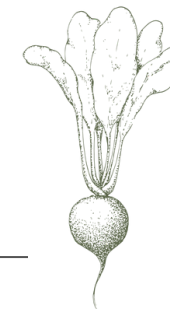


BODYBUDDY

Gluten free - Lactose free - No refined sugars



LUNCH BOWLS

Served 11.00 - 20.00

CHICKEN PEANUT BOWL - new! (S,SES,P) 169

Baked chicken (SWE) tossed in creamy spicy peanut sauce - served with black rice, avocado, fresh mango, roasted sweet corn, green salad, pickled onion, coriander, carrot, cabbage, sprouts, pomegranate, pea shoots & Vietnamese sauce + add extra chicken 25 kr

TOFU PEANUT BOWL - new! (V,S,SES,P) 159

Tofu tossed in creamy spicy peanut sauce - served with black rice, avocado, fresh mango, roasted sweet corn, green salad, pickled onion, coriander, carrot, cabbage, sprouts, pomegranate, pea shoots & Vietnamese sauce + add extra tofu 20 kr

BAKED RAINBOW TROUT (F, SES,N,E) 179

Served with oven-roasted vegetables, salad and herbal-mayo - topped with pomegranate, roasted cashews & dill

CHICKEN MANGO AVO BOWL - bestseller! (S,SES,E,P) 169

Baked chicken (SWE) with garlic, tamari soy & ginger - served with black rice, avocado, fresh mango, roasted sweet corn, green salad, pickled onion, coriander, carrot, cabbage, sprouts, pomegranate, peanuts, pea shoots & coconut dressing and a ginger- sesame & chili mayonnaise + add extra chicken 25 kr

POWER SALAD (CR,S,SES,E,P) 185

MSC shrimps, egg, avocado, lemon, mango, green salad, pickled onion, sprouts, cabbage, carrots & quinoa - topped with coriander, pomegranate, peanuts, pea shoots and a ginger- sesame & chili mayonnaise + add extra shrimps 25 kr / swap to chicken 0 kr

FOR THE KIDS: CHICKEN BOWL 79

Baked chicken (SWE) - served with black rice, avocado, mango and roasted sweet corn

BREAKFAST ALL DAY

Served 07.30 - 21.00

AVO MASH ON CRISPBREAD - bestseller! (SES) 119

Avocado mash with green salad, lemon, basil, chili flakes, pomegranate, sea salt & sesame seeds. Served on our home baked crisp bread made with nutritious gluten free grains and seeds. + add egg 15 kr (recommended!)

BANANA BREAD - a must try! (E,N) 69

+ add nut butter or coconut cream 10 kr

QUINOA PORRIDGE (07.30-11.00) (V,N) 109

Steamed quinoa & oatmeal - served with homemade apple compote, cinnamon, roasted almonds, homemade almond butter, maple syrup, fruits & berries

OVERNIGHT OATS BOWL (V,N) 85

Gluten free oats, oat milk, cinnamon, cardamom, seeds - topped with home made nut granola, fruit compote, apple & blueberry

COCONUT YOGHURT BOWL (V,N) 85

Home cooked coconut yoghurt with probiotic - topped with berry swirl, nut granola & fresh berries

CHIA SNICKERS BOWL (V,N,P) 85

Chia seeds, coconut cream & almond milk - topped with peanuts, dark chocolate**, banana & maple syrup

TROPICAL CHIA BOWL (V,N) 85

Chia seeds, coconut cream & almond milk - topped with tropical swirl (mango & pineapple), roasted almonds, coconut flakes, agave syrup & fresh red berries

ALLERGIES? Please inform us!

V = vegan S = soy SES = sesame E = egg N = nut P = peanuts CR = Crustaceans F = fish = Organic or Eco label

*our chocolate contains organic cane sugar

**nutfree granola available upon request

Smoothie bowls of the month!

NORDIC BERRY PROTEIN SMOOTHIE BOWL (V,N/P) 149

Strawberries, lingonberries, raspberries, banana, coconut cream, coconut water, vanilla protein powder - topped with homemade nut granola**, peanut or almond butter, fresh fruit & berries

+ add "Pureness" protein powder (V) 15 kr
+ add "KÄLLA" live bacteria 15 kr
+ add "Womensync" collagen (not vegan) 15 kr

BALI SMOOTHIE BOWL (V,N/P) 149

Pineapple, mango, banana, passion fruit, orange - topped with homemade nut granola**, peanut or almond butter, fresh fruit & berries

+ add "Pureness" protein powder (V) 15 kr
+ add "KÄLLA" live bacteria 15 kr
+ add "Womensync" collagen (not vegan) 15 kr

Smoothie bowl + Hot drink of your choice 169

Quinoa porridge + Hot drink of your choice 129

Breakfast deals available before 11:00



BODYBUDDY

Gluten free - Lactose free - No refined sugars



BRUNCH PLATES

Served 11.00 - 16.00

BB's BRUNCH PLATE (SES,E,N/P) 199

Scrambled eggs with home baked crispbread, pico de gallo, avocado mash, rose salad, your choice of breakfast cup & seasonal fruits & berries

BB's SWEET WAFFLE (E,N) 99

Oat waffles served with coconut cream, berry swirl, banana & fresh berries - topped with maple syrup & caramalized almonds

+ add peanut or almond butter 10 kr

AVO MASH ON CRISPBREAD - bestseller! (SES) 119

Avocado mash with green salad, lemon, basil, chili flakes, pomegranate, sea salt & sesame seeds. Served on our home baked crisp bread made with nutritious gluten free grains and seeds.

+ add egg 15 kr (recommended!)

CHICKEN MANGO AVO BOWL - bestseller! (S,SES,E,P) 169

Baked chicken (SWE) with garlic, tamari soy & ginger - served with black rice, avocado, fresh mango, roasted sweet corn, green salad, pickled onion, coriander, carrot, cabbage, sprouts, pomegranate, peanuts, pea shoots & coconut dressing and a ginger- sesame & chili mayonnaise

+ add extra chicken 25 kr

POWER SALAD (CR,S,SES,E,P) 185

MSC shrimps, egg, avocado, lemon, mango, green salad, pickled onion, sprouts, cabbage, carrots & quinoa - topped with coriander, pomegranate, peanuts, pea shoots and a ginger- sesame & chili mayonnaise.

+ add extra shrimps 25 kr

/ swap to chicken 0 kr

BREAKFAST ALL DAY

Served 09.00 - 17.00

BANANA BREAD - a must try! (N,E) 69

+ add nut butter or coconut cream 10 kr

QUINOA PORRIDGE (N,V) 109

Steamed quinoa & oatmeal - served with homemade apple compote, cinnamon, roasted almonds, homemade almond butter, maple syrup, fruits & berries

OVERNIGHT OATS BOWL (V,N) 85

Gluten free oats, oat milk, cinnamon, cardamom, seeds - topped with home made nut granola, fruit compote, apple & blueberry

COCONUT YOGHURT BOWL (V,N) 85

Home cooked coconut yoghurt with probiotic - topped with berry swirl, nut granola & fresh berries

CHIA SNICKERS BOWL (V,N,P) 85

Chia seeds, coconut cream & almond milk - topped with peanuts, dark chocolate**, banana & maple syrup

TROPICAL CHIA BOWL (V,N) 85

Chia seeds, coconut cream & almond milk - topped with tropical swirl (mango & pineapple), roasted almonds, coconut flakes, agave syrup & fresh red berries

Smoothie bowls of the month!

NORDIC BERRY PROTEIN SMOOTHIE BOWL (V,N/P) 149

Strawberries, lingonberries, raspberries, banana, coconut cream, coconut water, vanilla protein powder - topped with homemade nut granola**, peanut or almond butter, fresh fruit & berries

+ add "Pureness" protein powder (V) 15 kr

+ add "KÄLLA" live bacteria 15 kr

+ add "Womensync" collagen (not vegan) 15 kr

BALI SMOOTHIE BOWL (V,N/P) 149

Pineapple, mango, banana, passion fruit, orange - topped with homemade nut granola**, peanut or almond butter, fresh fruit & berries

+ add "Pureness" protein powder (V) 15 kr

+ add "KÄLLA" live bacteria 15 kr

+ add "Womensync" collagen (not vegan) 15 kr

Smoothie bowl + Hot drink of your choice 169

Quinoa porridge + Hot drink of your choice 129

Breakfast deals available before 11:00



ALLERGIES? Please inform us!

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= Organic or Eco label

*our chocolate contains organic cane sugar

**nutfree granola available upon request

BODYBUDDY

Gluten free - Lactose free - No refined sugars

JUICES & SMOOTHIES

Freshly squeezed at the cafe!

GREEN BUDDY JUICE 75

Apple, cucumber, kale & lemon

CARE BUDDY JUICE 75

Carrot, apple, ginger, celery & lemon

GINGER TURMERIC SHOT 35

Apple, lemon, ginger, turmeric & black pepper

NORDIC BERRY PROTEIN SMOOTHIE 69

Strawberries, lingonberries, raspberries, banana, coconut cream, coconut water, vanilla protein powder

+ add "Pureness" protein powder (V) 15 kr

+ add "KÄLLA" live bacteria 15 kr

+ add "Womensync" collagen (not vegan) 15 kr

BALI SMOOTHIE 69

Pineapple, mango, banana, passion fruit, orange, coconut cream & coconut water

+ add "Pureness" protein powder (V) 15 kr

+ add "KÄLLA" live bacteria 15 kr

+ add "Womensync" collagen (not vegan) 15 kr

COLD DRINKS

Iced Latte 59

Iced Matcha Latte 59

Kombucha 62

Hydrate Cocowater 52

VitaCoco Cocowater 49

häppi Prebiotic Drink 52

Hikkibiskus 59

Stenkulla Sparkling Water 35

HOT DRINKS

Filter Coffee 42

Cortado 49

Latte 59

Cappuccino 49

Americano 42

Espresso 39

Matcha Latte 59

Golden Milk 59

Matcha Tea 59

Womensync Tea 39

Fresh Mint Tea 39

Fresh Lemon Ginger Tea 39

Beetroot Latte 59

CHICCA

A chicory-based alternative to coffee

Chicca Latte 59

Chicca Cappuccino 54

Chicca Americano 42

MIND AVENUE ®

A mushroom-based alternative to coffee

Shroom Latte 59

Shroom Cappuccino 54

+ add to any warm drink 15

MOOSHROOM DROPS

Functional mushroom extracts

+ add to any warm drink 20

Our milk options: lactose free, oat milk, almond milk, sprout

ALLERGIES? Please inform us!

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= Organic or Eco label

*our chocolate contains organic cane sugar

**nutfree granola available upon request

FIKA

Banana Bread 69 (E,N)

+ add nut butter or coconut cream +10 kr

Nutbud* 55 (N,V,P)

Cocobud* 55 (V)

Chocolate chip cookie* 55 (E,N)

Cookie Dough Bite* 55 (V,N)

Online orders:

bodybuddyfoods.com

Follow us on Instagram:

[@bodybuddycafes](https://www.instagram.com/bodybuddycafes)

