

Real food bij GYS.

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!

- Ⓞ glutenfree
- ◇ vegan
- Ⓥ vegetarian

◇ Ⓞ See the icon with the dotted lines? These can be made gluten free and vegan upon request.

Sweet

- Chocolate cake** Ⓞ ◇ 6
soya, oats, coconut, beetroot, ginger
- Apple Pie** Ⓞ ◇ 6
soya, oats
- Cheesecake** Ⓞ ◇ 6
soya, oats, berries
- Grand Dessert** Ⓞ ◇ 12
contains all 3 desserts from the menu

Breakfast (until 13:00)

- Cruesli** Ⓞ ◇ 7
soya yoghurt, fresh fruit
- Pancakes** Ⓞ ◇ 6.5
apple or banana
- Shakshuka** Ⓞ 8.5
egg
mackerel +1.5

Lunch

- Beetroot tartar sandwich** Ⓞ ◇ 8
soya, onion, pickles
- Chicken Sandwich** Ⓞ 9
mushrooms, onion, mango, beansprouts
- Farinata** Ⓞ ◇ 8
tomato, cauliflower, spicy curry,
hummus, soya coriander dressing
- Stuffed sweet potato** Ⓞ ◇ 8
beans, peppers, sweetcorn,
soya coriander dressing
- Mackerel Sandwich** Ⓞ 8
aubergine, beetroot mayonnaise,
vegetable chips, salad

{GYS}

Real food

Soup

Parsnip Soup

ginger

🌱 🍃 6 | 8

Beetroot Soup

coconut, chili

🌱 🍃 6 | 8

Salad

Spring Salad

salad leaves, vegetable medley, seeds,
fruity balsamic dressing

🌱 🍃 10.⁵

Snacks

Tasting

combination of small dishes from
the kitchen

choose between vegetarian or vegan

🌱 🍃 🌱 7.⁵

Bread

with changing dips

🌱 🍃 4

Snack Plate

different snacks
vegetarian or vegan
meat +0.⁵

🌱 🍃 🌱 12.⁵

Dinner

Kapsalon

tempeh, sweet potato, cucumber,
tomato, onion, cheese, salad,
sambal and garlic sauce

🌱 🍃 🌱 12.⁵

Spring Stew

beef, vegetables, spiced lentils

🌱 14

Chicken

parsnip, oyster mushroom, vegetable
chips, smoked paprika sauce

🌱 14.⁵

Stuffed sweet potato

sweetcorn, oyster mushroom, onion
coriander , bbq sauce, potato chips

🌱 🌱 13

Curry

chickpea, vegetables, coconut, spices
served with white rice

🌱 🍃 13.⁵

Beetroot burger

mango, sweet potato, sprouts

🌱 🍃 12

Fries

🌱 🍃 4

Side Salad

🌱 🍃 4

For children we can offer any dish on the
menu as half a portion at half the price