



# VEGABOND

plant-based store & deli

## Brunch & Snacks

- Acai Bowl GF** €9,75  
With home made crunchy granola, coconut yoghurt and seasonal fruits.
- Croissant** €4,75  
With butter and jam.
- Toasted Bananabread GF** €6,50  
With butter and jam.
- Caprese Toasty** €9,50  
Artisan almond-mozzarella, tomato and pesto. Served with balsamic-ketchup.
- Dutch Tofu Sausage Roll** €3,75  
Handmade puff pastry roll filled with a spiced tofu mixture.
- Spinach Lentil-Feta Roll** €3,75  
Handmade puff pastry roll filled with spinach, herbs and an artisan 'feta' made from lentils.
- Empanada GF** €3,75  
Chickpea & Mango  
Sweet potato & Black beans  
White Cabbage & Edamame
- Sandwich of the Month** €8,50

Please order at the counter

## Plates

- The Queens Quiche** €11,00  
*with side salad | GF*  
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.
- The Mushroom Quiche** €11,00  
*with side salad | GF*  
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.
- Red, Gold and Green Plate** €9,95  
*with side salad | GF*  
Hearty Red Rice Salad with roasted pumpkin, almonds and raisins served with a generous portion of crispy garlic and chili green beans.
- Rainbow Plate** €9,95  
*with side salad*  
Glorious grain salad with roasted rainbow carrots, walnuts, cranberries and lots of fresh herbs, served with a portion of bright green crispy Caesar salad baby Gems.

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

## Deli Counter

All our deli food is made to be served room temperature.

- Grilled Broccoli** €3,95  
*per 100 grams | GF*  
Charred piece of broccoli dressed in a crispy garlic olive oil dressing, served with a thick and creamy cashew-miso cream and fresh coriander.
- Glorious Grains** €3,25  
*per 100 grams*  
Roasted rainbow carrot, brown basmati and wheat pearl salad imbedded with walnuts, lemon, cracked coriander seeds & parsley, served with a dollop of smoky tahini cream.
- Red Rice Salad** €3,25  
*per 100 grams | GF*  
Nutty red rice in a lemon zest olive oil dressing, tossed with roasted butternut chunks, golden raisins, caramelized onions, slivered almonds and fresh tarragon.
- String Bean Greens** €3,25  
*per 100 grams | GF*  
Blanched haricot verts laced in a crispy garlic, chili and nigella seed dressing, loaded with freshly picked kitchen herbs and a dash of white rice vinegar.
- Millet/Chickpea Patty** €3,75  
*per 100 grams | GF*  
Falafel inspired goodness made with millet, chickpeas, spinach and spices. Topped with a minty soy-yoghurt and our homemade pineapple chutney.
- Caesar's Gems** €3,95  
*2 pieces | GF*  
Halved baby gem lettuces drenched in our tumeric and nori infused vegan parmesan caesar styled dressing, sprinkled with toasted almonds, hemp seeds and fried capers.
- Mushroom Quiche** €8,95  
*per slice | GF*  
Leek and Mushroom quiche, made with rosemary whipped tofu and a super seedy gluten free almond flour crust, served with our killer tomato-onion relish.
- Queens Quiche** €8,95  
*per slice | GF*  
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.
- Green Garden Pea Paté** €1,95  
*per 50 grams | GF*  
Creamy and rich hummus-like dip made with mint, lemon & tahini. Drizzled with olive oil and roasted buckwheat.
- Bang Bang Tofu** €1,95  
*per 50 grams | GF*  
Double baked, slightly spicy marinated tofu cubes with spring onion, red pepper and toasted sesame seeds.
- Side Salad** €2,95  
*per 100grams | GF*  
Young mixed green leaves with a lemon vinaigrette.

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](mailto:catering@vegabond.nl)



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## Juices

- Fresh Orange Juice** €5,50
- Reviving Red Juice** €6,50  
Delicious blend of carrots, beet, apples and ginger.

## 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
- Choco Vanilla Cupcake** €3,95
- Seasonal Cupcake** €3,95
- Mango Cheesecake** €5,00

## WiFi

**Network: VEGABOND**  
**Password: amsterdam**

## Hot 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
- Hot Chocolate (soy)** €3,25
- Fresh Ginger Tea** €3,00
- Fresh Mint Tea** €3,00
- Tea (Pukka)** €2,50

## Smoothies

- Tropical Berry** €6,50  
Strawberries and pineapple.
- Powerful Peanut** €6,50  
Peanut butter and cocoa nibs.
- Green Protein** €6,50  
Mango, spinach and hemp seeds.

## About us

Vegabond is a place for casual dates, feel-good takeaways, and treatyourselfafternoons. 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.

Make it iced or dirty + €1,00

\*Other milk than soy  
Oat or Almond + €0,25  
Coconut-Cashew Milk + €0,50

## Cold Drinks

- Water 0,5 L** €2,50
- Sparkling Water 0,5 L** €2,50
- Kombucha** €4,50  
Raspberry-Lemon  
Ginger-Lemon  
Ginger Beer
- Proviant Cola** €3,00
- Apple Juice** €2,75
- Raw Coconut Water** €3,75
- Trip** €4,50  
Cold Brew Coffee  
Elderflower Mint  
Peach Ginger

**Add whipped cream!** €1,00

## Glutenfree Sweets

- Banana Bread** €3,95
- Peanut Brownie** €3,95
- Chocolate Mousse Cake** €6,00
- Raw Carrot Cake** €5,50
- Raw Pecan Delight** €4,75
- Raw 'Snickers'** €4,00
- Raw Energy Ball** €2,50  
Coconut-Lime  
Tahini-Chocolate  
'Raffaello'

Because we are quite a peaceful crew, all items on this menu are 100% plant powered.

In a lively kitchen like ours, cross-contamination 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.

[www.vegabond.nl](http://www.vegabond.nl)

[@vegabondfood](https://www.instagram.com/vegabondfood)

More drinks available in the fridge!