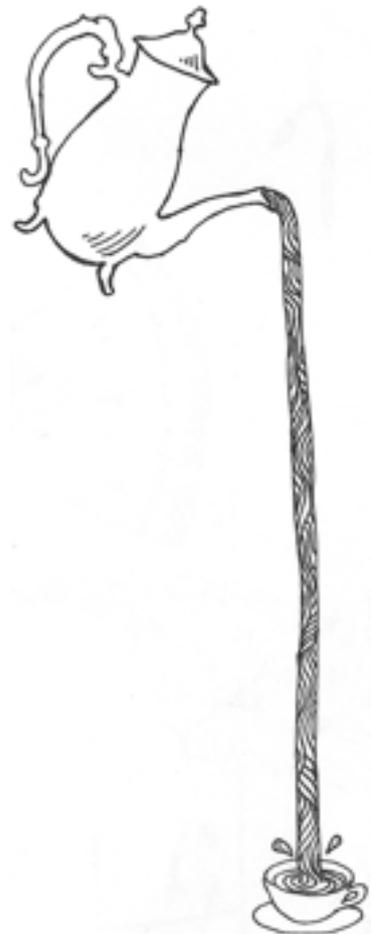
### **COFFEE:**

Espresso 0.85  
Decafe 1.00  
Cafe Pingado: 0.90  
Americano: 1.00  
Cappuccino: 3.00  
Café au lait: 2.50

### **TEA:**

Chamomile: 2.00  
Hibiscus: 2.00  
Cha Principe: 2.00  
Fresh Mint Tea: 2.00  
Lemon/Ginger Tea: 2.00

**We charge an extra 0.50 cents for almond and oat milk.**





We encourage you to shoot away and make as many pictures as you would like to from our food but please share the love and tag us!  
#foodprintzcafe

INSTAGRAM: foodprintzcafe  
FB: facebook.com/foodprintzz  
www.foodprintzcafe.com

**FREE WIFI!!!!**  
**WIFI: FOODPRINTZCAFE**  
**PASSWORD: namastayvegan**

**WE SUPPORT OUR LOCALS!**

We want to acknowledge the fact that we really believe in and are supporting local farmers, small businesses and locally sourced products.

**GOPAL VEGAN CHEESE** our chef Karo has her very own vegan cheese brand which we proudly represent as part of our menu and the cheeses are also sold right here at FOODPRINTZ. Have a look in the fridge or visit the site: [www.gopalvegancheese.com](http://www.gopalvegancheese.com)

No dish, food product or drink, including couvert, can be charged if it is not requested by the customer or if it is not consumed by him.  
(article 135, decree-law n. 10/2015 of January 16th)

VAT included at current rate

PLEASE NOTE! We do not allow any consumption in our cafe of food and or drinks that are not purchased on these premises. Consumption of cafe food & drinks ONLY.