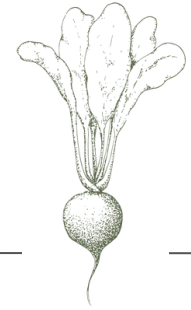


BODYBUDDY

Gluten free - Lactose free - No refined sugars



LUNCH BOWLS

Served 11.00 - 20.00

- CHICKEN MANGO AVO BOWL** - bestseller! (S,SES,E,N) **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** (S,SES,E,N) **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
- BAKED RAINBOW TROUT (Regnbågslax)** (S,SES,N) **179**
Served with oven-roasted vegetables, salad and herbal-mayo - topped with pomegranate, roasted cashews & dill
- TIKKA MASALA BOWL WITH CHICKEN** (V,SES,N) **159**
Served with black rice, cauliflower, bell pepper, kale and salad - topped with coriander and roasted cashews
- TIKKA MASALA BOWL WITH TOFU** (V,SES,N) **149**
Served with black rice, cauliflower, bell pepper, kale and salad - topped with coriander and roasted cashews
- 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
- BUCKWHEAT PORRIDGE (07.30-11.00)** (V,N) **109**
Roasted buckwheat, oat meal - 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) **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!

MATCHA SMOOTHIE BOWL (V,N) **149**

Matcha, banana, pineapple, lime - topped with nut granola**, banana, nut butter, strawberry, blood orange & mint

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

+ add "KÄLLA" live bacteria 15 kr

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

BALI SMOOTHIE BOWL (N,V) **149**

Pineapple, mango, banana, passion fruit, orange - topped with nut granola**, banana, nut butter, strawberry, orange, blueberry & strawberry

+ 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

Buckwheat 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 γ = 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

MATCHA SMOOTHIE 69

Matcha, banana, pineapple, lime, coconut cream, coconut cream & coconut water

+ 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

FIKA

Banana Bread 69 (E,N)

+ add nut butter or coconut cream +10 kr

Nutbud* 55 (N,V)

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)



ALLERGIES? Please inform us!

V = vegan S = soy SES = sesame E = egg N = nut 🌱 = Organic or Eco label

*our chocolate contains organic cane sugar

**nutfree granola available upon request