

HINTERLAND

Your refuge in the city



AUTUMN & WINTER 21'

WIFI CODE : urbanrefuge

AUTUMN & WINTER 21'

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 |
| LATTE MACCHIATO | 3.5 |
| FILTER SINGLE ORIGIN | 4 |

• OAT MYLK • SOY MYLK • SYRUP •
• COCONUT MYLK • EXTRA SHOT •

MATCHA

| | |
|--------------------|-----|
| TEA | 4.5 |
| COCONUT LATTE ☞ | 5 |
| MATCHA CHOCOLATE ☞ | 6 |

Coconut mylk, dark chocolate, matcha green tea

TEA

| | |
|----------------|-----|
| LOOSE LEAF TEA | 3.9 |
|----------------|-----|

• GREEN SENCHA, JAPAN
• JASMIN, CHINA
• BLACK TEA, CHINA
• EARL GREY, CHINA
• FRESH MINT

| | |
|------------|-----|
| HERBAL TEA | 3.9 |
|------------|-----|

• 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 |
| BANANA & PEANUT SHAKE | 6 |

Vegan and healthy milkshake, sugar free

| | |
|-------------------|---|
| HOMEMADE ICED TEA | 4 |
|-------------------|---|

Black tea with hibiscus, fresh mint and lemon

COLD DRINKS

| | |
|-----------------------------|-----|
| FRESH GINGER SHOT | 2 |
| ORANGE JUICE | 3.9 |
| CHARITEA MATE | 4 |
| LEMONAID • LIME OR GINGER • | 4 |
| BRU • STILL OR SPARKLING • | 2.5 |
| APPLE JUICE | 3 |
| GREEN JUICE | 5 |

Ask today's specials

Suggestions ☞

PUMPKIN SPICE LATTE 4.5
Espresso, oat mylk, pumpkin spice syrup

HOT APPLE JUICE 4
Ginger, cinnamon, star anise

MOCHA MINT LATTE 4
Espresso, dark chocolate, fresh milk, hint of peppermint

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 |
| APPLE & ALMOND CAKE ☞ | 3.9 |
| CHOCOLATE CAKE ☞ | 3.9 |
| CHEESECAKE | 4.5 |
| ENERGY BALL ☞ ☞ | 2.4 |

Flamingo or gecko

| | |
|------------------|-----|
| FERRERO BALL ☞ ☞ | 2.8 |
|------------------|-----|

PASTRIES

| | |
|------------------|-----|
| CROISSANT | 2 |
| PAIN AU CHOCOLAT | 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. | |
| AÇAÏ BOWL 🥥 | 9.5 |
| Served with home baked granola and: | |
| • KIWI, GOJI BERRIES & COCONUT | |
| • BANANA, COCOA, CHIA & PEANUT BUTTER | |
| BREAD & SWEET SPREADS | 5.5 |
| Fresh sourdough bread with chocolate hazelnut spread and raspberry jam. | |
| CHOCOLATE & BANANA PANCAKES 🥞 | 12 |
| Served with fresh bananas, whipped soy cream, crushed pistachios, orange & rosemary infused maple syrup. | |
| PEAR & PECAN FRENCH TOAST | 12 |
| Brioche bread, pear - cinnamon & turmeric coulis, fresh pears, pecan nuts, maple syrup. | |
| BANANA & PEANUT TOAST 🥞 | 8.5 |
| Served with fresh bananas, peanut butter, goji berries, toasted almonds, poppy seeds & 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.

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 | 9.5 |
| LUNCH COMBO | 12 | 10.5 |
| 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 🥥 | 11.5 |
| 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 🥥 | 11.5 |
| 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 🥬 🌱 | 13.5 |
| Sauteed mushrooms, roasted sweet potatoes, sliced avocado, black rice, cilantro, pepitas seeds, toasted almonds, hummus, salad. | |

Sides

| | |
|----------------------------------|---|
| GLUTEN FREE BREAD | 1 |
| 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 |
| PEANUT BUTTER | 1 |
| CHOCOLATE HAZELNUT SPREAD | 2 |

🥥 Vegan 🌱 Gluten Free

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