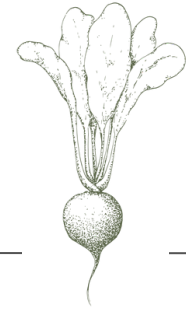


# BODYBUDDY

Gluten free - Lactose free - No refined sugars



## LUNCH BOWLS

Served 11.00 - 16.00

- CHICKEN PEANUT BOWL - new! (S,SES,P) 159**  
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) 149**  
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) 159**  
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) 165**  
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 30 kr
- WRAP - its back! (S,SES,E,SU) 129**  
Broad bean wrap with Spicy Chicken or Vegan Chickpeas marinated in coriander, chili and tamari soya sauce with avocado cream, salad, cabbage, carrots, pickled onion, mango, basil dressing/chilimayo

## BREAKFAST ALL DAY

Served 07.30 - 17.00

- 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 (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

### 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!

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

# BODYBUDDY

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## 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 & seeds  
+ add egg 15 kr (recommended!)
- CHICKEN MANGO AVO BOWL** - bestseller! (S,SES,E,P) **159**  
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) **169**  
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 30 kr  
/ swap to chicken 0 kr

## BREAKFAST ALL DAY

Served 10.00 - 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
- WRAP - its back!** (S,SES,E,SU) **129**  
Broad bean wrap with Spicy Chicken or Vegan Chickpeas marinated in coriander, chili and tamari soya sauce with avocado cream, salad, cabbage, carrots, pickled onion, mango, basil dressing/chilimayo

### 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



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# BODYBUDDY

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## JUICES & SMOOTHIES

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*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

### GREEN VIBE SMOOTHIE 89

Spinach, mint leaves, mango banana, lime, coconut water & collagen

### NORCID BERRY PROTEIN SMOOTHIE 75

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

### BALI SMOOTHIE 75

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

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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

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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

### BABYCCINO 20

Warm, skimmed milk topped with cacao powder

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

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## FIKA

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Banana Bread - a must try! (E,N) 69

+ add nut butter or coconut cream +10 kr

Nutbud (P,V) 55

Cocobud (V) 55

Cookie Dough Bite (V,N) 55

Matcha Cookie (E,N) 55

White Chocolate Cranberry Cookie (V) 55

Zucchini Brownie (V,N) 69

Dates Praline (N/P) 35

Cake of the day 69

Online orders:

[bodybuddyfoods.com](https://bodybuddyfoods.com)

Follow us on Instagram:

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

