

HOMEMADE JUICES



Liquid Sunshine / Green

Celery, cucumber, apple, lemon, ginger

True Love / Red

Beetroot, carrot, apple, lemon, ginger

Supercharge / Orange

Carrot, apple, celery, pineapple, lemon, ginger

Paradise City / Blue

E3Live Blue Majik, coconut water, pineapple, lemon

SMOOTHIES



Super Green

Spinach, banana, lemon, coco-rice milk, supergreens*

Chocolate Party

Chocolate milk, banana, spinach, maca*, himalaya salt

Berry Bliss

Açaí*, blueberry, banana, lemon, coco-rice milk

Crazy Sexy Orange

Carrot juice, orange juice, mango, goji*, chia*

* Superfoods
(more boosters available)

COLD

Organic juice shot 60 ml	3,0
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Grape-Ginger-Açaí, Ginger-Lemon, Chili-Pomegranate

Aquapax	3,0
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Planet-conscious pure still natural mineral water
with a near 7.1pH

Coconut Water 330 ml	5,0
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Detoxifies, boosts immune system and energy levels,
balances blood sugar, full of electrolytes, burns fat.... ∞

Kombucha 330 ml	4,5
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Probiotic beverage that builds up your intestinal flora,
contains live enzymes, amino acids, minerals, vitamins.... ∞

Whole Earth 330 ml	3,5
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Organic sparkling refined sugar-free Lemonade, Cola & Ginger

Saison Dupont 330 ml - organic beer	4,0
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The Good Cider 330 ml - all natural apple cider	5,0
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Red and White Wine 250 ml - fairtrade	6,0
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Juicing vs. blending

*Juices: instant infusion of nutrients,
give the digestive system a break, cells can focus
on rest & repair.*

*Smoothies: support digestive health, sweep toxins
away, satisfy hunger & sustain energy over time.*

HOT

Tea	2,5
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Espresso	2,5
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Coffee (regular/grain)	2,5
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Grain coffee is an alternative to coffee with a very different flavor and no caffeine, made from barley, malted barley, chicory, rye, figs and guarana.

Cappuccino	3,5
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Hot chocolate milk	3,9
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Latte	3,9
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Coffee with lots of milk: Caffe latte (regular/grain)

Herbal tea with lots of milk:

Chai latte (brown spice-mix)

Turmeric latte (yellow - soothing)

Matcha latte (green - energizing) 4,9

*Our lattes are made with sugar-free soy milk.
They can also be made with rice milk (sweeter but doesn't foam).*

ORDER & PAY

AT THE COUNTER

PLEASE

BREAKFAST ALL DAY LONG!

9h - 16h

Smoothie bowl

Smoothie of choice (turn page for list of smoothies) topped with gluten-free granola, coconut flakes & loads of fruit

11,0

Parfait

Layers of sugar-free soy yogurt, chia coulis, gluten-free granola & fruit

7,0

Two slices of banana bread

Topped with peanut butter & chia jam - small fruit salad

8,0

Spelt pancakes

Topped with homemade chocolate sauce, chia jam & loads of fruit (gluten-free option: buckwheat)

9,5

Toast with scrambled 'eggs'

Two toasts with scrambled tofu & loads of herbs - small salad

11,0

BREAKFAST MENU'S

Have a taste of our different breakfast items

Breakfast menu S

Juice + coffee or tea +
small toast with hummus + small toast with scrambled 'eggs' +
small parfait + small chocolate caramel slice

18,0

Breakfast menu M

S + a slice of banana bread topped with peanut butter and chia jam

20,0

Breakfast menu XL

S + slice of banana bread + small pancake with loads of fruit

22,0

The smoothie is made slightly thicker and creamier so it's easier to spoon away!

LUNCH / DINNER

12h - 16h

Soup of the day

Soup (4,5) / Slice of bread (1) / Small salad (3)

8,5

Two hummus toasts

Pure rye bread, homemade hummus & veggies - small fruit salad

12,0

Salad bowl (mostly raw veggies & cold)

15,0

Buddha bowl (mostly cooked veggies & hot)

Colourful bowls made of veggies, good carbs and proteins

15,0

Bowl menu

Juice of choice + bowl (buddha or salad) + dessert of choice

22,5

Don't forget to take a look at our suggestion board!

SNACKS / DESSERTS

Bliss ball

Energy ball made from nuts & dried fruits

2,5

Chocolate caramel slice

This healthy treat never disappoints!

5,0

Raw cake or pie

A revolutionary dessert ~ made without flour, dairy, eggs or refined sugars ~ unheated, so the ingredients vitamins, minerals, enzymes, antioxidants are maintained ❤

5,0

Small fruit salad

7,0

All our desserts are gluten-free!



Life is a plant-based breakfast and lunch bar, your healthy kid on the block!

As devoted juice-pancake-salad-raw-chocolate-o-holics, we'll provide all the foods 'n drinks you'll need to start and finish the day easy breezy healthy.

Say goodbye to a mind clouded by processed foods, saturated fats and refined sugars. Experience the bliss and clarity that comes from the colourful and vibrant cuisine of plant-based cooked and raw food.

Nature's pure clean food not only helps us to reconnect with ourselves, but also with the planet we need to survive and its other living beings.

We promise to make you glow!

facebook.com/lifebarleuven

[lifebar_be](https://www.instagram.com/lifebar_be/)

OPENING HOURS

Mon closed

Tue-Sat 9h-17h

Sun 10h-16h

Kitchen closes 1 hour before closing time

