

HINTERLAND

Your refuge in the city



SUMMER 19'

WIFI CODE : urbanrefuge

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COFFEE

Try it Cold!

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

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

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TEA	4.5
COCONUT LATTE	5

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	
BRU • STILL OR SPARKLING •	2.5
MATE INFUSION	4
LEMONADE • LIME OR GINGER •	4
APPLE JUICE	2.5
ROSÉ CIDER • BY WIGNAC •	4.5
BEERPROJECT • GROSSE BERTHA •	4

COLD DRINKS

FRESH GINGER SHOT	2
ORANGE JUICE	3.8

Suggestions

ICED TEA 3.5

Hibiscus tea, lemon, mint, 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 8 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!* 6.5
Coconut mylk, chia seeds, strawberry - mint & lemon coulis, pistachios & coconut flakes

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	
PESTO & CHEDDAR TOAST	12
Hot sandwich made with rye sourdough bread, pesto, cheddar, served with homemade ketchup, a side salad, and filled with a choice of meat:	
• BACON FRIED WITH MAPLE SYRUP	
• MAPLE & HERB GRILLED CHICKEN	

Try something New

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

GLUTEN FREE BREAD	+1
SCRAMBLED EGGS SIDE	+5

OPENING HOURS

Monday - Friday, 8am - 4pm
Saturday, 9am - 4pm

LOCATION

Chaussée de Charleroi 179,
1060 Saint-Gilles

DROP US A LINE

www.hntrlnd.be
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