



VEGABOND

plant-based store & deli

MENU

please order at the counter

wifi: VEGABOND / amsterdam
www.vegabond.nl / @vegabondfood

All Day Brunch & Snacks

Açaí Bowl - *gluten free* € 9,75
Açaí smoothie with crunchy granola, coconut yoghurt and seasonal fruits.

Overnight Oats - *gluten free* € 8,50
Warm overnight oats topped with fresh berries, walnuts and cinnamon.

Toasted Banana Bread - *gluten free* € 6,50
Toasted banana bread, served with plant-based butter and jam.

Caprese Toasty € 9,50
Grilled sandwich with artisan almond-mozzarella, tomato and pesto. Served with side salad and balsamic-ketchup.

Dutch Sausage Rolls € 3,75
Handmade puff pastry roll filled with a spiced tofu mixture.

Spinach - 'Feta' Rolls € 3,75
Handmade puff pastry roll filled with spinach, herbs and an artisan 'feta' made from lentils.

Sandwich of the Month € 8,50

Lunch & Dinner

Rainbow Rolls - *gluten free* € 9,75

Rice paper rolls filled with avocado, carrot, alfalfa, beetroot sprouts and fresh mint. Rolled in sesame seeds & served with a smooth peanut sauce.

The Queens Quiche - *gluten free* € 11,-

Charred leek tip, sundried tomato and butternut quiche, made with rosemary whipped tofu and a super seedy gluten free almond flour crust, served with our killer tomato-onion relish and a side salad of leafy greens.

Soup of the Month - *gluten free* € 8,50 - with bread (gluten) & salad €11,00

Chef's special deli deals

Autumn Picnic - *glutenfree* € 9,95

Hearty salad of marinated carrots and chickpeas. Served with roasted sweet potato, crunchy blanched green beans and a creamy tandoori soy-yoghurt sauce.

Asian Vibes € 9,95

Wintery kale salad in a tahini-miso dressing, served with a Korean style bunless burger and spicy roasted butternut squash with coconut-cashew-lime sauce.

The Roots € 9,95

Spelt salad with roasted rainbow carrots, walnuts and cranberries. Served with roasted sweet potato, creamy tahini-soy yoghurt sauce and a side salad of leafy greens.

Sweets

Cinnamon Roll	€ 3,95
Dutch Apple Pie	€ 4,95
Lime Poppyseed Loaf	€ 3,75
Chocolate Chip Cookie	€ 2,95
Oatmeal Raisin Cookie	€ 2,95
Red Velvet Cupcake	€ 3,95
Cookie Dough Cupcake	€ 3,95
Carrot Cake Cupcake	€ 3,95
Hostess Choco-vanilla cupcake	€ 3,95
Mango Passionfruit Cheesecake	€ 5,00
Cake Of The Month	€ 6,50

Gluten free:

Banana Bread	€ 3,95
Brownie	€ 3,95
Raw Carrot Cake	€ 5,50
Raw Pecan Caramel Delight	€ 4,75
Raw 'Snickers'	€ 4,00
Coconut-Lime Energy Ball	€ 2,50
Tahini-Chocolate Energy Ball	€ 2,50
Pecan-Caramel Energy Ball	€ 2,50

Add whipped cream € 1,00

Juices & Smoothies

	Small	Large
Fresh Orange Juice	€ 4,50	€ 5,50
Berry Banana	€ 5,00	€ 6,50
Smoothie with strawberries & black currant		
Powerful Peanut	€ 5,00	€ 6,50
Smoothie with peanut butter & cinnamon		

Warm Drinks

Espresso	€ 2,00
Double Espresso	€ 3,00
Americano	€ 2,75
Cappuccino	€ 3,00
Flat white	€ 3,75
Café Latte	€ 3,50
Chai Latte	€ 3,50
Turmeric Latte	€ 3,50
Matcha Latte	€ 3,50
Make it iced or dirty	+ € 1,00
Milk other than soy	+ € 0,25
Fresh Ginger Tea	€ 3,00
Fresh Mint Tea	€ 3,00
Tea (Pukka)	€ 2,50
Hot Chocolate (soy)	€ 3,00

Deli Counter

To eat-in or take-away. Make a selection and let us plate or box it up for you. Larger quantities can be pre-ordered and possibly delivered. More info: catering@vegabond.nl.

Punjabi Picnic - *gluten free* 100g - € 2,95
Hearty salad of marinated chickpeas, apple cider vinegar pickled carrots and olive oil. Drizzled with a creamy tandoori soy-yoghurt sauce & garnished with fresh mint.

Wintery Kale Slaw - *gluten free* 100g - € 3,25
Massaged kale, shredded red cabbage and carrots in a tahini-miso dressing, topped with smoky marinated tempeh, toasted sesame seeds, pomegranate seeds & fresh coriander.

Glorious Grains & Rainbow Roots 100g - € 3,25
Roasted rainbow carrot, brown basmati and spelt salad imbedded with walnuts, lemon, cracked coriander seeds & parsley, served with a dollop of smoky tahini cream.

Green Beans - *gluten free* 100g - € 3,95
Blanched green beans laced in a crispy garlic, chili and nigella seed dressing & loaded with freshly picked tarragon.

The Queens Quiche - *gluten free* Slice - € 8,95
Charred leek tip, sundried tomato and butternut quiche, made with rosemary whipped tofu and a super seedy gluten free almond flour crust, served with our killer tomato-onion relish.

Cold Drinks

Water 0,5 L	€ 2,50
Sparkling Water 0,5 L	€ 2,50
Kefir Water Lemon	€ 4,95
Kefir Water Ginger	€ 4,95
Kombucha Raspberry-Lemon	€ 4,50
Kombucha Ginger-Lemon	€ 4,50
Kombucha Traditional Lemonade	€ 4,50
Proviant Cola	€ 3,00
Apple Juice	€ 2,75
Club Mate	€ 3,50
Rebel Kitchen Raw Coconut Water	€ 3,75

Deli Dip of the Month - *gluten free* 100g - € 2,95
Changing dip made from seasonal vegetables & legumes.

Korean Bunless BBQ Burger Piece +/- 100g - € 3,75
Minced mushroom, lentil and barley burgers, infused with ginger, 5 spice and star anise, loaded with herbs, baked till golden & topped with a punchy Korean bbq-sauce.

Roasted Sweet Potato- *gluten free* Piece +/- 135g - € 3,95
Fennel and cumin painted sweet potatoes, slow roasted and doused with creamy tahini soy yoghurt, smoked paprika & crunchy corn shards.

Butternut Boats - *gluten free* Piece +/- 125g - € 3,75
Butternut squash, slowly roasted in a Thai red curry marinade. Floating in a lime leaf, cashew and coconut sauce, garnished with sriracha, China rose sprouts & fresh coriander.

Bread on the side € 2,00
Toasted sour dough bread

Side Salad - *gluten free* € 2,95
Young mixed green leaves with a lemon vinaigrette.

We love nature and like to minimize any use of disposables, even though ours are all biodegradable. Therefore deli items are packed together in only as many boxes as needed. Feel free to bring your own re-usable containers!

About us

Vegabond is a place for casual dates, feel-good takeaways, and treat-yourself afternoons. We make food for lazy weekend days and a fast-paced workweek. In this menu, you will find dishes made from scratch for one purpose only: to make your day just that tiny little bit better. Because we are quite a peaceful crew, all items on this menu are 100% plant powered.

In a lively kitchen like ours, crosscontamination cannot be ruled out. All dishes can therefore contain traces of gluten, nuts or other allergens. Please inform our staff about possible allergies before ordering.

The first Vegabond store & deli opened in Amsterdam in 2014. Since then we have continuously brought exciting vegan food to our guests and corporate clients who choose to be good to themselves and the amazing world we live in.