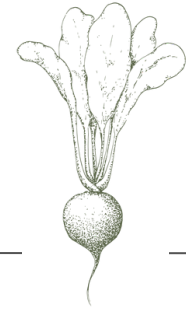


# BODYBUDDY

Gluten free - Lactose free - No refined sugars



## LUNCH BOWLS

### CHICKEN MANGO AVO BOWL - bestseller! (S,SES,E,N)

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

### POWER SALAD (S,SES,E,N)

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  
/ swap to chicken

### BAKED RAINBOW TROUT (Regnbågslax) (S,SES,N)

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

### TIKKA MASALA BOWL WITH CHICKEN (SES,N)

Served with black rice, cauliflower, bell pepper, kale and salad - topped with coriander and roasted cashews

### TIKKA MASALA BOWL WITH TOFU (V,SES,N)

Served with black rice, cauliflower, bell pepper, kale and salad - topped with coriander and roasted cashews

### FOR THE KIDS: CHICKEN BOWL

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

## BREAKFAST ALL DAY

### AVO MASH ON CRISPBREAD - bestseller! (SES)

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 (recommended!)

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

+ add nut butter or coconut cream

### BUCKWHEAT PORRIDGE (07.30-11.00) (V,N)

Roasted buckwheat, oat meal - served with homemade apple compote, cinnamon, roasted almonds, homemade almond butter, maple syrup, fruits & berries

### OVERNIGHT OATS BOWL (V,N)

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

### COCONUT YOGHURT BOWL (V,N)

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

### CHIA SNICKERS BOWL (V,N)

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

### TROPICAL CHIA BOWL (V,N)

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)

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

+ add "Pureness" protein powder (V)

+ add "KÅLLA" live bacteria

+ add "Womensync" collagen (not vegan)

#### BALI SMOOTHIE BOWL (N,V)

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

+ add "Pureness" protein powder (V)

+ add "KÅLLA" live bacteria

+ add "Womensync" collagen (not vegan)

### Smoothie bowl + Hot drink of your choice

### Buckwheat porridge + Hot drink of your choice

Breakfast deals available before 11:00



### ALLERGIES? Please inform us!

V = vegan S = soy SES = sesame E = egg N = nut  $\gamma$  = 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

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*Freshly squeezed at the cafe!*

### GREEN BUDDY JUICE

Apple, cucumber, kale & lemon

### CARE BUDDY JUICE

Carrot, apple, ginger, celery & lemon

### GINGER TURMERIC SHOT

Apple, lemon, ginger, turmeric & black pepper

### MATCHA SMOOTHIE

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

+ add "Pureness" protein powder (V)

+ add "KÄLLA" live bacteria

+ add "Womensync" collagen (not vegan)

### BALI SMOOTHIE 69

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

+ add "Pureness" protein powder (V)

+ add "KÄLLA" live bacteria

+ add "Womensync" collagen (not vegan)

## COLD DRINKS

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Iced Latte

Iced Matcha Latte

Kombucha

Hydrate Cocowater

VitaCoco Cocowater

häppi Prebiotic Drink

Hikkibiskus

Stenkulla Sparkling Water

## HOT DRINKS

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Filter Coffee 

Cortado

Latte

Cappuccino


Americano 

Espresso 

Matcha Latte

Golden Milk

Matcha Tea 

Womensync Tea 

Fresh Mint Tea

Fresh Lemon Ginger Tea

Beetroot Latte

### CHICCA

*A chicory-based alternative to coffee*

Chicca Latte

Chicca Cappuccino

Chicca Americano 

### MIND AVENUE ®

*A mushroom-based alternative to coffee*

Shroom Latte

Shroom Cappuccino

+ add to any warm drink

### MOOSHROOM DROPS

*Functional mushroom extracts*

+ add to any warm drink

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

## FIKA

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Banana Bread (E,N)

+ add nut butter or coconut cream

Nutbud\* (N,V)

Cocobud\* (V)

Chocolate chip cookie\* (E,N)

Cookie Dough Bite\* (V,N)

Online orders:


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

Follow us on Instagram:

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



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\*our chocolate contains organic cane sugar

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