



VEGABOND

plant-based store & deli

MENU

Ordering at the counter = very much appreciated!

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

All Day Brunch & Snacks

- Açai Bowl** - *gluten free* € 9,75
Açai smoothie with home made crunchy granola, coconut yoghurt and seasonal fruits.
- Overnight Oats** - *gluten free* € 8,50
Overnight oats topped with fresh strawberries, mint and cacao nibs.
- Croissant with butter & jam** € 4,75
Served with plant-based butter & strawberry jam
- Toasted Banana Bread** - *gluten free* € 6,50
Toasted banana bread, served with plant-based butter and ginger jam
- Caprese Toasty** € 9,50
Grilled sandwich with artisan almond-mozzarella, tomato and pesto. Served with 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 tempeh, carrot, sprouts and fresh mint. Rolled in sesame seeds & served with a lime-leaf peanut dip.

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.

Special Deli Deals

Summer Picnic € 9,95

Luscious hummus topped with agave glazed carrots, roasted cauliflower with minty tahini dressing and pomegranate seeds, served with wholewheat flat bread.

Protein Plate - *gluten free* € 9,95

Crunchy charred broccoli salad with edamame beans and pecan nuts, aside a refreshing salad of chickpeas, cucumber, wild tomatoes and fresh garden herbs, served with a dollop of home made hummus.

Emperor's Feast € 9,95

A colorful grain salad with roasted vegetables, combined with a bunless BBQ burger and our Caesar's Gems topped with roasted almond flakes, fried capers and hemp seeds.

Sweets

Cinnamon Roll € 3,95

Lime Poppyseed Loaf € 3,75

Chocolate Chip Cookie € 3,00

Croissant € 2,75

Red Velvet Cupcake € 3,95

Cookie Dough 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

Fresh Orange Juice	Small € 4,50	Large € 5,50
Reviving Red Juice	€ 5,00	€ 6,50
Delicious blend of carrots, beet, apples and ginger.		
Tropical Berry		
Smoothie with strawberries & pineapple.		
Powerful Peanut		
Smoothie with peanut butter & cacao nibs.		
Green Protein		
Smoothie with mango, spinach & hemp seeds.		

Warm Drinks

Espresso		€ 2,00
Double Espresso		€ 3,00
Americano		€ 2,75
Cappuccino (soy)		€ 3,00
Flat white (soy)		€ 3,75
Café Latte (soy)		€ 3,50
Chai Latte (soy)		€ 3,50
Turmeric Latte (soy)		€ 3,50
Matcha Latte (soy)		€ 3,50
<i>Make it iced or dirty</i>	+	€ 1,00
<i>Oat or Almond milk</i>	+	€ 0,25
<i>Coconut-cashew milk</i>	+	€ 0,50
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.

Chick Peace - *gluten free* 100g - € 2,95
Refreshing chickpea salad with crispy cucumber, spinach & wild rainbow tomatoes. Dressed in extra virgin olive oil and loaded with garden herbs.

Green Gains - *gluten free* 100g - € 3,75
Protein packed crunchy salad of charred broccoli, edamame beans, pecan nuts and smokey chipotle peppers, dressed in olive oil and a dash of apple cider vinegar.

Glorious Grains 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.

Glazed Carrots - *gluten free* 100g - € 3,25
Slow roasted carrots, glazed with agave syrup, fenugreek & cumin. Topped with a crunchy nut-free dukkah and fresh dill.

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 - *gluten free* 100g - € 2,95
Changing dip made from seasonal vegetables & legumes.

Korean 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.

Cauli Florettes - *gluten free* 135g - € 3,95
Roasted cauliflower, tossed in extra virgin olive oil, chili flakes and Maldon salt. Covered with a minty green tahini drizzle, toasted almond flakes and pomegranate seeds.

Cesar's Gems - *gluten free* 2 pieces - € 3,95
Halved baby gem lettuces drenched in our turmeric and nori infused vegan parmesan caesar styled dressing, sprinkled with toasted almonds, hemp seeds and fried capers.

Lebanese Wholewheat Flatbread € 1,50
Per piece

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.