



## HOMEMADE JUICES

250ml/500ml 6,5/9,5

### Liquid sunshine/green

Celery, cucumber, apple, lemon and ginger  
(orange - seasonal)

### True love/red

Beetroot, carrot, apple lemon and ginger  
(grapefruit - seasonal)

### Super charge/orange

Carrot, oranges, apple and lemon  
(pineapple - seasonal)

**Ginger shot** 60ml 3,5

## HOMEMADE SMOOTHIES

250ml/500ml 7/10

### Super green

Rice milk, avocado, spinach, broccoli,  
mango, wheatgrass, spirulina and barley grass  
+ scoop of chocolate protein powder (2)

### Açaí glow

Rice milk, banana and frozen açai  
+ scoop of chocolate protein powder (2)

### Chocolate protein shake

Rice milk, raw chocolate, avocado, maca,  
peanuts, coffee beans, blueberries, banana,  
guarana, pea protein, date and flaxseed  
+ espresso shot (0,8) 9/12

## HOT DRINKS

Tea - different flavors / fresh ginger 3/4,2

Espresso - single/double 3,2/3,8

Coffee - regular/deca 3,5/4,3

Cappuccino - regular/deca 4,2/5

Flat white - regular 5

Latte - regular/deca 4,7/5,5

Hot chocolate milk 5

### Homemade spice mixes

Turmeric latte/ yellow - soothing 5

Matcha latte/ green - energizing 6

Chai latte/ brown - spicy  
immunity and digestion boosting 5

Dirty chai latte (+ espresso shot) 5,8

## COLD DRINKS

Iced latte 5,5/5,8/5,8/6,8  
(coffee - chai - turmeric - matcha)

Bottled water - still/sparkling 3

Kombucha - 325 ml 5,5

Whole earth ginger - 330 ml 4,5

Fritz soda - different flavors - 250 ml 4,5

Organic beer - 250 ml 4,5

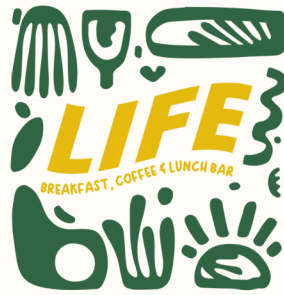
**YOUR HEALTHY KID  
ON THE BLOCK**

Super proud of our daily  
homemade food created with  
carefully sourced seasonal  
products from local partners.

**HEY YOU!  
LET'S STAY IN TOUCH**

@ lifebar\_be f lifebarleuven

DON'T FORGET TO CHECK OUT OUR LITTLE STORE BEFORE YOU LEAVE!



## BREAKFAST ALL DAY LONG

<b>Smoothie bowl</b> (açai/super green)	16
Creamy smoothie topped with granola & loads of fruit	
<b>Yoghurt bowl</b>	11
Sugar-free soy yoghurt, chia jam, granola and fruit	
<b>Two slices of banana bread</b>	14
Topped with peanut butter & chia jam + small fruit salad	
<b>Three seasonal oat pancakes</b>	15
(Check out the suggestion board)	
<b>Two toasts with scrambled 'eggs'</b>	15
Two slices of sourdough bread topped with hummus and scrambled tofu	
<b>English breakfast with Eastern twist</b>	20
Scrambled 'eggs', veg sausage, chili beans, grilled veggies, lentils, quinoa and greens	

## LUNCH

<b>Buddha bowl - warm</b>	18,5
(Check our suggestion board)	
<b>Salad bowl - cold</b>	18,5
(Check our suggestion board)	
<b>Soup of the day</b>	7
+ slice of bread (1)	
<b>Hummus toast</b>	15
Two slices of sourdough bread, homemade hummus and greens	
<b>Falafel wrap</b>	15,5
Homemade falafel, signature homemade tartar sauce and veggies	
<b>Happea burger</b>	15,5
High protein pea burger, signature homemade tartar sauce and greens	
<b>Bowl menu</b>	27
Juice of choice + bowl (salad/buddha) + dessert of choice	
Optional extra small salad	4

## BREAKFAST MENU (ALL DAY LONG)

<b>Breakfast menu S</b>	22
Juice + coffee/tea + small hummus toast + small scrambled 'eggs' toast + small parfait + small chocolate caramel slice	
<b>Breakfast menu M</b>	24
Breakfast menu S + 1 banana bread slice with toppings	
<b>Breakfast menu L</b>	26
Breakfast menu M + 1 pancake with toppings	

## SMALL COMBI MENU

<b>Little cup of soup</b>	10
+ 1 avocado toast or hummus toast	
<b>Coffee or tea</b>	8
+ 1 banana bread slice or 1 pancake with toppings (supplements for cappucino or latte)	

## DESSERTS

<b>Protein bliss ball</b>	4
Almond ball made with dates & nuts	
<b>Chocolate caramel slice</b>	6
Our bestseller that never disappoints!	
<b>Small fruit salad</b>	7
<b>One banana bread slice or pancake</b>	4
with toppings (+2)	

## INTOLERANCES & ALLERGIES

All of our dishes are dairy-free. Most of our dishes are gluten-free or have the option to be prepared gluten-free. When you order at the counter, let us know if you have any allergies or intolerances, we'll gladly help you out!

Cross contamination is possible.