

## FOOD BAR DISHES

Create your own bowl out of dishes from the Food Bar on this page



### 15 | Indonesian Tempeh with Onions

Baked tempeh, onions, kaffir lime leaves in a mild Laos sauce, salam, lemongrass, tamarind, and Javanese palm sugar



### 16 | Vega Bhaji

Bhaji with cauliflower, potato, carrot, and pea with mild Indian spices



### 17 | Sweet Soy Mushroom

Mixed mushroom, red onions, lentils, soy sauce, date syrup, and broccoli



### 18 | Madras Curry with Vegan Chicken

Madras curry, vegan chicken, peas, spinach, soy yogurt, tomato sauce, and almond shavings



## FOOD BAR COMBI DEAL



Soup



Large bowl/  
Regular plate



Soda / Beer /  
Coffee / Tea



From  
~~15,30~~  
From  
13,80

## SOUPS



Mushroom



Pumpkin



Thai coconut



3,75



VBB Health Score gives an indication of the healthiness of the product based on the ingredients and additives used. For additional information go to our website.

1-10

## FOOD BAR DISHES

Bowl  
To Go or Eat In

Small 360ml

4,90

Large 750ml

9,55



### 19 | Thai Red Coconut Curry

Thai red coconut curry with pumpkin, green bean, tofu, and spring onion



### 20 | Fried Tofu, Green Beans in Peanut Sauce

Fried tofu with green bean, black bean, peanut, and peanut sauce



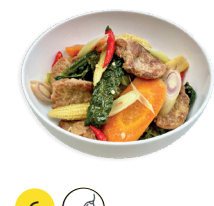
### 21 | Zucchini, Bell Peper with Lemon Oil

Zucchini, bell peper, mushrooms, and lemon oil



### 22 | Mushroom "Ham" Cream Pasta

Mixed mushrooms, sour cream, vegan ham, and fresh parsley



### 23 | Vietnamese Lemongrass "Meat"

Vegan meat, green cabbage, carrots, baby corn, lemongrass, and chili



## FOOD BAR SUSHI



Choices of different Sushi at the Food Bar

The dishes on this page are subject to change. To guarantee freshness and to avoid waste, we offer the Food Bar with a 66% discount via the app "Too Good To Go".

## SALADS



### 24 | Thai Vegan Shrimp Salad with Glass Noodles

Red cabbage, oxheart cabbage, carrots, glass noodles, vegan shrimps, mint, coriander, black sesame seeds with a sesame lime dressing



### 25 | Red Beet "Feta" Spinach with Balsamic Dressing

Spinach, quinoa, apples, red beets, red onions, radishes and vegan feta with a balsamic dressing



### 26 | Pearl couscous with herbs

Pearl couscous, red bell peper, corn, fresh herbs, cucumber, cashew nuts and mustard dressing



### 27 | Mediterranean Bulgur Salad with Sun-Dried Tomatoes

Bulgur, cherry tomatoes, fresh herbs, sun-dried tomatoes, dried apricots, and roasted seeds mix



### 28 | No-Tuna "Tuna" Pasta

Tuna spread (chickpeas, nori, capers, mayonnaise), roasted bell peppers, artichokes, capers, apples, olives, and fresh herbs



## ALLERGIES AND INTOLERANCES

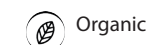
Do you have food allergies or intolerances? Our dishes are prepared in the kitchen where allergenic ingredients are present. So, although it says "Gluten free", we cannot guarantee that our dishes are 100% free of these allergens.



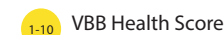
Gluten free



Spicy



Organic



VBB Health Score

Prices are subject to changes due to printing errors and price changes  
Version 2.1, October 1st 2020

VEGAN  
BAMBOO  
BAR

Let food be thy medicine and medicine be thy food

100% Vegan  
Fast Casual Restaurant

Enjoy more than twenty vegan warm dishes  
and fifty vegan products  
on our large sunny terrace

STATIONSPLEIN 85  
3511 ED UTRECHT  
Between Utrecht Central Station  
and Hoog Catharijne

WWW.VEGANBAMBOOBAR.COM


OPENING  
HOURS

Monday -  
Sunday  
12:00 - 22:00


## HOMEMADE BURGERS

- 01 | Red Beet Bean Burger** 9,55  
 Patty: red kidney beans, beets, red rice, madras, miso and coconut blossom sugar  
 Garnish: beets, spinach, avocado, alfalfa sprouts, mango chutney and homemade coriander mayonnaise
- 02 | Smokey Tempeh Black Bean Burger** 9,55  
 Patty: tempeh, black beans, carrot, bell pepper, oregano, tomato paste, onions and garlic  
 Garnish: spinach, daikon, grated carrot, sprout leek and homemade smoked paprika mayonnaise
- 03 | Walnut Mushroom Burger** 11,55  
 Patty: walnuts, mushrooms, onions, lentils, garlic and rosemary  
 Garnish: tomato, iceberg lettuce, sauerkraut, pickle, beetroot sprouts, vegan cheese, ketchup and homemade vegan mayonnaise
- 04 | Miso Portobello Burger** 9,55  
 Patty: shiitake, portobello, smoked paprika, walnuts, brown rice, balsamic vinegar and sriracha  
 Garnish: tomato, arugula, fried onions, pea sprouts and homemade miso mayonnaise


### BURGER COMBI DEAL

 **Burger**

+

 **Potato Chips**

+

 **Soda / Beer  
Coffee / Tea**







=

From 14,50  
13,00

## MEATLIKE BURGERS

- 05 | Beyond Meat Cheese Burger** 11,55  
 Patty (indistinguishable from meat): Beyond Meat  
 Garnish: tomato, iceberg lettuce, vegan cheese, red onion rings, pickle, beetroot sprouts, ketchup and homemade vegan mayonnaise
- 06 | Beyond Meat Miso Sesame Burger** 11,00  
 Patty (indistinguishable from meat): Beyond Meat  
 Garnish: Mixed lettuce, tomato, daikon, red onion rings, pea-asparagus sprouts, Japanese sesame sauce and homemade miso mayonnaise
- 07 | Mundo Verde Teriyaki Burger** 9,55  
 Patty (indistinguishable from meat): Mundo Verde  
 Garnish: tomato, mixed lettuce, baked red onions, pea sprouts and homemade teriyaki mayonnaise
- 08 | Double Mundo Cheese Bacon BBQ Burger** 13,00  
 Patty (indistinguishable from meat): Mundo Verde  
 Garnish: Mixed lettuce, tomato, vegan cheddar cheese, pickles, red onion rings, "bacon", pea-asparagus sprouts, sesame sauce and homemade miso mayonnaise

### SIDES

- 3** Vegan Chicken Satay (2 skewers) with 100% peanut sauce 3,90
- 2**  Potato Chips 2,95
- 3**  Sweet Potota Chips 2,95
- 3**  Peatata (Chickpea Chips) 3,50
- 3**  Falafel (4 pieces) 3,50
- 5**  Small Bowl Ginger Rice 1,95
- 5**  Small Bowl Curcuma Rice 1,95

## SANDWICHES

- 09 | No-Tuna "Tuna"** 4,90  
 Tuna spread (chickpeas, nori, capers, mayonnaise), tomatoes, red onions, mixed lettuce, and leek sprouts  
 Crusty bread roll: served warm and crunchy
- 10 | Scrambled "Egg"** 4,90  
 Scrambled "egg" (tofu, bouillon, curcuma, black salt), tomatoes, red onions, mixed lettuce, and pea asparagus shoots  
 Crusty bread roll: served warm and crunchy
- 11 | Kimchi scrambled "Egg"** 4,90  
 Scrambled "egg" (tofu, bouillon, curcuma, and black salt), kimchi (cabbage, ginger, garlic, and chili), homemade miso mayonnaise, spring onions, and pea asparagus shoots  
 Crusty bread roll: served warm and crunchy
- 12 | Falafel Tahini** 4,90  
 Falafel, tahini sauce, pickled vegetables, tomatoes, red onions, mixed lettuce, and leek sprouts  
 Crusty bread roll: served warm and crunchy

### SUSHI



Various choices of Sushi from 4.90 (see Sushi Menu Card)



## DESSERTS

- 13 | Cakes** from 2,75  
 Cakes from Sue, Vegan Bakery and Rose & Vanilla
- 14 | Ice** from 2,00  
 Abbot Kinney's, Vegan Magnum and Vegan Cornetto







**5**  Some cakes also gluten-free



**6** 

### COFFEE & TEA

-  Organic Coffee 2,50
-  Organic Espresso 2,50
-  Organic Cappuccino 3,00
-  Organic Tea 2,25

### GRAB & GO

- Alcoholic Drinks
- Self Tap Beer
  - Wines



- Drinks
- Juices
  - Soda



- Snacks
- Granola Bars
  - Cookies
  - Crisps

