

HINTERLAND

Your refuge in the city



SPRING & SUMMER 22'

WIFI CODE : urbanrefuge

SPRING & SUMMER 22'

COFFEE

ESPRESSO	2.5/3
ESPRESSO MACCHIATO	2.8
AMERICANO	2.5/3
LONG BLACK	3
FLAT WHITE	3.5
CAPPUCCINO	3/4
LATTE	3.2 / 4.2 / 5
LATTE MACCHIATO	3.7
• OAT MYLK • SOY MYLK • SYRUP • • COCONUT MYLK • EXTRA SHOT •	0.5

MATCHA

TEA	4.5
COCONUT LATTE	5
MATCHA CHOCOLATE	6
Coconut mylk, dark chocolate, matcha green tea	

TEA

LOOSE LEAF TEA	4.0
• GREEN SENCHA, JAPAN • JASMIN, CHINA • BLACK TEA, CHINA • EARL GREY, CHINA • FRESH MINT	
HERBAL TEA	4.0
• FRESH GINGER, HONEY, LEMON • ROOIBOS, SOUTH AFRICA • KAMILLE, EGYPT • HIBISCUS, MALAISIA	

SPECIALTY

GOLDEN MYLK	5
Coconut mylk, turmeric, black pepper, ginger, cinnamon	
CHAI LATTE	4/5
Assam black tea, oat mylk, cinnamon, ginger, cardamom	
HOT CHOCOLATE	3.5/4.5
LONDON FOG	4
Earl Grey tea, oat mylk, vanilla	

ICED DRINKS

ICED AMERICANO	3.5
ICED LATTE	4.5
ICED CHAI LATTE	5
ICED MATCHA LATTE	5
GREEN JUICE	5
Ask today's special	
BANANA & PEANUT SHAKE	6
Vegan and healthy milkshake	

COLD DRINKS

FRESH GINGER SHOT	2
SPIRULINA SHOT	2
ORANGE JUICE	4
CHARITEA MATE	4
LEMONAID • LIME OR GINGER •	4
BRU • STILL OR SPARKLING •	2.5
APPLE JUICE	3
MIMOSA COCKTAIL	7
Prosecco, orange juice, straw- berry liqueur. Weekend only	

Suggestions

HOMEMADE ICED TEA 4.5

Black tea with hibiscus, fresh mint and lemon

ICED CARAMEL LATTE 5

Caramel syrup, 2 shots of espresso & milk.
Also available with vanilla or hazelnut

ICED BUDDY 5.5

Buddybuddy peanut butter, one shot of espresso,
oat mylk & maple syrup

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.

CAKES

COOKIE	3
Dark chocolate & nuts	
BANANA BREAD	3.9
CARROT CAKE	3.9
LEMON & BLUEBERRY CAKE	3.9
CHOCOLATE CAKE	3.9
CHEESECAKE	4.5
ENERGY BALL	2.4
Flamingo or gecko	
FERRERO BALL	2.8

PASTRIES

CROISSANT	2.2
PAIN AU CHOCOLAT	2.2
CINNAMON ROLL	3.9

Absolutely everything on the menu is made from scratch in our kitchen. Please keep this in mind if your order is taking longer than expected. Kindly let us know should you have any allergies. Hinterland is a laptop-free area on weekends between 11:00 and 15:00.

Vegan Gluten Free

OPENING HOURS

Mon - Fri, 8am - 4pm (wed closed)
Sat - Sun, 9am - 5pm

LOCATION

Chaussée de Charleroi 179,
1060 Saint-Gilles

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SWEET

GRANOLA BOWL	7.5
Yogurt, home baked granola, flower honey, banana.	
RED BERRY & COCONUT CHIA PUDDING 🥄	8.5
Coconut mylk, chia seeds, red berry coulis, granola & red berries	
AÇAÏ BOWL 🥄	9.8
Served with home baked granola and:	
• KIWI, GOJI BERRIES & COCONUT	
• BANANA, COCOA, CHIA & PEANUT BUTTER	
BREAD & SWEET SPREADS	6.5
Fresh sourdough bread with chocolate hazelnut spread & raspberry jam.	
RED BERRY & PISTACHIO PANCAKES 🥄	12
Served with fresh red berries, red berry coulis, whipped soy cream, crushed pistachios & maple syrup.	
CARAMEL FRENCH TOAST	12
Served with caramel with Isigny cream & whipped lime mascarpone.	

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Lunch specials

Only available from Monday till Friday.
Ask our staff for today's specials.

	IN	OUT
SANDWICH	6.5	5.5
VEGAN SANDWICH 🥄	6.5	5.5
SOUP	6	5
SALAD	11.5	9.5
LUNCH COMBO	12.5	11
Small salad, small soup, bread and homemade iced tea		

SAVOURY

LAST KITCHEN ORDER

Weekdays 3PM, Weekend 3.30 PM

SCRAMBLED EGGS	8.5
Served with bread, butter, side salad.	
• SAUTEED MUSHROOMS	+3
• SLICED AVOCADO	+3
• SMOKED SALMON	+4
• MAPLE-FRIED BACON	+3
• ROASTED SWEET POTATOES	+3
• MARINATED FETA	+3
AVOCADO TOAST 🥄	12
Toasted rye sourdough bread, guacamole, pepitas seeds, toasted almonds, sprouted seeds, cilantro, served with a side salad.	
• ADD SMOKED SALMON	+4
• ADD MARINATED FETA	+3
GUACAMOLE & SWEET POTATO TOAST 🥄	12
Hot sandwich made with sourdough bread, hummus, roasted sweet potato, guacamole, served with homemade ketchup and a side salad	
GUACAMOLE, BACON & CHEDDAR TOAST	12
Hot sandwich made with sourdough bread, guacamole, bacon fried with maple syrup, cheddar, served with homemade ketchup and a side salad.	
RED PESTO, CHICKEN & CHEDDAR TOAST	12
Hot sandwich made with sourdough bread, red pesto, maple and herb grilled chicken, cheddar, served with homemade ketchup and a side salad.	
BREAD & SAVOURY SPREADS 🥄	7.5
Fresh sourdough bread with guacamole and hummus.	
BUDDHA BOWL 🥄 🌱	14
Sauteed mushrooms, roasted sweet potatoes, sliced avocado, quinoa, cilantro, pepitas seeds, toasted almonds, hummus, salad.	

Sides

GLUTEN FREE BREAD	1.5
SCRAMBLED EGGS	5
SAUTEED MUSHROOMS	3
SLICED AVOCADO	3
SMOKED SALMON	4
MAPLE-FRIED BACON	3
ROASTED SWEET POTATOES	3
MARINATED FETA	3
RASPBERRY JAM	1.5
PEANUT BUTTER	1.5
CHOCOLATE HAZELNUT SPREAD	2

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