

# -The- Food

English

v = vegetarian- v+ = vegan

## All day Breakfast

<b>Croissant</b> (v)	1.75
+ jam or butter (0,50) , + cheese or ham (1,-)	
<b>Granola - Yoghurt - Fruit</b> (v+)	6.5
organic granola with yoghurt / soy yoghurt, seasonal fruit, honey	
<b>Small breakfast</b> (v)	6
croissant, small yoghurt, granola, seasonal fruit, honey	
<b>Egg Frittata's</b> *	8
served with sourdough bread and butter	
+ bacon / ham , cheese, tomato	+ 2.5
+ spinach, cheese, onion, pine nuts (v)	+ 2.5
+ smoked salmon* , avocado, hollandaise	+ 4.5

## Pancakes

<b>Sweet Pancake stack:</b> (v)	8.9
fruit, sugar / syrup	
<b>Savory Pancake stack:</b>	9.9
cheese and/or bacon, syrup	

## Burgers

<b>Organic Falafel Burger.</b> (v+)	9.75
bun with falafel, pickle, tomato, red onion, cucumber, harissa & koriander/mint sauce, fresh salad & crisps	

## Sourdough Grilled

<b>Classic</b> (v)	5.5
ham and/or cheese	
<b>Chicken</b>	7
grilled chicken, emmental cheese, avocado	
<b>Tomato</b> (v+)	5.5
cheese or hummus and tomato	
<b>Spinach</b> (v+)	6.5
cheese or hummus, fried spinach, pine nuts	
<b>Pumpkin</b> (v+)	5.5
cheese or hummus, grilled pumpkin, spring onion	
Add <b>half a soup</b> to your with a sandwich +3.25	

## Soup

fresh soup of the day	6.5
served with bread and butter	

## Salads

<b>Fish bowl:</b>	11.5 / 15.75
smoked mackerel* & salmon* , lettuce, apple, haricot beans, pomegranate seeds, pine nuts, dressing	
<b>Lentil Salad:</b> (v+)	9.5 / 12.75
lentils, chick peas, paprika, cucumber, spring onion, carrot, spinach, dressing + grilled chicken	
	+2.75

## Sourdough Bread

<b>Veggie Lover:</b> (v+)	7.5
hummus, paprika, cucumber, tomato, spinach, pumpkin	
<b>Queso Manchego:</b> (v)	8
manchego, rocket, tomato, alfalfa, fig chutney	
<b>BLTA</b> (C):	7.5
bacon, lettuce, tomato, avocado, tarragon mayonaise, chips + grilled chicken	
	+2.75
<b>Scottish Mackerel:</b>	9.5
mackerel* , alfalfa, rocket, cucumber, fresh sauce of creme fraiche and chives	
Add <b>half a soup</b> to your with a sandwich +3.25	

## Sweet

delicious <b>apple pie</b> XL	(v)	4.5
vegan <b>Chocolate pie</b>	(v+)	4.5
lemon Drizzle cake	(v)	3
cake of the week	(v)	3

\* Sourdough made by 'Bakery Institute', artisan bread with rye, oat, wheat.  
\* We only serve the tastiest fish (MSC), smoked at Franks Smokehouse

\* Frittata: an oven baked omelet: eggs, veggies, cheese  
\* Ask for our gluten- and lactose free bread (+ 1)

We prepare as much as possible fresh. If you are in a hurry, please let us know in advance.

Eerlijk (Honest) means to us: a mix of local, healthy, sustainable, organic, animal friendly products and fair business models.

Our kitchen closes. depending on crowds. between 16.30 and 17.00.