

Lunch Menu

Bowls & Grains

Soup Of The Day  100% PB	8
Daily changing, with bread and butter	
Salad of The Day (V)	11.5
Daily changing	
Burrata Salad (V)	13
Burrata, rucola, cherry tomato and balsamic dressing	
Add protein (smoked salmon, grilled chicken thigh)	+2.5

Sandwiches

Sandwich Of The Day	9.50
Daily changing	
Soup & sandwich or soup & salad combo	+4
Chicken Burger (GF option available)	11
Lettuce, tomatoes, cheddar cheese, pickles	
Beef Burger (GF option available)	11
Lettuce, tomatoes, cheddar cheese, pickles	
Add Dutch Fries to your burger	+2.5

Bites

Crispy Chicken Wings (6 pieces)	7.5
Served with BBQ sauce	

Comfort

Fish & Chips	15
With remoulade sauce	

Sides

Dutch Fries	4
Extra sauce (ketchup, mayo, spicy mayo)	+0.5

Lunch served from 12:00-14:00

 100% PB Plant based dish | (V) Vegetarian dish

Please note that not all ingredients are listed in the menu descriptions. If you have any food allergies, please inform your waiter before ordering.



Coffee & Tea

Coffee & Tea

	S	M	L
Cappucino	3.95	4.65	5.10
Caffe Latte	4.30	4.75	5.25
Americano	3.25	3.95	4.50
Espresso	2.95	3.95	
Cortado	3.25	3.95	
Flat White	4.60		
Protein Latte		5.95	
20 Gram Protein			
Chai Latte	4.50	4.85	5.35
Dirty Chai Latte	5.50	5.95	6.45
Matcha Latte	4.95	5.40	5.70
Hot Chocolate	3.95	4.50	
Tea		3.15	3.30
Fresh Mint / Ginger Tea		3.95	
Extra Shot	+1.00		
Paper cup	+0.25		

Plant-based milk options available
(Almond, Coconut, Soy & Oat)

Iced Drinks

Americano	4.95
Latte	5.10
Coconut Latte	5.10
Matcha Latte	5.50
Chai Latte	5.10
Dirty Chai Latte	5.85
Protein Latte	5.95
20 Gram Protein	

Sodas & Juices

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Coca Cola / Zero	3.50
Fanta Orange / Fanta Zero	3.50
Sprite Zero	3.50
Tonic	4.00
Bitter Lemon	4.00
Ginger Ale	4.00
Ginger Beer	4.00
Orange Juice	3.50
Apple Juice	3.50
Pineapple Juice	3.50

Organic

Water

Still Water Made Blue	4.00
Sparkling Water Made Blue	4.00

No & Low

No & Low

Kombucha Passionfruit Hop Organic	4.00
Kombucha Ginger Lemon Organic	4.00
Homemade Iced Tea Classic / Peach / Passion Fruit	4.50
Club Mate	4.00

Mocktails

Virgin Mojito Mint, Lime, Soda Water	7.50
Lemon, Lime & Bitters Angostura Bitters, Lemon Juice, Bitter Lemon	7.50
Peach Tea Spritz Peach Syrup, Home-made Ice Tea, Soda Water	7.50

wine

Sparkling

Prosecco Frizzante 5.00 30.00
Italy

White

Chardonnay 4.50 25.00
Chile

Sauvignon Blanc 5.25 29.00
France

Pinot Grigio 6.00 34.00
Italy, **Vegan Organic**

Red

Merlot 4.50 25.00
France

Pinot Noir 4.50 25.00
Hungary

Primitivo 5.50 32.00
Italy

Rosé

Grenache Rose 4.50 25.00
France, **Vegan Organic**

Cocktails

Cocktails

Gin & Tonic	9.50
Bombay	
Pink Gin	9.50
Hendrick's	12.50
Classic Mojito	9.50
Bacardi Blanca, Soda Water, Mint, Lime	
Passion Fruit Mojito	12.50
Bacardi Blanca, Passion Fruit Puree, Soda Water, Mint, Lime	
Aperol Spritz	9.50
Aperol, Sparkling Wine, Soda Water	
Limoncello Spritz Blond	9.50
Limoncello, Sparkling Wine, Soda Water	
Dark & Stormy	12.50
Spiced Pineapple Rum, Ginger Beer	
Espresso Martini	9.50
Kahlua, Vodka, Espresso	
Moscow Mule	9.50
Vodka, Ginger Beer	

Beer

Draft

Heineken Heineken, 5%	4.00	6.50
Birra Moretti Moretti, 4.6%	4.50	7.00
Seasonal Draft	6.00	

Canned & Bottled Beer

Heineken 0.0 Heineken, 0.0%		3.00
Heineken Heineken, 5%		4.00
Lowlander IPA Lowlander, 6%		5.50
Lowlander Citrus Blond Lowlander, 4%		5.50
Gebrouwen Door Vrouwen Blond Gebrouwen Door Vrouwen, 6.2%		5.50
Noordt Tripel  Noordt Tripel, 7.5%		6.00

Spirits

Rum

Bacardi Carta Blanca	4.00
Spirited Union Pineapple Spice	5.50

Gin

Bombay Sapphire	6.00
Gordon's Premium Pink	6.00
Hendrick's	8.00

Whiskey

Jameson	5.00
Jack Daniel's	5.50

Vodka

Smirnoff	4.50
Absolut	5.50

Tequila

Sierra Blanco	4.50
Camino Real Blanco	5.00

Liquer / Brandy

Limoncello	4.00
Hennessy	5.50