



At GYS we make 100% organic food 100% accessible for everybody. From the food you taste, to the table you're sitting at: GYS is sustainable. Because it is possible.

GYS adapts to your surroundings. Every GYS has its own flavour, unique menu and a team from the neighbourhood. GYS is a collaboration. Our close team and entrepreneurial style without concessions are what created GYS. Together we're continuously looking for improvement, the best food and innovative flavours. Enjoy your meal!

BREAKFAST till 13 o'clock

Granola (gluten free, vegan)
7

chia, soy yogurt, turmeric, banana,
oats, cinnamon

Pancakes (gluten free, vegan)
6.5

Berries or Banana

Omelet (vegetarian)
8

mushroom, pea, spinach, cheese,
tomato

With

Bacon +1

LUNCH

Chicken sandwich (gluten free
optional) 8.5 curry mayonnaise,
cucumber, paprika, red onion

BLT sandwich (gluten free optional,
vegan) 7.5
portobello, little gem, tomato,
veganise

Shakshuka (gluten free optional,
vegetarian)
egg, pepper, tomato, bread
8

Herring (gluten free)
8.5 beet, potato, chives,
apple

Toast forest mushrooms (gluten free
and vegan optional, vegetarian)
spinach, walnuts, cherry, arugula,
brie 8

Panzanella bread salad (vegan
optional, vegetarian)

7/12

eggplant, zucchini, paprika, basil,
mozzarella

Lentil salad (gluten free, vegan
optional, vegetarian)

7/12

portobello, silver onion, feta,
cucumber, cherry, radish

Bread choices: wholegrain brown |
desem white gluten | **gluten free
bread +0.5**

SOUPS

lentil soup

(gluten free optional, vegan)

small 6/large 8

cumin, tomato, celery, red pepper

Winter soup

(gluten free optional)

small 6/ large 8

varying seasonal vegetables

SNACKS

Bread (vegan)

4

with three different dips

Nacho's (glutenfree)

5

beans, corn, cheese

Tasting

8.5

Selection of dishes from the menu

Choice between

vegetarian or vegan

Snack plate(gluten free optional,
vegan 12 optional, vegetarian)

different snacks vegetarian or vegan

meat +0.5

DINNER

Pumpkin stew (gluten free optional,
vegan 12.5

potato, green beans, curry, sambal

Vongole (gluten free)

14

pasta, red pepper, mussels, cockles,
haddock

Puffed sweet potato (gluten free,
vegan optional, vegetarian)

12

black beans, corn, crema, chili,
nacho, feta

Sukade (gluten free)

14

red wine, silver onion, mushroom,
carrot, bay
leaf, potato

Stew (vegan)

10

parsnip, kale, forest mushrooms,
celeriac, Jerusalem artichoke

Beef burger (gluten free)

12

mushroom, onion, spinach,
garlic sauce

with bacon + 1.5

Quinoa-beet burger

(gluten free and vegan optional,
vegetarian)

feta, tzatziki, chives, spinach

Vegan hot dog (gluten free optional,
vegan) portobello, sauerkraut,

pickle, onion,
mustard Sauce

Fries (gluten free, vegan)

3.5

Small salad (gluten free, vegan)

4

For children, meals can be served in
half portions, for half the price.

SWEET

Brownie (gluten free, vegan)

6

cinnamon, pumpkin, clove

Carrot cake (gluten free, vegan)

6

raisins, nutmeg, orange

Arretjescake (vegan)

6

coconut, chocolate, speculaas (spiced
biscuit)

Grand dessert (gluten free, vegetarian,
vegan optional)

12

selection of different dessert from the
menu