CARLS GOOD FOOD MENU

BREAKFAST

ACAIBOWL	€9,95
CARL'S GOOD MORNING YOGHURT	€3,95
EGGS FOR CHAMPIONS (SANDWICH)	€8,95
FRUITY OVERNIGHT OATS	€3,95
HEALHTY PANCAKES	€5,95
TROPICAL CHIAPUDDING	€4,95

SANDWICHES

EGGPLANT MASH SANDWICH *	€8,95
PITA FALAFEL	€8,95
PITA SPICY CHICKEN	€9,50
PULLED CHICKEN SANDWICH *	€9,95
MACKEREL WRAP	€4,95
SANDWICH HUMMUS & AVOCADO	€4,25
SANDWICH CHICKEN & TRUFFLEMAYO	€4,95
SALMON SANDWICH * *(+1,50 WITH POACHED EGG)*	€9,95

**also available with glutenfree bread (+0,50)*

SALADS

HUMMUS SALAD	€9,95
PULLED CHICKEN SALAD	€10,95
SPICY CHICKEN SALAD	€10,95
SMOKED SALMON SALAD	€11,50

MEALS

DID YOU SEE THAT CHICK(EN)?! KIPSALON €10,50
Marinated chicken, sweet potato, grilled veggies, mozzarella and a home made dressing - WARM

ITALIANS DO IT BETTER... (BUT NOT THIS TIME) €10,50
Lasagna with pulled chicken, eggplant leaves and a sauce with lotsssss of spinach - WARM

PASTA &%$#CHICKEN €8,95
Whole-weat pasta with a home made vegetable sauce, mozzarella, chicken and our favourite pesto dressing - WARM or COLD

LENTILCURRY *ONLY FOR VEGANS* €9,95
Curry with lots of vegetables, lentils, broccoli rice and falafal - WARM

NOODLES WITH TOFU €9,95
Ricenoodles, vegetables, tofu and an amazing peanutsauce dressing - WARM or COLD

STEAKS ARE HIGH (PROTEIN) BOWL €9,95
Smooth cauliflower rice. vegetables, egg, Steak and a home-made soy dressing - COLD

TEMPTING TEMPHEH (PROTEIN) BOWL €7,95
Smooth brown rice. vegetables, hummus. tempeh and a home-made soy dressing - COLD

STICKY CHICKEN BOWL €9,50
Brown rice, veggies, sticky chicken and some pickled onions for a perfect finishin touch - COLD

JUST QIDDING QUINOABOWL €9,50
Our favourite quinoasalad with (ofcourse) veggies, feta,hummus and avocado - COLD

GET YOUR SALM-ON BOWL €11,50
sushi bowl with brown rice, edamame, wakame, mango, carrot, avocado, gravad lax salmon and soy sauce - COLD

PIZZA

PIZZA PULLED CHICKEN	€12,50
PIZZA PULLED MUSHROOM	€11,95
PIZZA VEGAN KEBAB	€11,95
KIDS PIZZA (MARGARITHA)	€8,95

All pizza's are made from a *cauliflower base with a homemade (vegetable) pasta sauce, mozzarella, some more vegetables, the choosen topping, pesto dressing and fresh spinach to finish!*

SHARED

SHARED BREAKFAST, LUNCH & DINNER	€17,50

= vegetarian = vegan = glutenfree = chicken = fish = beef