

Deli Counter

To eat-in or take-away. Make a selection and let us plate or box it up for you.

€3,25 per 100 g

We rotate our deli items weekly for a different plate every time, have a look at our counter for today's selection!

High in Protein

The Queens Quiche

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

Korean Bunless BBQ Burger

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.

Millet / Chickpea Patty

Falafel inspired treat, made of millet, chickpeas, spinach and spices. Topped with a minty-soy yoghurt and our homemade pineapple chutney.

Bang Bang Tofu

Oven roasted tofu cubes, drenched in our killer homemade bang bang marinade. Topped with spring onion, red chili pepper and toasted sesame seeds.

Grains & Legumes

Punjabi Picnic

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.

Glorious Grains

Roasted rainbow carrot, brown basmati and spelt salad imbedded with walnuts, cranberries, lemon, cracked coriander seeds & parsley.

Red Rice

Nutty red rice salad with a lemon zest olive oil dressing, tossed with roasted butternut squash, golden raisins, caramelized onions, slivered almonds and fresh tarragon.

Roasted Veggies

Slow Roasted Sweet Potato

Fennel and cumin painted sweet potatoes, slow roasted and doused with creamy tahini soy yoghurt, smoked paprika & crunchy corn shards.

Red Thai Butternut Boats

Slow roasted marinated pieces of butternut squash. Floating in a lime leaf, cashew and coconut sauce, garnished with sriracha, China rose sprouts & fresh coriander.

Glazed Carrots

Roasted carrots, glazed in agave syrup and topped with a nut-free dukkah and fresh herbs.

Green Veggies

String Bean Greens

Blanched haricot verts laced in a crispy garlic, chili and nigella seed dressing, loaded with freshly picked kitchen herbs

Caesar's Gems

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.

Grilled Broccoli

Charred Pieces of broccoli, dressed in a crispy garlic olive oil dressing, served with a creamy cashew-miso cream and fresh coriander.

Spreads

Regular Hummus

Smooth chickpea hummus, drizzled with cold pressed olive oil, za'atar, sumac and sweet paprika.

Garden Pea Hummus

A fresh dip made with green peas and chickpeas, with fresh lemon, mint and a touch of chili.

Warm meals

Take-away only and to be heated up at home in the oven or microwave.

Lasagna

A real feel-good lasagna, prepared with a classic vegan ragout and a super creamy bechamel. Served with a leafy green side salad.

Curry

Comforting chickpea and vegetable curry. Served with cardamom infused rice and a dollop of coconut yoghurt.

Italian Stew

Refined Italian bean and vegetable stew. Served with a polenta cake and a slice of fresh lemon.

  = **gluten free**

Larger quantities can be pre-ordered and possibly delivered.

More info: catering@vegabond.nl 

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!



VEGABOND

plant-based store & deli

Fresh 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
- Seasonal Cupcake** €3,95
- Mango Cheesecake** €5,00
- Apple Caramel Cake** €4,50
- Lemon Meringue** €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*** €3,75
- 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

Fresh 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.

Snacks & Brunch

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 low in gluten €3,75
Chickpea & Mango
Sweet potato & Black beans
White Cabbage & Edamame

Acai Bowl low in gluten €9,75
With home made crunchy granola, coconut yoghurt and seasonal fruits.

Caprese Toasty €9,50
Artisan almond-mozzarella, tomato and pesto. Served with balsamic-ketchup.

Hummus Sandwich €7,50
Homemade hummus, lettuce and home made pineapple chutney.

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
- 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

Sweets, low in gluten

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

www.vegabond.nl

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

More drinks available in the fridge!

Please order at the counter