

Breakfast (10.00 - 12.00)

*Our menu is 100% plantbased and organic
Please let us know if you have any food allergies!*

Avocado on bread Olive oil, sesame seeds, salt & pepper	6,50
Scrambled eggs on toast Tofu, turmeric, paprika	6,50
Pancakes (3 pieces) Banana, maple syrup, powdered sugar	6,50
Banana dream Tahini, granola, fresh fruit, almond milk, sea salt, cayenne pepper	7,00
Grilled Cheese "Cheese", cayenne pepper, ketchup	5,50
All day Breakfast Soy Yoghurt, fresh fruit, flaxseed, hemp seed, granola, raw cocoa, goji berries	7,00

Lunch (12.00 - 16.00)

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Sandwiches

Summer Smash Sandwich	8,50
Spelt toast with smashed avocado, green asparagus, strawberries, red onion, mint, truffle oil & balsamic vinegar	
“Filet Americain” Sandwich	7,50
Spelt bread with rucola, red onion, mustard & capers	
2 “kroketten” Sandwich (Vegetarische slager)	7,50
Spelt bread with mustard & MDnaise	
Grilled peanut butter&banana Sandwich	5,50
Spelt bread with sambal & cacao	
Grilled cheese	5,50
Spelt bread with cayenne pepper & ketchup	

Warm Lunch Dishes

AFC (Amsterdam Fried Cauliflower)	9,50
Fried cauliflower with Sambal dip	
MD Burger (With “cheese” +1,00)	15,00
Seitan patty served with field salad, pickles, avocado, tomatoes & red onion Served with fries & MDnaise	
Optional:	
MD Burger without fries	11,50
Naked Burger (without bun)	13,50
Naked burger without fries	10,00

Salads & Soup

Caesar salad **14,50**

“Chicken”, romaine lettuce, field salad, kale chips, cherry tomatoes, pine nuts, pesto MDnaise, parmesan “cheese” & MD caesar dressing

Sunshine Bowl **9,50**

Cold marinated noodle salad with shii-take, corn, carrot, kimchi, leek, beet, spring onion & raw red cabbage

Green pea soup **6,50**

With mint, dukkah & roasted garlic oil

Sweets

Pancakes (3 pieces) **6,50**

With banana, maple syrup & powdered sugar

Daily choice of vegan pies & cakes (ask our staff) **4,50**

Dinner (18.00 - 22.00)

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Starters

"Steak tartare" With truffle chips, capers, red onions, mustard & MDnaise	7,50
Green pea soup With mint, dukkah & roasted garlic oil	5,00
Chipotle Jackfruit Corn tortilla with pulled jackfruit, pickled red onion, granny smith & mais	8,50
AFC (Amsterdam Fried Cauliflower) Cauliflower tempura with sambal cream sauce	9,50
Smashed Summer Green asparagus, strawberry, smashed avocado, red onion, mint, lime zest & balsamic "caviar"	11,50
Caesar salad Romaine lettuce, field salad, avocado, kale chips, "chicken", pesto-MDnaise & "parmesan" Caesar as a main : 16,50	14,50

Mains

Cauliflower steak Spicy marinade, demi glace, tomato salsa, baby potatoes, roasted red onion & "bacon"	17,50
Battered Broccoli Green asparagus, samphire, mustard sauce & radish	16,50
Sunshine Bowl Cold marinated noodle salad with shii-take, corn, carrot, kimchi, leek, beet, spring onion, raw red cabbage & tempeh	15,00

MD Burger (With “cheese” +1,00) **15,00**
Seitan patty served with field salad, pickles, avocado, tomatoes
& red onion
Served with fries & MDnaise

Optional:

MD Burger without fries 11,50
Naked Burger (without bun) 13,50
Naked burger without fries 10,00

Sides

Roasted seasonal vegetables **4,50**

Coleslaw **3,50**

Fries **4,50**
With MDnaise

Bread **5,50**
With aioli & olive oil

Desserts

Pina Colada **8,50**
Grilled, marinated pineapple with coconut cream & rum jelly

Monkey Business 2.0 **8,00**
Banana Pecan Icecream with spicecake

Daily choice of vegan pies, ask our staff **4,50**

Snacks

Flower Fried cauliflower, pea puree, harissa, cauliflower puree, naan	9,50
Bitterballen (6 stuks) Mustard, MDnaise	6,50
Nachos Red onion, jalapeños, guacamole, "cheddar	8,50
Fries With MDnaise	4,50
Sweet potato fries With MDnaise	4,50
Bread With alioli and olive oil	5,50