



ORGANIC RAW PLANTFOOD

MINDERBROEDERSRUI 52
2000 ANTWERP
03.233.34.64

WWW.ETENVOLLEVEN.BE

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LUNCH
DINNER
SHOP
DELIVERY
CATERING
WORKSHOPS





STARTERS

- 5.00 **full of zing**
kalamata and green olives
- 5.50 **full of summer**
bruschetta w/ tomato salsa
- 7.50 **full of support**
sunflower seed humus w/ crackers
- 8.50 **full of gratitude**
seasonal soup with the tastiest veggies,
(check the wall) served with lifefood
crackers!
- 9.50 **full of energy**
sweet and spicy green soup (luke warm or
room temperature), served with lifefood
crackers!

SAVOURY

- 12.50 **full of comfort**
wrap with home made apple-flatbread,
leek-walnut spread, apple, sprouts, lettuce
- 13.50 **full of garden**
wrap with home made carrot-flatbread,
humus, olive relish, fennel, cherry tomatoes
- 14.50 **full of italia**
wrap with home made zucchini-flatbread,
cashew-cheese, tomato, arugula,
sun-dried tomato
- 16.00 **full of youth**
seasonal salad fresh from the market (see
the wall) served with lifefood crackers
- 16.00 **full of rainbow**
high raw grainbowl of fresh greens, cooked
grains, raw veggies and lifefood dressing
(check wall for details)
- 16.00 **full of flavour**
zucchini-spaghetti with red pesto, arugula,
brazil nut parmesan
- 16.00 **full of wonder**
zucchini-spaghetti with sesame sauce,
kalamata olives, fresh herbs
- 18.00 **full of life**
pizza with a crispy buckwheat crust topped
with cashew-cheese, tomato sauce,
arugula

SWEET

- 5.00 **full of light**
guiltfree lemon cheesecake
- 5.50 **full of colour**
berry cheesecake with cacao crust
- 6.00 **full of focus**
intense chocolate hazelnut cake
- 7.50 **full of power**
crunchy granola of sprouted buckwheat,
millet, seeds, fruit and superfoods,
served with home made almond milk



JUICES/SMOOTHIES/SHAKES

- | | | |
|-------|-------|--|
| 330ml | 500ml | |
| 5.50 | 7.50 | full of inspiration
sweet green juice: apple juice, greens,
celery, ginger, lemon |
| +3.00 | | full of clarity
add 1 oz of frozen wheatgrass juice to give
your juice that extra boost |
| 5.50 | 7.50 | full of blood
lively red juice: apple, beet, ginger, lemon |
| 5.50 | 7.50 | full of love
fruity smoothie: orange, banana,
strawberry, fresh mint |
| 5.50 | 7.50 | full of beneficence
green smoothie: apple, pineapple, greens,
avocado, fresh mint |
| 6.00 | 8.00 | full of rainforest
fruity cacao shake: brazil nutmilk, banana,
cacao nibs, açai, dates |

HOT and MORE

- | | | |
|-------|-------|---|
| glass | 1 l | |
| 2.50 | - | coffee aeropress |
| 2.50 | - | tea white, green, earl grey and herbal tea |
| 3.00 | - | fresh mint tea |
| 3.00 | - | fresh ginger tea |
| 3.50 | - | chai latte with cashew milk |
| 2.50 | 7.50 | full of sun , home made lemonade |
| 4.00 | 12.00 | full of softness home made almond milk |
| 2.50 | 7.50 | sparkling water ginstberg |
| 0.50 | 1.50 | filtered water |
| 5.50 | 14.50 | wine fairtrade, white/red |



ORGANIC RAW PLANT FOOD

Eten Vol Leven is a small family business located in the heart of Antwerp, starring 'food full of life'. We want to empower you with fresh and tasty organic, raw plantfood that contributes to your well-being, a healthy community and a happy planet. All ingredients are minimally processed, gluten free and sugar free for maximum flavour and nutrition.