

# Arzu

The Foodbar Supplier

## PANCAKES

|   |     |
|---|-----|
| <b>NATURAL**</b>  | 6.7 |
| with butter   |     |
| <b>BERRY BANANA**</b>                                       | 8.2 |
| with bananas and blueberries                                |     |
| <b>MARS &amp; MURRIES</b>                                   | 8.5 |
| nutella pancake with m&m's                                  |     |
| <b>FORESTFRUIT**</b>  | 8   |
| with forestfruit  |     |
| <b>STRAWBERRY**</b>   | 8   |
| with strawberries   |     |
| <b>OREO**</b>   | 8.5 |
| brownie pancakes with oreo<br>and pure chocolate            |     |
| <b>APPLEPIE**</b>   | 7.5 |
| with cinnamon apple   |     |
| <b>REDVELVET</b>  | 8.2 |
| redvelvet pancakes with<br>cream cheese and white chocolate |     |
| <b>CARROTCAKE</b>   | 8   |
| carrot pancake with walnuts and<br>cream cheese             |     |
| <b>NUTELLA</b>  | 7.8 |
| with nutella  |     |
| <b>PIXIEDUST**</b>  | 8.5 |
| pistache pancake<br>with pashmak                            |     |
| <b>KIDS PANCAKE</b>   | 7   |
| two pancakes with m&m's<br>and marshmallows                 |     |
| <b>POPEYE</b>   | 9   |
| pancake with spinach<br>feta cheese & egg                   |     |

+ whipped cream/fruit/nutella/oreo  
nuts/cream cheese +0.5

*OPTION VEGAN(\*\*)* +1.5

**\*all pancakes are served  
with homemade caramel**

## BOWLS

|   |     |
|---|-----|
| <b>YOGHURT (g)</b>  | 6.7 |
| yoghurt with homemade granola and fruit                             |     |
| <b>ACAI (v) (g)</b>   | 8.2 |
| acaismoothie with fruit and granola                                 |     |
| <b>UNICORN (v) (g)</b>  | 8.5 |
| unicorn smoothie with fruit and granola                             |     |
| <b>REDBOWL (v) (g)</b>  | 9   |
| forestfruit smoothie with fruit and granola                         |     |
| <b>MANGO (v) (g)</b>  | 9   |
| mango smoothie with fruit and granola                               |     |
| <b>FRUITBOWL (g)</b>  | 6.9 |
| seasonal fruit with honey and nuts                                  |     |
| <b>LENTILSOUP (v) (option g)</b>                                    | 6   |
| homemade lentilsoup with bread                                      |     |
| <b>GOATBOWL (option g)</b>  | 8.6 |
| lettuce, cucumber, apple,<br>walnuts, grilled goatcheese with bread |     |
| <b>AVOCADOBOWL (v) (option g)</b>                                   | 8.8 |
| lettuce, spinache, avocado, cucumber<br>carrots, humus with bread   |     |

V: VEGAN G: GLUTENFREE

## SANDWICHES

|  |     |
|--|-----|
| <b>AMSTERDAM OLD</b>   | 6.5 |
| with mustard, old cheese, cucumber,<br>tomatoes and rocked salad   |     |
| <b>MOZZARELLA</b>  | 6.7 |
| green pesto with mozzarella, tomatoes, pine nuts<br>and basil  |     |
| <b>GOAT</b>  | 7.4 |
| green pesto with goatcheese, apple, pine nuts,<br>honey and basil  |     |
| <b>ROASTED EGGPLANT (v)</b>  | 8.2 |
| homemade spread of sundried tomatoes and<br>jalepeno, roasted eggplant, mushrooms,<br>onions, rocked salad & italian herbs |     |
| <b>TUNA</b>  | 7.3 |
| homemade tunaspread with capers and rocked salad   |     |
| <b>HUMUS (v)</b>   | 8   |
| humus with avocado, cucumber, carrots and rocked salad   |     |
| <b>SWEET PEANUTBUTTER</b>  | 6.2 |
| peanutbutter with bananas, blueberries and maple syrup   |     |
| <b>AVOCADO</b>   | 8   |
| cream cheese, avocado, fried egg, tomatoes<br>and basil  |     |
| <b>EGGS</b>  |     |
| <b>EGG ARZU (tip!)</b>   | 7.1 |
| homemade spread of sundried tomatoes and<br>jalepeno peppers with a cheese filling and rocked salad                        |     |
| <b>DUTCH EGG</b>   | 7   |
| 3 sunny side up eggs   |     |
| <b>PLAIN OMELET</b>  | 7   |
| naturel omelet   |     |
| <b>GREEN OMELET</b>  | 7.5 |
| with fetacheese and spinach  |     |
| <b>SUCUK OMELET</b>  | 7.6 |
| with sucuk/pepperoni   |     |

+ young cheese/pepperoni/rocked salad/  
feta cheese/something else +0.5

## PLATTERS

|  |      |
|--|------|
| <b>BREAKFAST</b>   | 9.2  |
| 3 kinds of cheese, cucumber, tomatoes,<br>rocked salad, yoghurt with granola, orange slices,<br>and own egg choice |      |
| <b>I CAN'T CHOOSE (option v)</b>   | 11   |
| tuna sandwich, yoghurt with granola and<br>mini pancakes with fruit  |      |
| <i>another sandwich? thats possible!</i>   | +1.5 |
| <i>option vegan</i>  | +1.5 |
| <b>HEALTHYPLATTER</b>  | 12   |
| avocado sandwich, smoothiebowl and goatbowl  |      |
| <b>HIGHTEA (option v)</b>  | 19.5 |
| two kinds of sandwiches, yoghurt with granola,<br>pancakes with fruit and a tasting of foodbars<br>+ tea x 2       |      |
| <i>*from 2 persons / price per person</i>  |      |
| <i>option vegan</i>  | +1.5 |

## OATMEALS

|  |     |
|--|-----|
| <b>AUTUMN OAT (g) (option v)</b>                             | 7   |
| apple/cinnamon oatmeal with roasted almonds                  |     |
| <b>FRUITY OAT (g) (option v)</b>                             | 7.6 |
| naturel oatmeal with seasonal fruit                          |     |
| <b>CHOCOLATE OAT (g) (option v)</b>                          | 7.1 |
| cacao oatmeal with pecan nuts, bananas and<br>pure chocolate |     |
| <b>PEANUTBUTTER OAT (g) (option v)</b>                       | 7.1 |
| naturel oatmeal with blueberries, bananas & peanutbutter     |     |
| <b>CRUNCHY OAT (g) (option v)</b>                            | 7.5 |
| coconut oatmeal with homemade granola and<br>seasonal fruit  |     |

+ fruit/nuts/peanutbutter/nutella/coconut/granola  
something else +0.5