



biologisch
eten & drinken

At Gys we make 100% organic food 100% accessible. Here at Gys, everything, from the food you eat to the table you're sitting at, is wholly sustainable, simply because that's wholly possible.

Each Gys has its own flavours and wholly unique menu. Gys is what it is today thanks to our close-knit team and concession-less entrepreneurial style. We are always on the lookout to improve and prepare tasty and healthy food with pioneering flavours.

Eet smakelijk!

BREAKFAST ^{till} 13.00

Pancakes (gluten free, vegan) **7,5**

Apple or banana

Add vanilla ice-cream + 1,50

Summer muesli (gluten free, vegan) **7**

Soya yoghurt, banana, berries, coconut

Shakshuka (vegetarian, gluten free poss.) **8,5**

Poached egg, tomato, chickpeas, oyster mushrooms, bread

Baked sweet potato (gluten free, vegan) **8,5**

Oyster mushrooms, paprika, onion, tomato sauce, coriander, sweet corn

Shakshuka (vegetarian, gluten free poss.) **8,5**

Poached egg, tomato, chickpeas, oyster mushrooms, bread

LUNCH

Chicken sandwich (gluten free possible) **8,5**

Mushrooms, onion, mango, bean sprouts

Salmon sandwich (gluten free possible) **8,5**

Avocado, vegetable sprouts, caper mayonnaise

Farinata (gluten free, vegan) **8,5**

Cauliflower, paprika, coriander, potato crisps, tomato, spicy curry humus

Beet tartare sandwich (gluten free poss., vegan) **8,5**

Soya, vegan eggs, onion, gherkin

SALAD

Summer salad (gluten free, vegan) **8/12**

Summery soup of variously prepared vegetables, pip crunch, balsamic dressing

Salmon salad **8/12**

Beets, watercress, avocado, fennel, puffed quinoa, caper-lemon-dressing

SOUP

Beetroot-coconut (gluten free, vegan) **6/8**

Ginger, pepper, cumin

SNACKS

Beetballs (gluten free, vegan) Avocado mayonnaise	5,5
Nacho's (gluten free, vegetarian) Cheese	5,5
Bread board (gluten free poss., vegan) With dip	4
'Bitterballen' (vegetarian)	5,5

STARTERS

Beet tartare (gluten free, vegan) Soya, vegan egg, onion, gherkin, oyster mushrooms	8,5
Tasting (gluten free poss., vegan possible) A selection of mini dishes from our menu	8,5
Snack board (gluten free & vegan poss.) Platter of various snacks to accompany your beverage Add meat +1,5	12,5

MAINS

'Kapsalon' (gluten free, vegan possible) Tempeh, sweet potato, cucumber, onion, lettuce, tomato, cheese, sambal, garlic sauce	13,5
Beef burger (gluten free possible) Avocado, portobello, Cajun seasoning, onion, ketchup	13,5
Beet burger (gluten free possible, vegan) Mango, sweet potato, vegetable sprouts	13,5

Curry (gluten free, vegan) **13,5**
Chickpeas, coconut, herbs, rice, various vegetables

Chicken (gluten free) **13,5**
Sweet corn, polenta, tomato salsa, coriander

Baked sweet potato (gluten free, vegan) **13,5**
Oyster mushrooms, paprika, sweet corn, tomato sauce, potato crisps, coriander

AFTERS

Gys Snickers (gluten free, vegan) **7**
Vanilla ice cream, caramel sauce, chocolate, peanuts

Ys-cream (gluten free, vegan) **7**
Three flavours of ice-cream

Citrus trio (gluten free, vegan) **7**
Orange cake, orange panna cotta, lemon ice-cream

Chocolate cake (gluten free, vegan) **7**
Rhubarb ice-cream

Grand dessert (gluten free, vegan) **12,5**
A selection of desserts

SIDES

Fries (gluten free, vegan) **4**
Vegan mayonnaise

Bread board (gluten free possible, vegan) **4**

Small salad (gluten free, vegan) **4,5**