

BREAKFAST



A fresh and healthy start of your day!

CHIA PUDDING		€ 4.25
YOGHURT SPECIALS		
ENERGY MIX	€ 4.95	€ 6.95
BERRY MIX	€ 4.95	€ 6.95
CHOCOLATE MIX	€ 4.95	€ 6.95
NUT MIX	€ 4.95	€ 6.95
CREATE-YOUR-OWN YOGHURT	€ 3.00	€ 5.00
* FRESH & HEALTHY TOPPINGS FROM OUR YOGHURT BAR + €0.50 EACH (ALSO GREEK YOGHURT VERSION AVAILABLE)		

HOT DRINKS & OTHER



COFFEE	€ 2.25	€ 3.25
ESPRESSO	€ 2.25	€ 3.25
CAPPUCCINO	€ 2.75	€ 3.75
CAFFE LATTE	€ 2.75	€ 3.75
LATTE MACCHIATO	€ 3.75	
TEA (EARL GREY / GREEN / HERBAL / ROOIBOS / CHAI)	€ 2.25	
FRESH MINT TEA	€ 2.50	
GINGER TEA	€ 2.50	
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VARIOUS CAKES	€ 4.00	
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MINERAL WATER (FLAT OR SPARKLING)	€ 2.25	
COCO JUICE	€ 2.95	€ 3.95
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ORGANIC BEER 'DE LECKERE'	€ 2.95 *	
ORGANIC WINE	€ 3.25 *	

* NOT AVAILABLE IN EVERY LOCATION, ASK OUR STAFF

JUICES



The recipes of our juices are inspired by the origin of the ingredients

EUROPEAN	ORANGE / BANANA / BLUEBERRY
NORTH AMERICAN	APPLE / SPINACH / PINEAPPLE / LIME
SOUTH AMERICAN	ORANGE / MANGO / LIME
ORIENTAL	APPLE / CUCUMBER / MINT / LIME
AFRICAN	ORANGE / CARROT / GINGER
AUSTRALIAN	APPLE / BEETROOT / STRAWBERRY



€ 3.95



€ 6.25

SMOOTHIE WITH FRESH YOGHURT + € 0.50

SALADS



The recipes of our salads are inspired by the origin of the vegetables and other ingredients

EUROPEAN	SPINACH / RED ONION / AVOCADO / FETA VEGA BACON / CRANBERRY MUSTARD-LIME VINAIGRETTE * MEAL BASE IS QUINOA ✓
NORTH AMERICAN	ROMAINE LETTUCE / TENDER CHICKEN COCONUT FLAKES / PECAN NUTS / RED ONION BALSAMIC VINAIGRETTE / FETA (OPTIONAL) * STANDARD WITH MASHED SWEET POTATOES
SOUTH AMERICAN	ROMAINE LETTUCE / TENDER CHICKEN / AVOCADO BLACK OLIVE / RED ONION / TOMATO / FETA MUSTARD-LIME VINAIGRETTE * MEAL BASE IS QUINOA
ORIENTAL	SPINACH / GRILLED VEGETABLES RED ONION / FRESH HERBS / CHILI PEPPER HUMMUS / SESAME VINAIGRETTE * MEAL BASE IS QUINOA ✓
AFRICAN	SPINACH / MEAT STEW / RED ONION SUGAR SNAPS / CHILI PEPPER / RED PEPPER CORIANDER / SESAME VINAIGRETTE * MEAL BASE IS LENTILS
AUSTRALIAN	ROMAINE LETTUCE / TOMATO / BEETROOT FETA / MACADAMIA / FRESH BASIL MUSTARD-LIME VINAIGRETTE * MEAL BASE IS LENTILS ✓



€ 6.75



€ 9.95

MEAL BASE IS OPTIONAL FOR THE LUNCH-SIZE SALAD + € 0.75

SANDWICHES



The recipes of our sandwiches are inspired by the origin of vegetables and other ingredients.

EUROPEAN

GREEN PESTO / BUFFALO MOZZARELLA / TOMATO
FRESH BASIL / BLACK PEPPER ✓

NORTH AMERICAN

MEAT STEW / ROMAINE LETTUCE / CHILI PEPPER
RED ONION

SOUTH AMERICAN

SMOKED CHICKEN / CREAMCHEESE WITH CHIVES
AVOCADO / OLIVE OIL / SEA SALT / BLACK PEPPER

ORIENTAL

SMASHED AVODACO / CHILI FLAKES
LIME / BLACK PEPPER ✓

AFRICAN

HUMMUS / RED ONION / GRILLED VEGETABLES
BLACK PEPPER ✓

AUSTRALIAN

PARMAHAM / SPINACH / FETA
WALNUTS / HONEY / BALSAMIC VINAIGRETTE

Ask our staff about the seasonal specials; juice, salad & soup



€ 5.95

PREPARED ON WHOLE-WHEAT BREAD, ORGANIC AND FRESHLY BAKED!

JUICE & SALAD



WE SERVE
HEALTHY
PRODUCTS

BREAKFAST



LUNCH



DINNER



KEEP IN TOUCH



1E C. HUYGENSSTRAAT 60 ♦ 020-7891249
VIJZELSTRAAT 135 ♦ 020-3303114
OOSTENBURGERGRACHT 185 ♦ 020-7893088
WWW.JUICEANDSALAD.NL ♦ ORDER@JUICEANDSALAD.NL

MADE BY
FARMERS

OPEN
EVERY DAY

FRESHLY MADE, EVERY DAY!

WE LOVE TO SEE YOUR PICTURES #JUICEANDSALAD
FRESHEST PICTURE OF THE MONTH GETS A FREE SALAD!