

BREAKFAST

SERVINGS WITH A SPOON

VELVET PEACH & RASPBERRY BOWL

made of lactose-free quark
mixed with chia seeds
raspberries and peach
and topped with almond
crumble

65

GREEK YOGHURT

with Paradens musli, nuts and
honey

70

BLUEBERRY DREAMS

blueberry porridge with
coconut flakes and
blueberries

60

CLASSICAL PORRIDGE

with apple compote and
steamed milk

60

BANANA CHOCO BOWL

made of lactose-free quark
banana and cacao and
topped with fresh banana
puffed quinoa, peanutbutter
and roasted hazelnuts

65

MULTIGRAINE OATS

creamy porridge of oatmeal
with banana and
peanut butter

65

VERRY BERRY NICE CREAM

heathly vegan ice cream
made out of banana and the
berries of the season and
topped with rasberries

55

SIDES

HALF A BLOOD GRAPEFRUIT	20
AVOCADO HALF OR WHOLE	25/45
BACON	35

PARADEN

KVARTERSKROG & BARSERVERING

ON A PLATE

AVOCADO & PRIEST CHEESE 80
on Paraden's seed crisp bread

EGG & CAVIAR 65
on Paraden's seed crisp bread

PARADENS CAPRESE SANDWICH 65
on ryebread with mozzarella, tomato, basil, olive oil
and sea salt

FILLED CROISSANT 65
with scrambled eggs, avocado and chili flakes

RYE BREAD SANDWICH 65
with mashed avocado, poached egg and chili flakes

GRILLED CROISSANT 55
with ham, priest cheese and dijon mustard creme

IDAS BANANA PANCAKE 85
home made flavoured with cinnamon and topped
with peanut butter and sliced banan

NINJA BREAKFAST 65
half an avokado, two fried eggs and for dessert
half an blood grapefruit

FRUIT BOWL 55
freshly cut fruit

SCRAMBLED EGGS JALLA 60
on sour dough bread with cheddar & jalapenos

JUICE & SMOOTHIE

MORNING BOOST - VITAMIN SHOT 25

FRESHLY SQUEEZED ORANGE JUICE 45

RAW JUICE FROM THE CENTRIFUGE 55

COFFEE & TEA

FILTER COFFEE	34	ESPRESSO	
AMERICANO	36	SINGLE	34
CAPPUCCINO	38	DOUBLE	36
CAFFÈ LATTE	38	MACCHIATO	
TEA	34	SINGLE	34
		DOUBLE	36

FRESHLY BAKED

CROISSANT 30

WARM SCONES 55
WITH ONE TOPPING OF YOUR CHOICE

TOPPINGS

NUTELLA 10

FIG MARMALADE 10

**ORANGE & LEMON CURD
MARMALADE** 10

RASPBERRY & CHERRY JAM 10

CREAM CHEESE 10

BLACKCURRANT JAM 10

PARADENS APPLE COMPOTE 10

FOR THE SWEET TOOTH

GRILLED SOURDOUGH 65
FILLED WITH RICOTTA, APRICOT AND
ROSEMARY

SINFUL CROISSANT 45
GRILLED CROISSANT FILLED WITH
BANANA, NUTELLA AND TOPPED WITH
SEA SALT

EGG DISHES FROM HAPPY HENS

AN EGG 15
BOILED OR FRIED

SCRAMBLED EGGS 40

**SCRAMBLED EGGS
WITH BACON** 50

**OMELETTE WITH FETA CHEESE
AND SUNDRIED TOMATO** 65

**OMELETTE WITH HAM,
PARMESAN AND TOMATO** 75

