

# BREAKFAST BARN

HEALTHY EATERY

= MENU =

## THE BARN

We are more than just an eatery, we strive to encourage you to live better, healthier and happier with our array of breakfast and brunch options, ranging from farm fresh yogurts, salads and sandwiches, to our delicious blends of nutrition packed Quickies and cold pressed juices. We are not DIET, nor boring and we won't serve you anything that's isn't immensely beneficial and deliciously mouthwatering.

Oh and yes, breakfast is the most important meal of your day!!

# = QUICKIES! =



## CHOCONUT

12 500 LL

Org. Chia almond pudding, strawberries, pomegranate seeds, chocolate nibs, pistachios and choco-agave syrup.



## HELLO YELLOW

12 000 LL

Org. chia almond pudding topped mango purée, pomegranate seeds, pumpkin seeds, coconut chips and agave syrup.



## JAM IT UP

13 000 LL

Org. chia almond pudding topped with blueberry jam, yogurt, blueberries, pecan nuts and a dash of agave syrup.



## BANANABERRY-CADO

12 500 LL

Org. Chia almond pudding topped with avocado purée, strawberries, bananas, crushed almonds and honey.



## DETOX QUICKIE

12 500 LL

Org. chia almond pudding, topped with strawberries, kiwis, pomegranate seeds, zero fat yogurt, hazelnuts, chia seeds.



## SUPER BERRIES

12 000 LL

Org. chia almond pudding topped with strawberries, kiwis, blueberries, dried cranberries, cashew nuts and honey.



## POWER QUICKIE

13 000 LL

Org. Chia almond pudding topped with almond butter, bananas, cashews, chia seeds, and maple syrup.



## SIMPLY FRUITY

11 500 LL

Org. Chia almond pudding topped with a mix of mango, strawberry-banana and avocado purée, kiwis, dried cranberries, hemp seeds and maple syrup.

Our organic pudding quickies are designed for utmost benefits on the go while enjoying the mouthwatering combination of tastes.

# MIX YOUR OWN

Mix and match whatever your heart desires, from our super healthy and organic cereals dropped in our daily fresh milks or yogurts and finally topped with the most nutritious of superfood add ons.

## ≡ YOGURT ≡



**GREEK YOGURT**  
6 500 LL

High protein power up yogurt

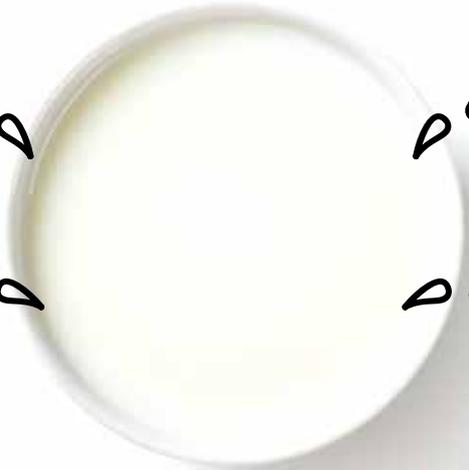
**NATURE'S YOGURT**  
6 000 LL

All natural stomach soothing unflavoured organic yogurt

**ZERO FAT**  
6 000 LL

Refreshingly light organic yogurt

## 🥛 MILK 🥛



**ORG. ALMOND MILK**  
6 500 LL

**ORG. OAT MILK**  
5 500 LL

**ORG. SOY MILK**  
6 000 LL

**DAIRY MILK**  
%0 OR FULL FAT  
3 000 LL

## ☿ CEREALS ☿



**THE BARN MIX**  
5 500 LL

Org. ancient grain flakes mix, quinoa, Kamut, oats, spelt, barley and millet.



**MIGHTY GRANOLA**  
5 000 LL

Crunchy blend of org. premium cereals, hemp and honey mix.



**5 GRAIN OAT CEREAL MIX**  
4 000 LL

Premium 5 grain whole oats

## = SUPER FOOD SPECIALS = ☿ FARM FRESH FRUITS ☿



**CHIA SEEDS / HEMP SEEDS / PUMPKIN SEEDS /  
SUNFLOWER SEEDS / SESAME SEEDS**  
1 250 LL / portion



**APPLES / BANANAS / STRAWBERRIES**  
1 500 LL / portion



**ALMONDS / CASHEWS**  
1 500 LL / portion



**POMEGRANATES / GRAPES / MANGOS**  
2 000 LL / portion



**WALNUTS / PECANS / HAZELNUTS / PISTACHIOS**  
2 000 LL / portion



**BLUEBERRIES / PEACHES / KIWIS /  
AVOCADOS / BLACKBERRIES**  
2 500 LL / portion

## ☿ SUN-DRIED FRUITS ☿



**BANANAS / MIXED RAISINS / COCONUT SLICES**  
1 500 LL / portion



**FIGS / CRANBERRIES / DATES / GOJI BERRIES**  
2 000 LL / portion

## ☿ SWEET & SAVOURY ☿

Nature's very own Savoury sweeteners



**HONEY / AGAVE / MAPLE-AGAVE /  
CHOCOLATE-AGAVE / CHOCOLATE NIBS**  
3 000 LL / portion

Ask for our weekly exotic fruits 3 000 LL / portion  
Top it off with a sprinkle of org. Cinnamon or org. chocolate powder

# TOASTEES

Our immensely nutritious open faced "pain de campagne" bread toasts are designed to boost your energy levels while providing all the necessary antioxidants, minerals and vitamins your body needs.



## LA BNE' Ô KALE

9 500 LL

Refreshing labneh topped with shredded Kale, raisins and a dash of extra virgin olive oil.

## FETA Ô DATES

9 500 LL

Farmhouse feta topped with chopped dates, almonds and a drizzle of agave syrup.

## LA BNE' BARN STYLE

9 500 LL

Barn style labneh topped with sliced kumquats, pistachios, raisins and a dash of extra virgin olive oil.



## CHEVRE Ô FRAISES

12 000 LL

Farmhouse goat cheese topped with fresh strawberries and sprinkled with all natural honey and chia seeds.

## FIG FEST

11 500 LL

Farmhouse goat cheese topped with chopped sun-dried figs and sprinkled with sesame seeds and a dash of all natural honey.

## CHEVRE Ô BERRY

12 000 LL

Farmhouse goat cheese topped with sun-dried cranberries, Goji berries and walnuts.



### SIMPLY SALMON

15 500 LL

Org. smoked salmon a bed of greek yogurt with chopped lemon hearts and dill.

### VOCA-CHILLI

10 500 LL

Avocado toast topped with chopped almonds and a dash of chilli olive oil.

### MOZZARELLY

11 000 LL

The freshest of fresh mozzarella slices coupled with spinach leaves, sun-dried cranberries, extra virgin olive oil and a dash of balsamic.



### CECI N'EST PAS UN CHEESE

12 000 LL

Organic Almond cheese mixed with natural thyme topped with cherry tomatoes, rocket leaves, raddish slices and virgin olive oil.

### BLUE APPLE

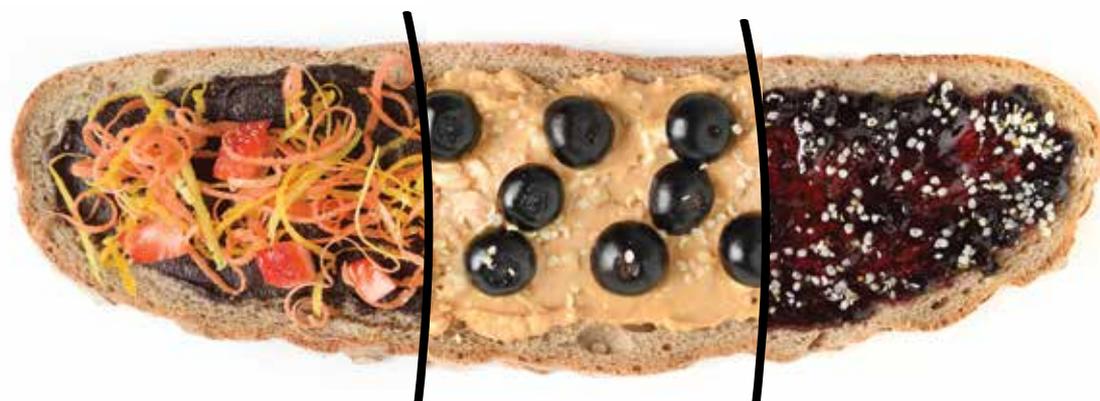
12 000 LL

The bluest of blue cheese topped with sliced apples, honey and sunflower seeds.

### ALMONANA

12 000 LL

Org. stone ground almond butter topped with sliced bananas and sprinkled with chia seeds.



### CECI N'EST PAS DU CHOCOLAT

10 500 LL

Vegan Chakala spread topped with orange and grapefruit zest and chopped strawberries.

### PEANUT ET BERRY

11 000 LL

Org. crunchy peanut butter topped with blueberries and hemp seeds.

### ENERJAM

9 000 LL

Choose between our range of organic Strawberry/Apricot/Blueberry spread, and top it off with your choice of super seeds (Chia, Hemp, Sesame).

# EGGS-QUISITES



## EGG A L'AVOCAT

15 000 LL

Avocado toast topped with eggs, shredded kale, almonds, and pomegranate seeds.



## THREE EGGS & HAM

16 000 LL

Our 3 eggs special comes with different flavours, egg on ham, egg on turkey, and spinach and kale mini omlette.

## EGG Ô PESTO

14 000 LL

Pesto toast topped with fresh mushrooms, basil, eggs, and shredded spinach.



Our %100 organic free range egg delights come in different forms and combine exquisite tastes.

## LEAF SUPER SALADS LEAF

### BARN STYLE QUINOA

18 500 LL

Org. duo quinoa, red endive, rocket leaves, cherry tomato, pomegranate seeds, walnuts, dried figs, kumquats and pumpkin seeds.  
(Apricot sauce)

### KALE OVERLOAD

18 500 LL

Vibrantly green Kale, avocados, red grapefruit, orange, lolo verde, fresh mushroom, hazelnuts and sprinkled with crushed cashews.  
(Blueberry sauce)

### VERY BERRY GREEN

19 000 LL

Wild greens, dried cranberries, apple, iceberg, pear, strawberry, almonds and chia seeds.  
(Orange grapefruit sauce)

### BETROOT BOOST

17 500 LL

Perfectly boiled org. beetroot, Goji berries, pecans, endives, strawberries, feta cheese, cherry tomatoes and rocket leaves.  
(Strawberry sauce)



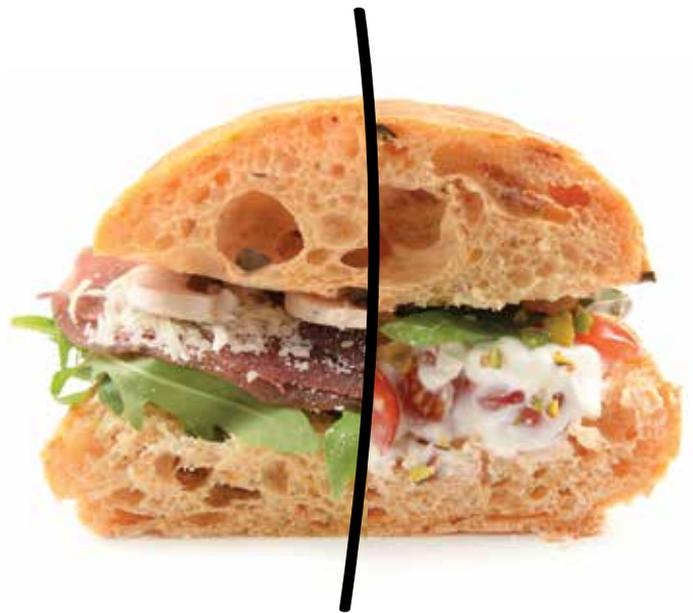
## BOX BARN CIABATTAS BOX



### DIN DARELLA

17 000 LL

Sliced turkey breast, fresh mozzarella, rocket leaves, pomegranate seeds, dried cranberries, fresh mushrooms and chia pesto sauce.



### HAM-BON

15 000 LL

Smoked ham slices, lolo verde, rocket leaves, dried cranberries, and hemp moutarde.

### BRESA OH LA

16 000 LL

Thinly sliced bresaola, rocket leaves, parmesan, fresh mushrooms, pecans and a dash of chilli olive oil.

### LA BNE' Ò PESTO

14 000 LL

Labneh mixed with tomato, basil, pistachios and raisins, sprinkled with extra virgin olive oil and himalayan salt.

## 👩‍🍳 DESSERTS 👩‍🍳



THE BARN  
FRUIT SALAD  
10 000 LL

HOUSE SPECIALS  
10 000 LL



ORG. CAROB COOKIES  
CHOCOLATE/ANISE/ CINNAMON/GINGER  
(4 pcs)  
8 000 LL



## 🍹 JUICY JUICES 🍹



APPLE / ORANGE /  
CARROT / GRAPEFRUIT  
5 000 LL (250 ML)  
8 000 LL (400 ML)

POMEGRANATE /  
STRAWBERRY  
6 000 LL (250 ML)  
10 000 LL (400 ML)



LEMONADE /  
MINTED LEMONADE /  
BASIL LEMONADE  
7 500 LL (400 ML)



Pick from our daily fresh, cold pressed juicy juices and barn style lemonades.

## “ OUR CAFÉ ”

## “ OUR THÉ ”



### ESPRESSO/DECAF

5 500 LL

### ESPRESSO DOPPIO DECAF

7 500 LL

### ESPRESSO MACCHIATO

6 000 LL

### AMERICANO

6 000 LL

### CHOCOLAT CHAUD\*

8 500 LL

### CAPPUCCINO

8 500 LL

### CAFÉ LATTE

8 500 LL

### CAFÉ LATTE AMANDE/SOY/OAT

11 500 LL

### KALEI ORG. AMERICAN

7 500 LL

### KALEI ORG. FRENCH PRESS

8 000 LL

### MATCHA ORG.

10 000 LL

### KUSMI BE COOL

(caffeine free blend with liquorice, peppermint)

9 000 LL

### KUSMI ANOSTOSIA

(bergamont, lemon, orange blossom)

9 000 LL

### KUSMI BOOST

(mate, green tea, spices)

9 000 LL

### KUSMI ORG. DARJEELING VERT

9 000 LL

### KUSMI BB DETOX

(green tea, mate, grapefruit)

9 000 LL

### KUSMI DETOX

(mate, green tea, lemon grass)

9 000 LL

## ≈ WATER ≈

### SOHAT GLASS 0.33L

3 500 LL

### SOHAT GLASS 1L

5 500 LL

### AQUA PANNA 0.5L

10 500 LL

### PERRIER

7 000 LL

### S. PELLEGRINO 0.5L

9 000 LL

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