

HINTERLAND

Your refuge in the city



SUMMER 20'

WIFI CODE : urbanrefuge

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COFFEE

ESPRESSO	2.5/3
ESPRESSO MACCHIATO	2.8
AMERICANO	2.5/3
LONG BLACK	3
FLAT WHITE	3.5
CAPPUCCINO	3/4
LATTE	3/4/5
FILTER SINGLE ORIGIN	4
Weekday only	
COLD BREW	3
Single origin coffee beans brewed in cold water for 12 hours	

- OAT MYLK • SOY MYLK •
- COCONUT MYLK • EXTRA SHOT • 0.5

Try it Cold!

TEA

LOOSE LEAF TEA	3.8
• GREEN SENCHA, JAPAN	
• BLACK ASSAM, INDIA	
• WHITE BAI MU DAN, CHINA	
• FRESH MINT	
HERBAL TEA	3.8
• FRESH GINGER, HONEY, LEMON	
• ROOIBOS, SOUTH AFRICA	
• KAMILLE, EGYPT	
• HIBISCUS, MALAISIA	

MATCHA

TEA	4.5
COCONUT LATTE	5

Try it Cold!

SPECIALTY

GOLDEN MYLK	4.5
Coconut mylk, turmeric, black pepper, ginger, cinnamon	
CHAI LATTE	4/5
Assam black tea, oat mylk, cinnamon, ginger, cardamom	
MATCHA CHOCOLATE	6
Coconut mylk, dark chocolate, matcha green tea	
HOT CHOCOLATE	3.5/4

ICED CHAI LATTE	5
Assam black tea, oat mylk, cinnamon, ginger, cardamom, ice	
CHARITEA • GREEN OR RED •	4
MATE INFUSION	4
LEMONAID • LIME OR GINGER •	4
BRU • STILL OR SPARKLING •	2.5
APPLE JUICE	2.5
BEERPROJECT • GROSSE BERTHA •	4

COLD DRINKS

FRESH GINGER SHOT	2
ORANGE JUICE	3.8

Suggestions

BANANA & PEANUT SHAKE 6
Vegan and healthy milkshake, Sugar free

COCONUT COOLER 6

Coconut mylk, mango, pineapple, goji-berries, mint

Welcome

Please order and pay at the counter. We are proud to be working with the best quality seasonal ingredients, freshly delivered from local farms.

FROM 9 AM TO 3 PM

SCRAMBLED EGGS	8.5
Served with bread, butter, side salad	
• SAUTEED MUSHROOMS	+3
• SLICED AVOCADO	+3
• SMOKED SALMON	+3
• MAPLE-FRIED BACON	+3
• ROASTED SWEET POTATOES	+3
GRANOLA BOWL	7.5
Yogurt, home baked granola, flower honey, banana	

COCONUT CHIA PUDDING *New!* 7.5
Coconut mylk, chia seeds, fresh strawberries, strawberry coulis, home baked granola

AÇAÏ BOWL	9.5
Served with home baked granola and:	
• KIWI, GOJI BERRIES & COCONUT	
• BANANA, COCOA, CHIA & PEANUT BUTTER	

SOURDOUGH & SPREADS	5.5
Fresh rye sourdough bread and:	
• CHOCOLATE HAZELNUT SPREAD, RASPBERRY JAM	
• GUACAMOLE, HUMMUS	+2

BUDDHA BOWL	13
Sautéed mushrooms, roasted sweet potatoes, sliced avocado, quinoa, cilantro, pepitas seeds, toasted almonds, hummus, salad	

Vegan Gluten Free

No time to eat on the spot ? No Problem. Take away and benefit from a 10% discount !

FROM 10 AM

LAST KITCHEN ORDER
15 o'Clock

AVOCADO TOAST	11
Toasted rye sourdough bread, guacamole, pepitas seeds, toasted almonds, sprouted seeds, cilantro, served with a side salad	
• ADD SMOKED SALMON	+3
GUACAMOLE & SWEET POTATO TOAST	11.5
Hot sandwich made with rye sourdough bread, hummus, roasted sweet potato, guacamole, served with homemade ketchup and a side salad	
TOMATO-EGGPLANT & CHEDDAR TOAST <i>New!</i>	12
Hot sandwich made with rye sourdough bread, tomato and eggplant caviar, cheddar, served with homemade ketchup, a side salad, and filled with a choice of meat:	
• BACON FRIED WITH MAPLE SYRUP	
• MAPLE & HERB GRILLED CHICKEN	

Specials

BLUEBERRY & PISTACHIO PANCAKES	12
Served with fresh blueberries, blueberry coulis, whipped soy cream, crushed pistachios, maple syrup	
STRAWBERRY FRENCH TOAST	12
Brioche bread, fresh strawberries, strawberry coulis, toasted almonds, maple syrup	

GLUTEN FREE BREAD	+1
SCRAMBLED EGGS SIDE	+5

OPENING HOURS

Thursday - Sunday, 9am - 4pm

LOCATION

Chaussée de Charleroi 179,
1060 Saint-Gilles

DROP US A LINE

www.hntrlnd.be
 + @Hinterland