

HINTERLAND

Your refuge in the city



AUTUMN & WINTER 22'

WIFI CODE : urbanrefuge

AUTUMN & WINTER 22''

COFFEE

ESPRESSO	2.7/3.2
ESPRESSO MACCHIATO	2.9
AMERICANO	2.7/3.2
LONG BLACK	3.2
FLAT WHITE	3.7
CAPPUCCINO	3.2/4.2
LATTE	3.4 / 4.4 / 5.2
LATTE MACCHIATO	3.9

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

0.5

MATCHA

COCONUT LATTE 	5.2
MATCHA CHOCOLATE 	6.2
Coconut mylk, dark chocolate, matcha green tea	

TEA

GREEN SENCHA, JAPAN	4.2
JASMIN, CHINA	4.2
BLACK TEA, CHINA	4.2
EARL GREY, CHINA	4.2
ROOIBOS, SOUTH AFRICA	4.2
FRESH GINGER, HONEY, LEMON	4.5
FRESH MINT	4.5

SPECIALTY

CHAI LATTE 	4.5/5.5
Assam black tea, oat mylk, cinnamon, ginger, cardamom	
HOT CHOCOLATE	5
LONDON FOG	4.2
Earl Grey tea, oat mylk, vanilla	

ICED DRINKS

ICED AMERICANO	3.7
ICED LATTE	4.7
ICED CHAI LATTE 	5
ICED MATCHA LATTE 	5.5
GREEN JUICE 	5
Ask today's special	
BANANA & PEANUT SHAKE	6
Vegan and healthy milkshake	

COLD DRINKS

FRESH GINGER SHOT	2
ORANGE JUICE	4
CHARITEA MATE	4
LEMONAID • LIME OR GINGER •	4
BRU • STILL OR SPARKLING •	2.5
APPLE JUICE	3
HOMEMADE ICED TEA	4.5

Suggestions

PUMPKIN SPICE LATTE 5

2 shots of espresso, pumpkin spice syrup, cinnamon, oat mylk

HOT APPLE JUICE 4.5

Ginger, cinnamon, star anise







GOLDEN MYLK 5

Coconut mylk, turmeric, black pepper, ginger, cinnamon.

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 & peanut	
BANANA BREAD	4.2
CARROT CAKE	4.2
CHOCOLATE CAKE 	4.2
CHEESECAKE	4.8
ENERGY BALL  	2.5
Grizzly or gecko	
FERRERO BALL  	2.8

PASTRIES

From Renard Bakery

CROISSANT	2.5
PAIN AU CHOCOLAT	2.5
CINNAMON ROLL	3.9

Everything on the menu is made from scratch in our kitchen. Kindly let us know should you have any allergies.

Hinterland is a laptop-free area on weekends and between 11 and 14 on weekdays.

 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	7.9
Yogurt, home baked granola, flower honey, banana	
AÇAÏ BOWL KIWI	10.2
Served with home baked granola, Goji berries and coconut	
AÇAÏ BOWL BANANA	10.2
Served with home baked granola, cocoa, chia and peanut butter	
BREAD & SWEET SPREADS	6.5
Fresh sourdough bread with chocolate hazelnut spread & raspberry jam	
LEMONCURD & PISTACHIO PANCAKES	13
Served with fresh seasonal fruits, lemoncurd, whipped lime soy cream, crushed pistochios & maple syrup	
PEAR & CARAMEL FRENCH TOAST	13
Served with caramel with Isigny cream , pear compote, fresh pear & toasted almonds	

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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	+3.5
• SLICED AVOCADO	+3.5
• SMOKED SALMON	+5
• MAPLE-FRIED BACON	+4
• MARINATED FETA	+3.5
AVOCADO TOAST	13
Toasted rye sourdough bread, guacamole, pepitas seeds, toasted almonds, sprouted seeds, cilantro, served with a side salad	
• ADD SMOKED SALMON	+5
• ADD MARINATED FETA	+3.5
PUMPKIN & MISO TOAST	13
Hot sandwich made with sourdough bread, roasted pumpkin, miso vegannaise, baby spinach, pumpkin seeds, served with homemade ketchup and a side salad	
GUACAMOLE, BACON & CHEDDAR TOAST	13
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	13
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 pumpkin, marinated red cabbage, miso dressing, sesam, quinoa, cilantro, pepitas seeds, toasted almonds, hummus, salad	
• ADD AVOCADO	+3.5

Sides

GLUTEN FREE BREAD	1.5
SCRAMBLED EGGS	5
SAUTEED MUSHROOMS	3.5
SLICED AVOCADO	3.5
SMOKED SALMON	5
MAPLE-FRIED BACON	4
MARINATED FETA	3.5
RASPBERRY JAM	1.5
PEANUT BUTTER	1.5
CHOCOLATE HAZELNUT SPREAD	2

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