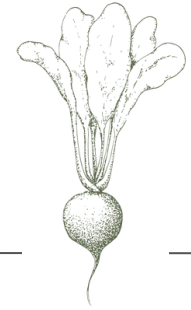


# BODYBUDDY

Gluten free - Lactose free - No refined sugars



## LUNCH BOWLS

Served 11.00 - 15.00

### SWEET POTATO BOWL - new!

Oven-baked sweet potato with avo & mango salsa and avocado jalapeño cream

+ with chicken 149

+ with sweet potato patties (V) 149

+ with rainbow trout (F) 169

+ with shrimps (CR) 169

### 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 - 16.00

### 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

### Smoothie bowls of the month!

#### ACAI SMOOTHIE BOWL (V,N/P) 149

Acai, banana, blueberry, mango, lime coconut cream & almond milk - topped with homemade nut granola\*\*, peanut or almond butter, banana, goji & fresh berries

+ add protein powder (V) 15 kr

+ add probiotics 15 kr

+ add 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 protein powder (V) 15 kr

+ add probiotics 15 kr

+ add collagen (not vegan) 15 kr



### 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

Gluten free - Lactose free - No refined sugars

## 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

### ACAI SMOOTHIE 69

Acai, banana, blueberry, mango, lime coconut cream & almond milk

+ add protein powder (V) 15 kr

+ add probiotics 15 kr

+ add collagen (not vegan) 15 kr

### BALI SMOOTHIE 69

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

+ add protein powder (V) 15 kr

+ add probiotics 15 kr

+ add 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 59

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, sproud

### ALLERGIES? Please inform us!

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 = Organic or Eco label

\*our chocolate contains organic cane sugar

\*\*nutfree granola available upon request

## FIKA

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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](https://bodybuddyfoods.com)

Follow us on Instagram:

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

