



WELLNESS MENU



Breakfast

Available during 08.00am-11.00am

Tofu Scramble

with stir-fried onions and grated carrot, accompanied
with pressed vegetables | carrot | cucumber | small radish

Nutritious Millet Porridge

creamy cooked whole grain millet, accompanied with roasted sunflower seeds
and pumpkin seeds, carob syrup and rice syrup

Gluten Free Creamy Oat Porridge

gluten free oat flakes cooked with half water and half soy, almond,
coconut milk, accompanied with the topping of your choice

Condiments

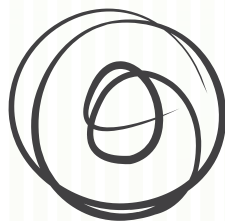
Roasted sunflower seeds | Roasted pumpkin seeds | Chia seeds | Hemp seeds |
Walnuts | Roasted almonds | Goji berries | Coconut flakes | Agave syrup | Carob syrup | Rice syrup

Yoghurt

Sugar free soy yoghurt | Sugar free almond yoghurt | Sugar free coconut yoghurt

Extras

Sugar free marmalade | Gluten free buckwheat bread





WELLNESS MENU



All-Day Menu

Available during 1.00pm-10.00pm

Starters

Smooth Zucchini Cream Soup

with wakame algae and mint

19€

Creamy Red Lentil Soup

with umeboshi paste

19€

Greek Salad

with vegan white cheese

22€

Main Courses

Red Lentil Tortilla

with zucchini, leek and a sweet and sour mustard dressing

24€

Polenta Pie with Smoked Tofu

accompanied with mushrooms, crunchy kohlrabi and carrot sauce

26€

Desserts

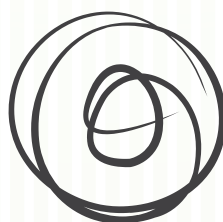
Crumbly Carrot Cake

with black raspberry sauce made with almond and rice flour

18€

Fruit Salad

18€



Throubi Restaurant

at Andronis Concept