# WRAPS | DISHES | SANDWICHES

#### Our pita bread is homemade, made from gluten-free flours

#### Souvlaki soy

Organic soy kebab marinated and baked in the oven with olive oil, fresh oregano and fresh thyme | with homemade tzatziki, tomato, onion, parsley, potatoes in the air fryer and gluten-free souvlaki pita bread ON A PLATE (3 pcs) 13,50 $\in$  WRAP I pc 6,70 $\in$  | 2 pcs 12,00 $\in$ 

## Souvlaki Tempeh

Organic soybean tempeh marinated and baked in the oven | with tomato, green salad, red pepper, air fryer potatoes and gluten-free souvlaki pita bread ON A PLATE (3 pcs) 13,50€ WRAP I pc 6,70€ | 2 pcs 12,00€

#### Rovitsa patties

Baked in the oven. Made of mung beans and chia seeds, with parsley, spearmint and spices | with homemade tzatziki, baby rocket, fresh tomato and green pepper ON A PLATE (with salad) 12,00€ WRAP (with potatoes in the air fryer and mayonnaise) 11,30€

### Falafel

Baked in the oven. Made of Greek chickpeas with parsley, coriander and spices | with quinoa tabbouleh salad, homemade hummus, tomato, green salad, smoked sweet red peppers/eggplants sauce, tahini sauce ON A PLATE (with salad) 12,70 $\in$  WRAP (with potatoes in the air fryer and mayonnaise) 11,70 $\in$ 

### Avocado pocket pie 8,50€

In our gluten-free pita bread folded triangularly, with avocado, baby spinach, hummus, cucumber, olives, sweet chili sauce and onion

### it Greek sandwich 10,50€

In our own gluten-free bun, with cashew nuts feta cheese, olive paste, fresh tomato, green pepper, oregano and extra virgin olive oil | served with potatoes in the air fryer and homemade tzatziki

# PIZZA

#### Greek 14,00€

Freshly made with homemade dough from sweet potatoes and selected gluten-free flours, with fresh tomato sauce with rosemary, mushrooms, green peppers, corn, onions, olives, topped with baby rocket and cashew nuts feta cheese

**Pesto** 14,50€ *Freslhly made with homemade dough from sweet potatoes and selected gluten-free flours, with basil and cashew nut pesto, fresh tomato and our cashew nut feta cheese* 

# SWEET | DESSERTS (no added sugar)

Tiramisu 7,00€ With cashew nuts, walnuts, dates, espresso, coconut oil, maple syrup - Raw

**Praline** 7,00€ Homemade praline with roasted hazelnuts, cocoa, maple syrup and coconut milk

Kormos 6,50€ Refrigerator chocolate dessert with coconut butter, cocoa, agave syrup and our own homemade cookies with coconut sugar

Red fruits cream cake 7,00€ With cashew nuts, dates, coconut milk, coconut butter, love syrup and forest fruits - Raw



Vegan Gluten free\* Homemade Healthy

\*Veganaki is a certified gluten-free restaurant and all our dishes are prepared exclusively with gluten-free ingredients. However, because through no fault of ours there may be traces of gluten, people with celiac disease please inform us so that we can guide you with the utmost responsibility and care.

# **APPETIZERS**

Cashew nuts feta cheese 7,50€ From cashews, with oregano and extra virgin olive oil

Cashew nuts cheddar cheese 7,50€ From cashews with spices

Hummus 6,80€ From Greek cheakpeas with tahini, lemon and cumin

Bean fava 6,80€ From giant Prespa beans, in collaboration with a local producer, with extra virgin olive oil, lemon juice and grilled red peppers

Plastos pie 7,50€ Traditional pie from Thessaly, with a cornmeal crust and a filling of greens of Greek countryside, herbs and extra virgin olive oil

★ Zucchini pie 7,50€ With green zucchini, cornmeal, buckwheat flour, onion, dill, extra virgin olive oil

Olivier salad 6,80€ With mayonnaise made of soy milk, carrot, potato and peas

Tzatziki 6,80€ With yogurt made from soy milk, cucumber, dill and extra virgin olive oil

Potatoes 6,50€ Potatoes in the air fryer | served with homemade mayonnaise from soy milk

Appetizer platter 28,00€ Cashew nuts feta cheese, cashew nuts cheddar cheese, hummus, bean fava, lentils with ginger, Olivier salad, homemade tzatziki, potatoes in the air fryer, homemade mayonnaise, smoked sweet red peppers/eggplants sauce, Gluten-free souvlaki pita bread.

Gluten-free souvlaki pita bread 3,70€ Handmade pita from white rice flour and tapioca flour

# **SALADS**

**Greek salad** 10,50€ | side salad 6,00€ Tomato, cucumber, green peppers, onion, olives, cashew nuts feta cheese, oregano and extra virgin olive oil

**Gourmet**  $10,50 \in |$  side salad  $6,00 \in Baby$  spinach, baby rocket, lettuce, fresh mushrooms, cashew nuts feta cheese, pomegranate, dried figs, sesame seeds, sauce with apple cider vinegar and molasses

Lentils with quinoa  $10,50 \in |$  side salad  $6,00 \in G$ reek lentils with quinoa and finely chopped vegetables (celery, carrots, red peppers, onion), cumin and extra virgin olive oil

**Beetroot**  $10,50 \in |$  side salad  $6,00 \in Baby$  spinach, baby arugula, lettuce, beetroot, ginger, carrot, orange, cashew nuts feta cheese, walnuts, balsamic vinegar and molasses sauce

Avocado  $10,50 \in |$  side salad  $6,00 \in G$ Greek avocado from Crete island, in collaboration with a local producer, baby spinach, baby rocket, lettuce, radish, cherry tomatoes, onion, poppy seed, extra virgin olive oil and lemon

# MAIN DISHES

#### 

Oven baked vegan omelette with sunflower seeds, chia seeds, mushrooms, green and red peppers, onions, tomato and herbs | served with cashew nuts feta cheese, Olivier salad (made from homemade vegan mayonnaise), tomato and rocket

Keftedakia 12,00€ "Meatballs" the vegan way baked in the air fryer! Made from Greek chickpeas, baked in the oven with spearmint | served with tahini dip and potatoes in the air fryer

Soutzoukakia 12,50€ "Meatballs" in tomato sauce the vegan way! Made from Greek chickpeas baked in the oven in tomato sauce with garlic and cumin | with our homemade tzatziki and potatoes in the air fryer

Moussaka 13,00€ Variation of the traditional moussaka, vegan version, with eggplants, potatoes, red lentils sauce and cauliflower with almond milk béchamel

Pastitsio 13,00€ Variation of the traditional oven recipe with organic gluten-free pasta, vegan version, with soya mince and cauliflower with almond milk béchamel

Green lentils Burger 14,00€

On our own gluten-free bun, with green lentil and herb burger, baked in the oven | with cashew nuts cheddar cheese, ketchup from fresh tomatoes and rosemary, homemade mayonnaise, fresh tomato, cucumber, lettuce, onion and mustard | served with potatoes in the air fryer and homemade mayonnaise

# ighthington Herber Herber 12,00€

On our own gluten-free bun, with a vegan burger made of cauliflower, zucchini, carrots, cumin and turmeric, baked in the oven | served with Olivier salad made of vegetables and soy milk, mustard, fresh tomato and lettuce

#### ity: Club Sandwich 14,50€

In our gluten-free pita bread folded triangularly, filled with smoked tofu, cashew nuts cheddar cheese, mayonnaise and baby rocket | served with potatoes in the air fryer and smoked sweet red peppers/eggplants sauce

VEGANAKI Special 19,00€

Greek traditional flavors the vegan way! Mung beans patties, Greek salad with our cashew nuts feta cheese, homemade tzatziki, potatoes in the air fryer

Mix grill (for 2 persons)  $27,00 \in$ A variety of burgers consisting of 2 rovitsa burgers, 2 soy souvlaki, 2 tempeh souvlaki, 4 meatballs, 1 green lentil burger and 1 veggie burger

Extra ingredients and sauces are subject to an additional charge

# PASTA

Bolognaise 14,00€ Gluten-free spaghetti with mince sauce made from organic soybeans tempeh and soy, with fresh tomato, celery, carrot, onion, flavored with bay leaf, rosemary and basil | sprinkle with nutritional yeast

Carbonara 14,00€ Gluten free spaghetti, with mushrooms and smoked tofu, in a white cashew sauce with herbs

Pesto 14,00€ Gluten free spaghetti, with our own basil pesto, baby rocket and cherry tomatoes | sprinkle with grated roasted cashews

ideal for breakfast