

SUNFLOWER. CARROT.

Our dishes are free from refined sugar, wheat flour and oils. Majority are raw. We only use Himalayan salt. Products are enriched with superfoods and adaptogens.

	KALE CHIPS PEANUT BUTTER.	8		MATCHA CUP BREAKFAST MEAL. NUT BUTTER. GRANOLA. FRUITS.	12
DISHES	PIZZA ZUCCHINI CRUST. TOMATO SAUCE. CASHEW- TRUFFLE CHEESE.	13	III	AÇAI CUP BREAKFAST MEAL. NUT BUTTER. GRANOLA. FRUITS.	12
	RICE ROLLS QUINOA-RICE. VEGGIES. PEANUT. CASHEW- MUSTERD SAUCE.	15		PANCAKES MILLET-BUCKWHEAT PANCAKES. CASHEW YOGURT. JAM. FRUITS.	18
	NORI SANDWICH QUINOA-RICE. TOFU. PEANUT. CASHEW- CHILLY SAUCE.	15		CHEESECAKE DATE AND NUT BASE. FERMENTED CASHEW CREAM.	9
	THAI BOWL ZUCCHINI NOODLES. VEGGIES. SOYA. ALMOND-CHILLY SAUCE. GREENS.	17		CHOCOLATE CAKE OAT BASE. DATE CARAMEL. TAHINI GANACHE.	9
	DETOX BOWL KIMCHI. VEGGIES. CHICKPEAS. TAHINI SAUCE. GREENS.	17		CARROT CAKE OAT-WALNUT BASE. COCONUT YOGURT.	9
	BALANCING BOWL APPLE. AVOCADO. PEAS. NUT BUTTER DRESSING. GREENS.	17		TIRAMISU ALMOND BASE. CHOCOLATE AND VANILLA CREAM.	9
	AVOCADO TOAST OREGANO BREAD. CHIMICHURRI.	19		COCONUT BALL IN BLACK CHOCOLATE COCONUT. BLACK CHOCOLATE.	5
	MUSHROOM FAJITAS LENTIL TORTILLAS. OYSTER MUSHROOM. BELL PEPPER. CASHEW CREAM-CHEESE.	19	SW	COCONUT BALL IN WHITE CHOCOLATE CASHEW BUTTER. ALMOND.	5
	CHILI SIN CARNE SOYA MEAT. BEANS. RICE. CASHEW CREAM- CHEESE.	MEAT. BEANS. RICE. CASHEW CREAM- 20		TRUFFLE CHOCOLATE-HAZELNUT BUTTER. CHOCOLATE.	5
	VEGETABLE CURRY COCONUT MILK. RICE. CASHEW CREAM- CHEESE.	20		STUFFED DATES DATES DUO WITH CASHEW BUTTER.	5
	PUMPKIN SOUP COCONUT MILK. CASHEW CREAM-CHEESE.	16		CARAMEL BAR PEANUT BUTTER. OAT. DATE CARAMEL. CHOCOLATE.	6
	TOMATO SOUP (HOT/COLD) RED BELL PEPPER. CASHEW CREAM-CHEESE.	16		GRANOLA BAR SEEDS. NUTS. OAT. TAHINI. CHOCOLATE.	6
				CARAMEL ICE-CREAM	_
A D	OREGANO BREAD OAT. LENTIL. BUCKWHEAT. MILLET.	3		BANANA. ALMOND. COCONUT. DATES. TAHINI. CHOCOLATE. FRUIT ICE-CREAM	7
	ROSEMARY BREAD PUMPKIN SEED. SUNFLOWER. MISO. CORIANDER CRACKER (2 PIECES)	3		CASHEW. COCONUT. FRUIT JAM. CHOCOLATE.	7
\mathbf{m}	CORIANDER CRACKER (2 PIECES)	2			

EVERYTHING YOU BUY HERE IS PLANT MADE AND MINDFULLY DELICIOUS

ALLERGENS ARE IN BOLD. LET US KNOW IF YOU HAVE ANY ALLERGIES

PRICES INCLUDE VAT

NAMU.GE NAMURAW



WE USE ONLY HOMEMADE PLANT MILKS.
ALL FERMENTED DRINKS ARE BREWED IN OUR
LABORATORY. MAJORITY ARE ENRICHED WITH
SUPERFOODS AND ADAPTOGENS.

	ESPRESSO / DOUBLE ESPRESSO	5/7	FERMENTED	GINGER KOMBUCHA	6
ш	AMERICANO (HOT / COLD)	8		STRAWBERRY KOMBUCHA	6
OFFER	CAPPUCCINO (HOT / COLD) ALMOND MILK.	10		LAVENDER KOMBUCHA	6
S	LATTE (HOT / COLD) ALMOND MILK.	12		APPLE KOMBUCHA	6
	MOCA (HOT / COLD) ALMOND MILK. CACAO. COCONUT SUGAR.	12			-
				GRAPE KOMBUCHA	6
	EXTRA COCONUT OIL ADAPTOGENIC MIX MILK: ALMOND OR COCONUT.	2		GINGER ALE	6
	MATCHA LATTE (HOT / COLD)	12		GINGER BEER	6
ш	ALMOND MILK. AGAVE.	12	TEA	HERBAL TEA	
ATT	GOLDEN LATTE (HOT / COLD) COCONUT MILK. COCONUT SUGAR.	12		MINT. CHAMOMILE. GINGER.	8
_	ROSE LATTE (HOT / COLD) ALMOND MILK. AGAVE.	12		BLACK MASALA TEA GEORGIAN BLACK TEA. SPICES.	8
	AÇAÍ SMOOTHIE OAT. BERRIES. BANANA. DATES.	13	WATER	BOTTLED WATER	4
THE	REISHI SMOOTHIE COCONUT. CACAO. HAZELNUT-CHOCOLATE BUTTER. BANANA. DATES. MATCHA SMOOTHIE COCONUT. ALMOND. SPINACH. PUMPKIN SEED BUTTER. BANANA. DATES.	13		SPARKLING WATER	4
SMOO		13		WHITE WINE	14/70
	PINEAPPLE JUICE PINEAPPLE. CITRUS. TURMERIC. GINGER.	13	10H03	RED WINE	14/70
CE	CARROT JUICE CARROT. APPLE. CINNAMON.	13	ALC	BAYO GEORGIAN CRAFT BEER	12
JUICE	CELERY JUICE APPLE. CELERY. GREENS.	13		MOGOZO GLUTEN FREE BEER	18
	BEETROOT JUICE CITRUS. POMEGRANATE. BEETROOT.	13			

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