

# HINTERLAND

Your refuge in the city



AUTUMN 20'

WIFI CODE : urbanrefuge

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## COFFEE

ESPRESSO	2.5/3
ESPRESSO MACCHIATO	2.8
AMERICANO	2.5/3
LONG BLACK	3
FLAT WHITE	3.5
CAPPUCCINO	3/4
LATTE	3/4/5
FILTER SINGLE ORIGIN	4

Weekday only

- OAT MYLK • SOY MYLK •
- COCONUT MYLK • EXTRA SHOT •

*Try it Cold!*

## TEA

LOOSE LEAF TEA	3.8
• GREEN SENCHA, JAPAN	
• BLACK ASSAM, INDIA	
• JASMINE, CHINA	
• FRESH MINT	
HERBAL TEA	3.8
• FRESH GINGER, HONEY, LEMON	
• ROOIBOS, SOUTH AFRICA	
• KAMILLE, EGYPT	
• HIBISCUS, MALAISIA	

## MATCHA

TEA	4.5
COCONUT LATTE ☞	5

*Try it Cold!*

## SPECIALTY

GOLDEN MYLK ☞	5
Coconut mylk, turmeric, black pepper, ginger, cinnamon	
CHAI LATTE ☞	4/5
Assam black tea, oat mylk, cinnamon, ginger, cardamom	
MATCHA CHOCOLATE ☞	6
Coconut mylk, dark chocolate, matcha green tea	
HOT CHOCOLATE	3.5/4

GREEN JUICE • OF THE DAY •	5
CHARITEA • GREEN OR RED •	4
MATE INFUSION	4
LEMONAID • LIME OR GINGER •	4
BRU • STILL OR SPARKLING •	2.5
APPLE JUICE	3
BEERPROJECT • GROSSE BERTHA •	4

### Suggestions

PUMPKIN SPICE LATTE ☞ 4
Espresso, oat mylk, pumpkin
LONDON FOG ☞ 4
Earl Grey tea, oat mylk, vanilla
HOT APPLE JUICE ☞ 4
Ginger, cinamon, star anise

*Welcome*

Please order and pay at the counter. We are proud to be working with the best quality seasonal ingredients, freshly delivered from local farms.

## FROM 9 AM TO 3 PM

SCRAMBLED EGGS	8.5
Served with bread, butter, side salad	
• SAUTEED MUSHROOMS	+3
• SLICED AVOCADO	+3
• SMOKED SALMON	+3
• MAPLE-FRIED BACON	+3
• ROASTED SWEET POTATOES	+3
GRANOLA BOWL	7.5
Yogurt, home baked granola, flower honey, banana	

**BANANA & PEANUT TOAST ☞ *New!*** 8.5  
Served with fresh bananas, peanut butter, goji berries, toasted almonds, poppy seeds & maple sgrup

AÇAÏ BOWL ☞	9.5
Served with home baked granola and:	
• KIWI, GOJI BERRIES & COCONUT	
• BANANA, COCOA, CHIA & PEANUT BUTTER	

SOURDOUGH & SPREADS ☞	5.5
Fresh rye sourdough bread and:	
• CHOCOLATE HAZELNUT SPREAD, RASPBERRY JAM	
• GUACAMOLE, HUMMUS	+2

BUDDHA BOWL ☞	13
Sauteed mushrooms, roasted sweet potatoes, sliced avocado, black rice, cilantro, pepitas seeds, toasted almonds, hummus, salad	

☞ Vegan ☞ Gluten Free

## FROM 10 AM

LAST KITCHEN ORDER  
15 o'Clock

AVOCADO TOAST ☞	11
Toasted rye sourdough bread, guacamole, pepitas seeds, toasted almonds, sprouted seeds, cilantro, served with a side salad	
• ADD SMOKED SALMON	+3
GUACAMOLE & SWEET POTATO TOAST ☞	11.5
Hot sandwich made with rye sourdough bread, hummus, roasted sweet potato, guacamole, served with homemade ketchup and a side salad	
TOMATO-ARTICHOKE & CHEDDAR TOAST <i>New!</i>	12
Hot sandwich made with rye sourdough bread, dry tomato and artichoke caviar, cheddar, served with homemade ketchup, a side salad, and filled with a choice of meat:	
• BACON FRIED WITH MAPLE SYRUP	
• MAPLE & HERB GRILLED CHICKEN	

### Try something New

CHOCOLATE & BANANA PANCAKES ☞ <i>New!</i>	12
Served with fresh bananas, whipped soy cream, crushed pistachios, orange & rosemary infused maple sgrup	
PEAR & PECAN FRENCH TOAST <i>New!</i>	12
Brioche bread, pear - cinnamon & turmeric coulis, fresh pears, pecan nuts, maple sgrup	

GLUTEN FREE BREAD	+1
SCRAMBLED EGGS SIDE	+5

No time to eat on the spot ? No Problem. Take away and benefit from a 10% discount !

### OPENING HOURS

Thursday - Sunday, 9am - 4pm

### LOCATION

Caussée de Charleroi 179,  
1060 Saint-Gilles

### DROP US A LINE

www.hntrlnd.be  
☎ + ☺ @Hinterland