

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 these 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.

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.

🌱 Miso Glazed Aubergine

Oven roasted aubergine, brushed with our home made sweet white miso-glaze. Sprinkled with fresh chili pepper, toasted sesame seeds and parsley.

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.

🌱🌱 = low in gluten

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. Served with a tahin-soy yoghurt sauce.

🌱 Red Rice

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

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.

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.

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!

We cannot rule out cross contamination. Therefore all items may contain gluten and/or other allergens.



VEGABOND

plant-based store & deli

Hot Drinks

Espresso	€2,50
Double Espresso	€3,40
Americano	€3,00
Cappuccino*	€3,25
Flat White*	€3,75
Café Latte*	€3,75
Chai Latte*	€3,75
Turmeric Latte*	€3,75
Matcha Latte*	€3,75
Hot Chocolate (soy)	€3,25
Fresh Ginger Tea	€3,00
Fresh Mint Tea	€3,00
Tea (Pukka)	€2,75

Make it iced or dirty + €1,00

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

www.vegabond.nl

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

Winter Special

Pumpkin Spice Latte €4,75
With whipped cream and mini marshmallows.

Fresh

Tropical Berry Smoothie €6,50
Strawberries and pineapple.
Green Protein Smoothie €6,50
Mango, spinach and hemp seeds.
Fresh Orange Juice €5,50

Cold Drinks

Water 0,5 L €2,75
Sparkling Water 0,5 L €2,75
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

More drinks available in the fridge!

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
Pumpkin Spice Cupcake €3,95
Mango Cheesecake €5,00
Apple Caramel Cake €4,50

Add whipped cream! €1,00

Sweets, low in gluten

Banana Bread €3,95
Chocolate Mousse Cake €5,50
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'

WiFi

Network: VEGABOND
Password: amsterdam

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 €3,75
in varying flavours

Croissant €2,75
add chocolate syrup €1,00

Açaï Bowl €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, cucumber, lettuce and home made pineapple chutney.

= low in gluten

Please order at the counter