WELCOME TO YOUR HEALTHY OASIS

TAKING GOOD CARE OF YOURSELF WITH HEALTHY AND PREFERABLY ORGANIC FOOD, TASTY DRINKS AND NOURISHING BITES, IT'S ALL A COMMON SENSE OF BEING.
GET A SET OF CUTLERY AT THE RECEPTION DESK WHEN YOU PAY TO ENJOY OUR ALL-DAY HEALTHY BUFFET. EATING WITH YOUR HANDS IS FOR MONKEYS.





WARM **COFFEE & TEA**

FILTER COFFEE €3.00

Special organic blend. Ask our staff about our current blend.

MACHINE COFFEE € 1.50

Grab your own coffee from the machine

YOGI TEA €1.50

SMOOTH

SMOOTHIE €4.20 (400ml)

MR. ORANGE

Carrot, Celeriac, Paprika, Ginger

MR. GREEN

Spinach, Broccoli, Parsnip, Apple

MR. RED

Paprika, Tomato, Carrot, Parsnip, Beetroot

MR. PURPLE

Blueberry

+ EXTRA €1.00

Ginger / Turmeric / Bee pollen / Chia seeds

Serendipity

Finding something beautiful without looking for it.

FRESH

SODA €3.00 (200ml)

FRITZ-KOLA

Sugar free

FRITZ-LIMO

Apple, Cherry, Elderberry

FRITZ-LIMO

Orangeade

FRITZ-LIMO

Lemonade

with orange

ORGANIC FRITZ-SPRITZ

MISCHMASCH FRITZ-KOLA

Rhubarb spritzer Apple spritzer

Grape spritzer

SOURCY

Red

Blue

RUSSEL & CO

Bitter lemon €3.75 Tonic **€3.75**

UTEPILS

BEER

GULPENER UR-HOP €4.50

100% organic, unfiltered India Pale Lager. Dry-hopped while brewing.

GULPENER UR-PILSNER €4.50

100% organic barley and hop pilsner. Fresh with a spicy and slightly bitter twist.

GULPENER UR-WEIZEN €4.50

100% organic wheat beer. Fresh and fruity with subtle bitterness.

GULPENER SPICY ROGER €5.50

Collaboration brew with spirit. Tingling hoppy beer with a hint of spicy red pepper.

LOWLANDER WHITE ALE €4.50

Alcohol free. Refreshing & crisp with bursts of fruit and citrus flavours

THE GREEN ELEPHANT UTEPILS

BLONDE ELEPHANT €3.50

Blonde

DOUBLE GREEN €4.00

Double

THE TRIPLE €4.00

Triple

Utepils

To sit outside enjoying a beer on a sunny day

FINE

Responsible drinking comes with conscious living. All our wines are organic.

WHITE WINE

L'AURATEA CATARATTO PINOT GRIGIO

GLASS €3.50 - BOTTLE €16.50

I.G.T. Terra Siciliana, Italy. Crispy dry and fresh with hints of citrus.

YCARO CHARDONNAY

GLASS **€4.00** - BOTTLE **€17.50**

Casablanca Valley, Chili. Tropical fruit with a fresh touch.

ROSÉ WINE

DOMAINE BASSAC PINK CHOT

GLASS **€4.50** - BOTTLE **€19.50**

Vin de Pays d'Oc, France. Raspberry and strawberry with hints of herbs.

RED WINE

L'AURATEA NERO D'AVOLA

GLASS €3.50 - BOTTLE €16.50

I.G.T. Terra Siciliana, Italy. Full of red fruit, redcurrants and hints of spices.

YCARO CARMENERE

GLASS **€4.00** - BOTTLE **€17.50**

Central Valley, Chili. Aromas of berries, vanilla and roasted nuts.

SHAKEN

COCKTAIL €8.00

GIN-TONIC

Loopuyt Gin, Russel & Co tonic

PINK CINNAMON FIZZ

Loopuyt Gin, Cinnamon syrup, Fritz-spritz rhubarb

DUTCHY IN THE TROPICS

Loopuyt Gin, Pineapple liqueur, Fritz-limo orangeade

WYCKSE SKINNY BITCH

Wyckse Wodka, Soda water

MOCKTAIL \$700

SEEDLIP SPICE 94 - FRITZ-MATE

Spicy with smoky rosemary

SEEDLIP GARDEN 108 -FRITZ-LIMO LEMONADE

Green and fresh meets sugar snap

SEEDLIP GROVE 42 - SOURCY RED

Citrus-blend of three types of orange

SPARKLING

PIZZOLATO STEFANY PROSECCO

GLASS €5.50 - BOTTLE € 19.50

DOCG Valdobiadene, Italy. Fresh and fruity with a delicate bubble.

Lagom

Not too much. not too little. Just right.

GOOD **FOOD BUFFET**

BREAKFAST €8.50

LUNCH € 10.50

DINNER €14.50

SNACKS

BEET BALLS + tzatziki €8.00

MUSHROOM BALLS

+ truffle mayonnaise €8.00

FALAFEL + aioli €8.00

COURGETTE BROWNIE €3.25

GINGERBREAD €2.85

VEGGIES + hummus €4.50