

# 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. All the items on this menu are vegetarian or vegan! 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 glutenfree and vegan upon request.

## Breakfast (until 13:00)

€ 7.5

### **Pancakes**

banana, chocolate



### **English breakfast**

egg, mushroom, tomato, beans, portobello mushroom



### **Smoothie bowl**

soya yoghurt, berries, banana, coconut



## Lunch

€ 8.5

### **Cashew – cheese**

rucola, home-dried tomato, walnut, bread



### **Shakshuka**

egg, pepper, spinach, tomato, bread



### **Peanut butter sandwich**

sambal, cucumber, beansprout, alfalfa



### **Vegan meatball sandwich**

seitan, mustard, pickle, red cabbage



### **Vegetable garden**

hummus, baby carrot, beetroot, radish, celery, cauliflower, bread



Choose from: white, wholegrain or glutenfree bread +1

{GYS}

Real food

## Soup

€ 6 | 8

### Minestrone

fusilli, beans, green pea, celery, basil



### Spring soup

changing seasonal vegetables



## Salad

€ 8 | 12

### Fried peanut balls

coconut, red cabbage, spring onion,  
red chili, spinach, sesame, sweet potato



### Bean Salad

green pea, broad bean, mint, lime, ricotta,  
little gem, cress, radish



## Menu

2 Course Menu € 20

3 Course Menu € 25

You can also choose soup (large) or salads (small)

## Start

€ 8.5 p.p.

### Tasting

combination of small dishes from  
the kitchen

choose between vegetarian or vegan



## Sides

€ 4

### Fries

vegan mayo



### Bread

with changing dips  
glutenfree bread +1



### Side Salad



## Main

€ 13.5

### Seitan Stew

dates, courgette, couscous, mint



### Scallops

made from samphire with spinach and  
buluga lentils



### Kapsalon

tempeh, feta, sweet potato, cucumber,  
tomato, onion, sambal, garlic sauce



### Saltimbocca

made from aubergine with tomato,  
ricotta, portobello, potato



### Pulled pork

made from mushrooms with bbq sauce,  
bread, cucumber, coleslaw



### Parsnip

with antiboise, spinach, cherry, pepper,  
courgette



## Sweet

€ 6

### Brownie

sweet potato, chickpeas, apricot



### Tiramisu

soya, chocolate, cashew



### Banoffee pie

date, coconut, banana



### Grand Dessert

contains all 3 desserts from the menu

€ 12



### Homemade limoncello

€ 5

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