

VEGAN MENU

APPETIZERS / SIDE ORDERS

Arabic pita bread	0,6
Guacamole <i>GF</i> Dip from avocado. Served with nachos.	6,5
Hummus with sweet potato Chickpeas dip with sweet potatoes, lemon, caramelized onions and Cretan olive oil. Served with arabic pita bread.	5,5
Pulao rice <i>GF</i> Basmati rice with green peas and safran.	4,2
Organic tri-color quinoa <i>GF</i>	5,0
Falafel balls <i>GF</i> Three pieces.	2,8
Nachos & vegan cheddar sauce <i>GF</i>	4,2
Mixed green salad <i>GF</i> with unfiltered organic apple cider vinegar dressing.	4,2
Potatoes bravas <i>GF</i> served with homemade mayonnaise sauce.	4,9
Homemade sauce (120ml) <i>GF</i> Cheddar, Yogurt, Teriyaki, Hot chili sauce, Mayonnaise, Unfiltered organic apple cider vinegar dressing.	1,5

MAMA TIERRA's CLASSIC DISHES

Macrobiotic salad <i>GF</i> Baked sweet potatoes, grilled marinated tofu, kale, organic tri-color quinoa, fresh onions and teriyaki dressing.	8,5
Protein salad <i>GF</i> Lentils, organic tri-color quinoa, tomatoes, parsley, lemon juice, Cretan olive oil and guacamole on the top.	8,0
Vegetable korma <i>GF</i> Broccoli, zucchini, carrot, cauliflower, fresh tomato, onion, cabbage, green peas, potatoes, cooked in coconut milk and our homemade curry recipe.	8,0
with pulao rice	10,0
with organic tri-color quinoa	10,5
Mousakas The most famous Greek dish at its most tasteful vegan version with organic black beans & béchamel of coconut milk.	11,5
Soutzoukaki Another vegan version of a traditional Greek dish. Eggplant balls baked in the oven, flavored with spices and our homemade tomato ragout recipe.	
with pulao rice	10,0
with organic tri-color quinoa	10,5

MAMA TIERRA'S SPECIAL DISHES

Sweet potato soup <i>GF</i>	7,0
With ginger and lime.	
Mama tierra bowl <i>GF</i>	8,8
Organic black beans salad, grilled marinated tofu, mixed green salad, organic tri-color quinoa, avocado, walnuts, green apple and yogurt sauce.	
Linguine à la crème	8,5
Champignon mushrooms, zucchini, broccoli, onion, dill, and coconut cream.	
& vegan parmesan cheese	0,5
Mushrooms ragout linguine	7,9
Champignon mushrooms, bell peppers, onion, cooked with our homemade tomato ragout recipe and pesto sauce.	
& vegan parmesan cheese	0,5
Daal fry <i>GF</i>	7,0
Traditional Indian dish with red and yellow lentils and a mixture of spices (garam masala).	
with pulao rice	9,0
with organic tri-color quinoa	9,5
Mushroom patties	9,5
Two patties from fresh champignon mushrooms, fresh herbs, organic oat and mixed spices. Served with yogurt sauce and side of your choice, mixed green salad or pulao rice.	
Vegetable patties	9,5
Two patties from a mixture of fresh vegetables, potatoes, organic tricolor quinoa, fresh herbs and mixed spices. Served with yogurt sauce and side of your choice, mixed green salad or pulao rice.	

BURGERS & WRAPS

Mushroom burger

Burger made with a mixture of fresh champignon mushrooms, herbs and organic oat. Vegan cheese, tomato, caramelized onions, lettuce, ketchup and homemade mayonnaise in a charcoal bun.

Platter	9,5
with potatoes bravas and homemade mayonnaise sauce	
Simple	7,0

Vegetable burger

Burger made with a mixture of fresh vegetables, potatoes, fresh herbs and mixed spices. Tomato, iceberg, onions, ketchup and homemade vegan garlic mayo in a charcoal bun.

Platter	9,5
with potatoes bravas and homemade mayonnaise sauce	
Simple	7,0

Burrito

Tortilla (30cm) with organic black beans salad, guacamole, basmati rice, fresh vegetables, parsley and chili sauce.

Platter	9,0
with nachos and vegan cheddar sauce	
Simple	7,0

Mushroom melt wrap

Tortilla (30cm) with two mushroom patties, vegan cheese, bell peppers, charred onions, vegan cheddar sauce and mixed salad with cabbage, tomato, parsley.

Platter 10,0

with nachos and vegan cheddar sauce

Simple 8,0

Falafel

Platter 8,8

Six falafel balls, arabic pita bread, mixed salad, hummus dip, yogurt dip and chili sauce.

Simple 4,4

Three falafel balls wrapped in tortilla (25cm) with tomato, onion, eggplant, green salad, parsley and yogurt sauce.

DESSERTS

Chocolate mousse *GF* 4,5

Served with roasted almonds

Baklavas 4,5

The famous greek delight in our fresh vegan version with nuts and greek virgin olive oil. Please inform us of any food allergies

FRUITES JUICES

Bio Orange & Goji Berries juice 200ml 3,5

Pomegranate 100% Natural juice 250ml 4,0

Tangerine 100% Natural juice 250ml 3,5

Bio Pineapple juice 100% 200ml 3,2

BEVERAGES

Bottled Water 1L 1,2

Carbonated Water 330ml 2,0

Green Cola 330ml 2,5

TEA

Masala

Black tea, cardamom, cloves, ginger and cinnamon.

Relaxing

Sage, chamomile & rose.

Antioxidant

Aspalathos, hibiscus, balsam.

Cold relief

Lemongrass, ginger, sage.

Lemon Balm

Green tea, verbena, lemongrass, lemon.

Glass (250ml) hot or cold 3,0

Teapot (700ml) 6,0

KOMBUCHA organic

Ginger *GF / Raw*

4,0

It is a living health drink made by fermenting black or green tea and sweetener with the symbiotic colony of bacteria & yeast (scooby) of komboucha. It is rich in probiotics elements that help detoxify the body, boost the immune system and contains all the B vitamins.

COFFEE BIO

Espresso single / double

2,0 / 3,0

Cappuccino single* / double*

4,0/ 4,5

Freddo Espresso

3,5

Freddo Cappuccino*

4,5

*with organic almond milk

BEER

Vergina Macedonia Thrace Brewing

Lager 330ml

3,8

Lager ALCOHOL FREE 330ml

4,0

Weiss 500ml

5,5

Greek Microbreweries

M.Circus Lager with Sea Salt 330ml - Chios island

4,5

Noctua India pale ale 330ml - Athens

5,0

VEGAN WINES

Strofilia white *Variety Roditis & Sauvignon Blanc*

Glass

5,5

Bottle 750ml

22,0

Mirabeau Forever Summer rosé *Variety 60% Grenache, 40% Syrah*

Glass

6,5

Bottle 750ml

26,0

Strofilia red *Variety Agiorgitiko & Merlot*

Glass

6,0

Bottle 750ml

24,0



GF - gluten free

Please let us know about substances or products that cause you allergies or intolerances

All sauces are prepared in our kitchen. In our salads we use extra virgin Cretan olive oil.

We use sunflower oil for frying. The burgers and patties are cooked onto plateau.

The vegetables are purchased daily, inspected and washed in our kitchen.

Frozen products: peas. All legal taxes 0,5% municipality tax & VAT 13% /24%

are included in the prices. Prices may change without primary notice. The consumer has no obligation to pay if they do not receive the legal document receipt or invoice. The store has necessarily protest cards to customers at a special location next to the exit.

Le magasin est tenu d' offrir des cartes de protestation a un endroit special a cote de la sortie.

Der laden ist verpflichtet, protestkarten an ihre kunden an einem besonderen ort neben dem ausgang bieten.