



Healthy food
and fresh juices

HEALTHY BODY, MIND AND SPIRIT!

MISSION

To help people live a healthier and happier life, by eating healthy food in today's busy life.

Types of foods/diets:



VEGETARIAN



VEGAN



OMNIVORE (chicken breast, tuna)

NOTICE

Egg products are categorized as 'vegetarian' foods.



green & protein



@greenandprotein

review us on:



Green & Protein

tripadvisor

NOTE:

Our products may contain different allergens, such as:



MILK



EGGS



SEAFOOD



MUSTARD



WHEAT/GLUTEN



SOYBEANS



SEEDS



CELERY



PEANUTS



TREE NUTS:
almonds, walnuts,
cashew nuts,
hazelnuts.

Our goal is to provide you with fresh, safe and nutritious meals. We urge you to review the information in every section if you have food allergies, sensitivities or different preferences. Please communicate with our bartenders or supervisors in order to assist you with detailed allergen information.

***Note:** No menu is designed to, and cannot be constructed to provide actual medical advice or treatment to you or anyone. Green & Protein is not intended as a substitute for medical or professional advice, care or treatment.

Heart Healthy Soups

At 'green&protein' every day we serve various soups for vegans, vegetarians, and omnivores (chicken-eaters).

Please ask our bartenders for our daily soup choices.

Price for all soups:
1.90 €



Sides & Add-ons

Main Ingredient add-ons:

	Weight	Price
Avocado	40 gr	1
Edamame	40 gr	1.2
Chicken Breast	50 gr	1
Boiled egg	1 pc	0.50
Tuna-mix	70 gr	1.5
Lentils	50 gr	0.9
Sweet potato	40 gr	0.8
White cheese	20 gr	0.5
Bun bread	1 pc	0.8
Croutons (baked)	20 g	0.5
Extra Dressing	50 ml	0.6

Healthy House-made Dressings:



Sharp Vinaigrette



Smokey Soul



Japanese Soya



Spicy Tomato



Lemon & Parsley



Strong Mustard

Salads

*All salads contain: lettuce, spinach and parsley.



Full-Veg-Protein NEW

(V)

5.9

vegan patties, tricolor quinoa, hummus, boiled eggs, peas, pickled radish, sesame seeds, "lemon & parsley".



Healing Power

(VG)

5.5

brown rice, avocado, edamame, lentils, hummus, carrots, pickled radishes, sesame seeds, sunflower seeds, "strong mustard".



Positive Calorie

(M)

4.9

brown rice, chicken breast, boiled eggs, pickled red onions, corn, peas, beetroot, sesame seeds, "strong mustard".



Heart & Soul

(M)

5.2

tuna-mix with carrot and pickled cucumbers, corn, black beans, rice, whole-wheat pasta with beetroot and peanut flavor; pickled red onions, peppers, sesame seeds and sauce: "spicy tomato" & "sharp vinaigrette".



Ketogenic Boost

(M)

5.9

chicken breast, mushrooms, cucumbers, Ketogenic cauliflower rice, boiled eggs, red peppers, pickled red onions, white cheese, sesame seeds, "lemon & parsley".



Tunalicious

(M)

5.2

tuna-mix with carrots & pickled cucumbers, corn, black beans, purple house-made cabbage and carrot slaw with soy bean sauce; tomatoes, baked whole wheat bread croutons, "sharp vinaigrette".

Protein Beast M

6.2

chicken breast, avocado, corn, pickled radishes, boiled eggs with soybean sauce, sesame seeds, "lemon & parsley".



NEW

Add-ons (in all bowls and/or salads)

Chicken breast	50g	1
Chicken patties S.	1 piece	0.8
Vegan patties S.	1 piece	0.8
Tofu	50g	1.2

Bowls

*All bowls have rice as a base.



Greenies Grains NEW

VG

5.5

spinach, lentils, quinoa, chickpeas, corn, carrots, pumpkin seeds, sesame seeds, pomegranate arils, parsley, "strong mustard".



Sweet & Tasty NEW

M

5.9

marinated chicken breast, sweet potato, boiled eggs with soybean sauce, peas, pickled red onions, pomegranate arils, sesame seeds, "strong mustard".



Tofu & Mushroom Fix NEW

VG

5.9

marinated tofu, mushrooms, sweet potato, chickpeas, mashed broccoli and spinach, sesame seeds, "smokey soul".



Bodybuilder +

M

5.9

chicken breast, avocado, broccoli, carrots, corn, sesame seeds, "lemon & parsley".



"wabi-sabi"

VG

4.9

vegan lentil patties, mashed broccoli and spinach, purple cabbage and carrot slaw dipped in vegan soy bean sauce, black beans, peas, corn, seedless sultanas, sesame seeds, "strong mustard"



Chicken's Joy

M

5.5

chicken meatballs, boiled eggs with soybean sauce, purple cabbage and carrot with soy bean sauce, tomatoes, peas, corn, sesame seeds, "sharp vinaigrette".

Burgers

*Buns: with aronia and chia seeds;
'Queen L' buns: with turmeric and
nine types of seeds.



Queen Premium NEW

(M)

5.2

chicken meatballs, eggs, cheese, tomatoes, pickled cucumbers, lettuce, "soy bean sauce" & "greek yogurt and herbs".



Duplex Day

(V)

4.9

avocado, eggs, cucumbers, tomatoes, lettuce, "soy bean sauce" & "greek yogurt and herbs".



Queen L

(M)

3.5

chicken meatballs, tomatoes, pickled cucumbers, lettuce, "soy bean sauce" & "greek yogurt and herbs".



Queen Deluxe XL

(M)

4.5

chicken meatballs, tomatoes, pickled cucumbers, lettuce, "soy bean sauce" & "greek yogurt and herbs".



Leading Light

(M)

4.5

chicken breast, cheese, eggs, tomatoes, lettuce, "soy bean sauce" & "greek yogurt and herbs".



Gorgeous Gang

(VG)

3.9

vegan lentil pattie, tomatoes, cucumbers, red onions, lettuce, "soy bean sauce" and "beet & pb sauce".

Wraps

*Pita bread is made with fresh spinach and flax seeds, prepared at home.



Chicken Delight



4.5

chicken breast, cheese, corn, tomatoes, lettuce, "spicy tomato"



Cool Egg



3.9

boiled eggs with soybean sauce, cheese and dry dill, tomatoes and lettuce.



Chicken Charm



4.2

brown rice, chicken breast, black beans, carrots, corn, lettuce, "greek yogurt and herbs".



Avocado & Egg



4.5

avocado, eggs, tomatoes, lettuce, "soy bean sauce".



Gut Power



3.9

vegan lentil patty, carrots, broccoli, red onions, cucumbers, lettuce, "soy bean sauce".



Tuna Turner



4.2

tuna-mix with corn, pickled cucumbers, black beans, peppers, red onions, lettuce, "spicy tomato".

Raw & Light Foods

*Made with natural fruits, nuts and cashew mylk; topped with fresh fruits and superfoods.

Parfaits: Smoothie cups & granolla



Pink Vibes

3.9

strawberries and bananas; house-made granola with honey, coconut oil; oats, mixed dried fruits and seeds, coconut chips, strawberries, almonds



Choco Lover

3.9

banana, cacao powder; house-made granola with honey, organic coconut oil; oats, mixed dried fruits and seeds, coconut chips, strawberries, peanut butter, banana, peanuts, dark chocolate.

Chia seed puddings



Berry Good

3.9

mixture of house-made cashew mylk and date sweetener, chia seeds; bananas, strawberries, coconut chips.



PBJ Power

3.9

mixture of house-made cashew mylk and date sweetener, chia seeds; bananas, peanut butter, vegan dark chocolate, peanuts.

Vegan oatmeals



Simple Sunshine

2.9

oats with soy milk and house-made date sweetener; banana, goji berries, seedless sultanas.



Chocolate Beauty

3.5

oats with soy milk and house-made date sweetener; banana, pieces of vegan dark chocolate with coconut oil, coconut chips.

Fresh Beverages



Antioxidant Hero

3.5

spinach, pineapple, green apple.



Balanced Chakras

3.5

pineapple, beetroot, carrot, green apple, orange, lemon, ginger.



Ginger Lover

3.5

green apple, ginger, carrot, lemon.



Happy Oranges

3.5

oranges.



Feel Good

3.5

beetroot, carrots, lemon, green apple.



O & C

3.9

oranges, carrots.

Smoothies

*Add 'total green detox mix' (organic powder) to your smoothie for 0.5



“Pink Panther”

3.8

fresh orange juice, bananas, strawberries, chia seeds.



Fiber Attack

3.8

fresh orange juice, avocado, bananas, strawberries, spinach, dates.



Tasty Peanut Butter

3.5

milk, banana, house-made peanut butter, dates.



Chocolate Cravings

3.5

milk, banana, cacao, dates.



Vitamin Splash

3.8

fresh orange juice, carrot, bananas, pineapple.



Whey Protein & PB

4.2

milk, water, bananas, whey protein, house-made peanut butter, dates.

Salads

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
<input type="radio"/> Full-Veg-Protein	450.00	625.00	39.50	68.50	22.90	22.67
<input type="radio"/> Healing Power	450.00	595.30	50.83	61.63	29.01	17.90
<input type="radio"/> Positive Calorie	380.00	483.47	8.34	35.92	39.19	5.54
<input checked="" type="radio"/> Heart & Soul	350.00	509.42	30.07	45.66	13.37	7.52
<input type="radio"/> Ketogenic Boost	380.00	466.30	41.28	8.40	31.50	3.26
<input checked="" type="radio"/> Tunalicious	420.00	697.26	49.90	46.57	14.33	8.38

Bowls

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
<input type="radio"/> Protein Beast	600.00	873.67	56.53	94.35	35.75	13.20
<input type="radio"/> Greenies Grains	450.00	700.00	30.77	81.98	35.33	24.79
<input type="radio"/> Sweet & Tasty	620.00	700.00	33.32	78.73	31.00	17.32
<input type="radio"/> Tofu & Mushroom Fix	550.00	539.00	7.78	90.06	26.15	9.55
<input type="radio"/> Body Builder +	550.00	712.90	34.42	75.89	24.68	11.11
<input type="radio"/> "wabi-sabi"	690.00	553.88	25.05	55.28	24.70	16.75
<input checked="" type="radio"/> Chicken's Joy	550.00	879.81	59.57	76.30	32.33	7.94

Burgers

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
Queen Premium	380.00	653.87	40.34	38.32	47.74	9.38
Duplex Day	280.00	495.20	31.20	29.50	35.50	3.56
Queen Burger L	250.00	376.06	25.72	29.50	22.46	0.67
Queen Burger XL	300.00	442.50	28.00	38.84	24.91	0.88
Leading Light	330.00	535.20	36.50	32.40	39.90	0.58
Gorgeous Gang	310.00	449.04	28.77	45.65	19.20	1.43

Wraps

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
Chicken Delight	300.00	315.20	8.78	13.42	22.64	3.00
Cool Egg	300.00	330.20	30.35	5.63	23.89	1.21
Chicken Charm	350.00	362.67	16.96	32.84	19.97	3.72
Avocado & Egg	230.00	354.95	23.09	10.60	19.91	3.75
Gut Power	250.00	320.50	24.37	9.75	2.40	2.30
Tuna Turner	300.00	305.50	1.88	24.55	10.23	5.31

 Gluten FREE

 Contains Gluten

Light Meals

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
Pink Vibes	285.00	362.74	14.76	59.12	6.71	8.43
Chocolate Lover	275.00	441.09	21.35	62.12	10.93	9.72
Berry Good	335.00	345.24	17.87	44.49	8.84	12.61
PBJ Power	326.00	576.40	40.77	45.54	18.07	15.16
Simple Sunshine	304.00	369.35	6.32	67.18	14.08	8.98
Chocolate Beauty	299.00	393.28	11.58	64.74	15.86	12.10

Fresh Beverages

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
Antioxidant Hero	300.00	153	1	41	1	7
Balanced Chakras	300.00	139	1	35	2	8
Ginger Lover	300.00	137	1	35	2	8
Happy Oranges	300.00	129	0	25	3	7
Feel Good	300.00	128	1	32	3	8
O & C	300.00	125	1	29	3	8

Smoothies

	Gr Neto	Calories	Fats	Carbs	Protein	Fiber
Pink Panther	300.00	180.56	1.25	39.61	3.63	7.88
Fiber Attack	300.00	243.50	3.58	51.52	4.22	9.05
Tasty Peanut Butter	300.00	508.55	31.56	47.17	16.27	7.42
Chocolae Cravings	300.00	294.10	6.91	57.62	8.77	7.93
Vitamin Splash	300.00	172.21	0.54	39.35	2.82	6.86
Whey Protein	300.00	315.37	8.94	41.61	21.35	4.67



www.greenandprotein.com