

A stylized green plant logo consisting of three vertical stems at the bottom, a large white cup-like base, and three green leaves extending upwards from the top of the cup. The background is a dark green gradient.

green & protein

MENU

HEALTHY BODY, MIND & SPIRIT

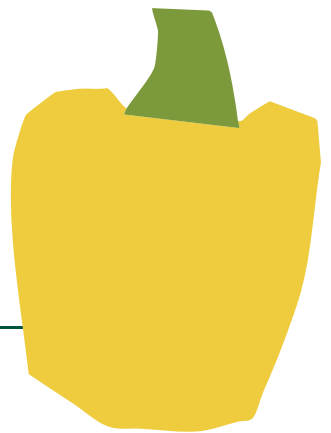
MISSION

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



TYPES OF FOODS/DIETS:

- V** VEGETARIAN
- VG** VEGAN
- O** OMNIVORE (chicken breast)
- GF** GLUTEN FREE
- LF** LACTOSE FREE
- EF** EGG FREE



NOTICE

Egg products are categorized as 'vegetarian' foods.



Green and Protein



@greenandprotein

review us on:



tripadvisor

NOTE:

Our products may contain different allergens, such as:



MILK



EGGS



SEAFOOD



MUSTARD



WHEAT/GLUTEN



SOYBEANS



SEEDS



CELERY



PEANUTS

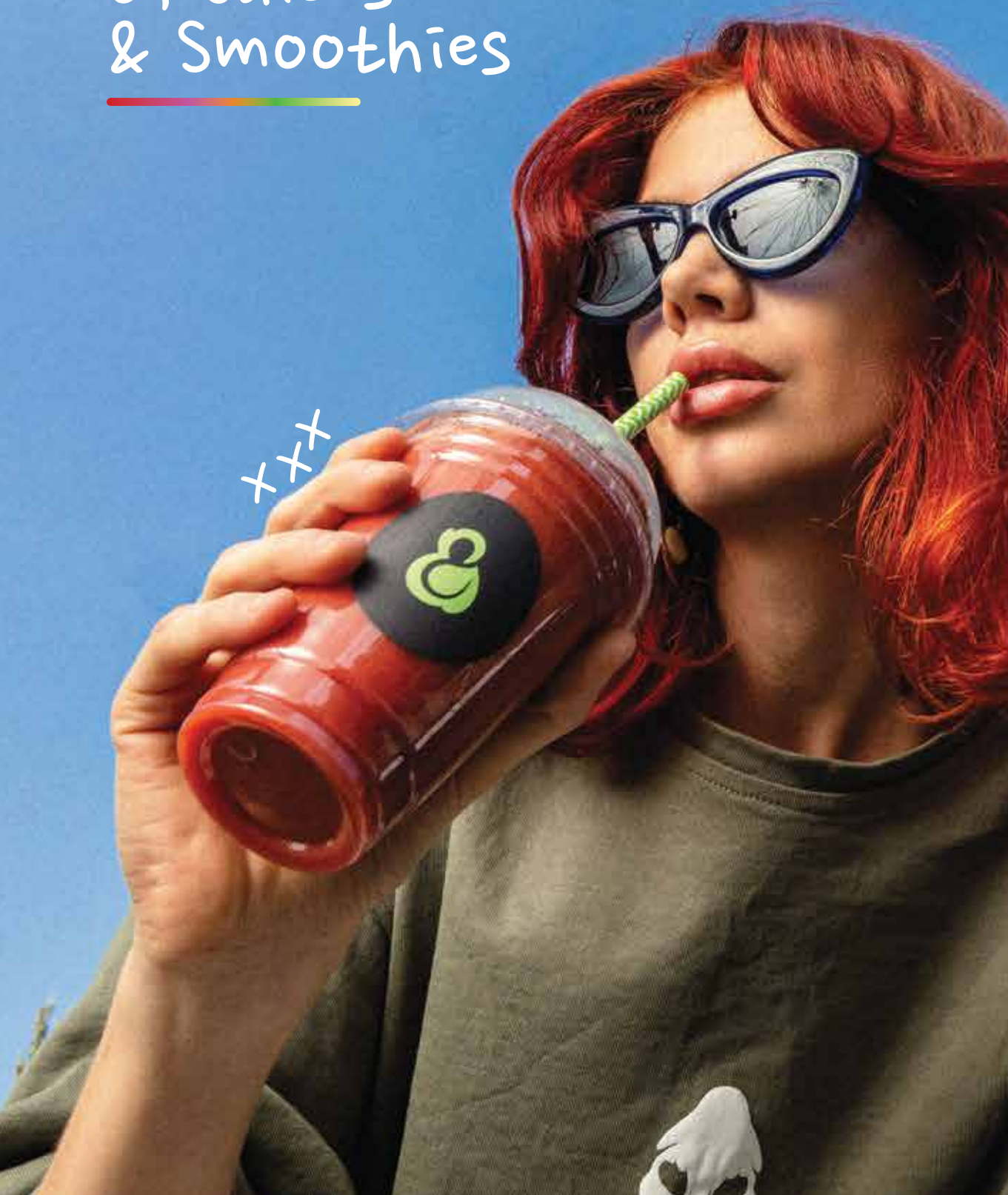


TREE NUTS:

almonds, walnuts,
cashew nuts,
hazelnuts.

***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.

Rainbow of Juices & Smoothies



Sides & Add-ons

MAIN INGREDIENTS	ADD-ONS:	WEIGHT	PRICE
Avocado		40 g	1
Chicken breast		50 g	1.2
Chicken meatball	S	1 pc	1
Vegan pattie	S	1 pc	0.8
Tofu		50 g	1.2
Boiled egg		1 pc	0.5
Sweet potato		40 g	0.8
White cheese		20 g	0.5
Cheese		20 g	0.5
Bun bread		1 pc	0.8
Extra Dressing		50 ml	0.7

HEALTHY HOUSE-MADE DRESSINGS:



Aloha-MISO-Y Burst



Raspberry Kick



Lemon & Parsley Drizzle



Spicy Tomato



Sharp Vinaigrette



Dijon Zing

Healthy Hearty Soups



Earth Bowls

*Bowls with dietary, detoxifying & cleansing ingredients for our liver and body.



Mindful-POKE-bowl

6.5

VG GF LF EF

brown rice, baby spinach, edamame, avocado, pomegranate arils, shredded carrots, purple cabbage and carrot with soy bean sauce, fara susami; dressing: 'Aloha-MISO-Y Burst'.



Anti-Inflammation & Gut-Reset bowl

6.2

VG GF LF EF

'abundant leafy greens', tri colored quinoa, roasted mushrooms, raw celery, peas, boiled carrots, pomegranate arils, cucumber half-moons, crushed raw almonds, pickled radishes, parsley, seedless sultanas; dressing: 'Lemon & Parsley Drizzle'.



The Nourish Bowl Deluxe

7.5

VG GF LF EF

'abundant leafy greens', tri colored quinoa, brown rice, baked marinated 'tofu' in soy sauce, roasted sweet potato & curried cauliflower, sun-dried tomatoes in olive oil, cucumber half moons, raw pumpkin seeds, pomegranate arils; dressing: 'Raspberry Kick'.



Super-Greens-Veg

6.2

VG LF EF

tri colored quinoa, vegan pattied with brown lentils, marinated and roasted mushrooms, broccoli, cherry tomatoes, corn; dressing: 'Lemon & Parsley'.



Choose your preferred dressing for your bowl.



Make it vegan:
Switch chicken for
tofu for FREE.

*Eat-in only.

South-Asian Glory: 'Dhaal Stew'

NEW



6.2

brown rice, 'dhaal'-red-lentils with curry and turmeric powder; chickpeas, sautéed spinach, roasted sweet potato & curried cauliflower, parsley, red pickled onions, sesame seeds, lemon wedge.

Rice Bowls

*The base is with brown rice & little slices of red pepper.



Protein Beast

6.9

O GF LF

marinated chicken breast, avocado, pickled radishes, corn, boiled eggs with soybean sauce and fresh dill, sesame seeds; dressing: 'Lemon & Parsley Drizzle'.



Sweet & Tasty NEW

6.5

O GF LF

marinated chicken breast, roasted sweet potato, boiled eggs with soybean sauce and fresh dill, peas, pickled red onions, pomegranate arils, sesame seeds; dressing 'Dijon Zing'.



Bodybuilder +

6.5

O GF LF

chicken breast, avocado, broccoli, carrots, corn, sesame seeds; dressing: "Lemon & Parsley Drizzle".



Chicken's Joy

5.9

O GF LF

chicken patties, boiled eggs with soybean sauce and fresh dill, purple cabbage and carrot with soy bean sauce and fresh dill, cherry tomatoes, peas, corn, sesame seeds; dressing: "Sharp Vinaigrette".



Choose your preferred dressing for your bowl.



Make it vegan:
Switch chicken for
tofu for FREE.

Salads

*Each salad contains a base of: iceberg, lettuce, fresh spinach, arugula and radicchio.



Healing Power

5.9

VG GF LF EF

brown rice, avocado, edamame, lentils, hummus, carrots, pickled radishes, sesame seeds, sunflower seeds; dressing: 'Dijon Zing'.



Positive Calorie Boost

5.5

O GF LF NEW

brown rice (with red pepper), chicken breast, roasted beetroot, boiled eggs, pickled red onions, corn, peas, sesame seeds; dressing: "Dijon Zing".



The low carb 'Keto-Genius'

6.5

O GF

chicken breast, roasted mushrooms, cucumber half moons, roasted cauliflower with 'curry', boiled eggs, red peppers, pickled red onions, white cheese, sesame seeds; dressing: 'Lemon & Parsley Drizzle'.



True-Soul-Bowl

5.5

VG LF EF

vegan brown lentil patties, mashed broccoli and spinach, purple cabbage and carrot slaw dipped in vegan soy bean sauce, chickpeas, corn, peas, seedless sultanas, sesame seeds; dressing: 'Dijon Zing'.



Choose your preferred dressing for your bowl.



Make it vegan:
Switch chicken for
tofu for FREE.

Aronia Burgers

*Buns: with aronia and chia seeds



Gorgeous Gang **NEW**

4.2

VG LF EF

vegan lentil pattie, tomatoes, cucumbers, red onions, lettuce, "soy bean sauce" and "sauce with roasted mushrooms".



Queen Deluxe XL

4.5

O EF

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



Duplex Day

4.9

V

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



Leading Light

4.5

O

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



Queen Premium

5.2

O

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

wraps

With spinach &
flaxseeds

*HOUSE-MADE



Fit Chick'n Pop **NEW**

4.5

⊙
chicken patties, cherry tomatoes, eggs, cheese,
lettuce, "sauce with roasted mushrooms".



Chicken Delight **NEW**

4.5

⊙
chicken breast, cheese, corn,
cherry tomatoes, lettuce, "spicy tomato".



Chicken Charm

4.2

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



The new cool **NEW** 'avocado & egg'

4.5

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

Light Foods

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

Parfaits



Pink Vibes 3.9

VG LF EF

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



Choco Lover 3.9

VG LF EF

banana, cacao powder; house-made granola with agave, 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

VG GF LF EF

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



PBJ Power 3.9

VG GF LF EF

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

Vegan Oatmeals



Chocolate Beauty 3.5

VG LF EF

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



Simple Sunshine 2.9

VG LF EF

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

Fresh Juices

VG GF LF EF



Happy Oranges

oranges

3.5



Ginger Lover

green apple, ginger, carrot, lemon.

3.5



Feel Good

beetroot, carrots, lemon, green apple.

3.5



Balanced Chakras

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

3.5



Antioxidant Hero

spinach, pineapple, green apple.

3.5



O and C

oranges, carrots.

3.9

Smoothies



"Pink Panther"

VG GF LF EF

fresh orange juice, bananas, strawberries, chia seeds.

3.8



Fiber Attack

VG GF LF EF

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

3.5



Tasty Peanut Butter

VG GF LF EF

qumësht vegan, banane, gjalpë kikiriku i shtëpisë, hurma.

3.5



Chocolate Cravings

VG GF LF EF

milk, banana, cacao, dates.

3.5



Vitamin Splash!

VG GF LF EF

fresh orange juice, carrot, bananas, pineapple.

3.5



Whey Protein & PB

V GF LF EF

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

3.5