

HOMEMADE JUICES



Liquid Sunshine / Green

Celery, cucumber, apple, lemon, ginger

True Love / Red

Beetroot, carrot, apple, lemon, ginger

Supercharge / Orange

Carrot, apple, pineapple, lemon, ginger

Paradise City / Blue

E3Live Blue Majik, coconut water, pineapple, lemon

Juice Shot 60 ml 3,0

HOMEMADE SMOOTHIES



Super Green

Coco-rice milk, spinach, mango, lime, banana, green powder

Coco Party

Chocolate milk, banana, coconut*, cacao powder

Purple "açai" Glow

Coco-rice milk, frozen açai, banana

* For the smoothiebowl cashews are added

COLD

Iced Caffe Latte 4,9

Water 2,5

Still or sparkling from a bottle

Unlimited infused tap water

Kombucha 325 ml 4,5

Probiotic beverage that builds up your intestinal flora,
contains live enzymes, amino acids, minerals, vitamins... ∞

Whole Earth 330 ml 3,5

Saison Dupont 330 ml - organic beer 4,0

The Good Cider 330 ml - all natural apple cider 5,0

Red and White Wine 250 ml - fairtrade 6,0

Juicing vs. blending

*Juices: instant infusion of nutrients,
give the digestive system a break, cells can focus
on rest & repair.*

*Smoothies: support digestive health, sweep toxins
away, satisfy hunger & sustain energy over time.*

HOT

Tea 2,5

Espresso 2,5

Coffee (regular/grain) 2,5

Grain coffee is an alternative to coffee with a very different
flavor and no caffeine, made from barley, malted barley,
chicory, rye, figs and guarana.

Cappuccino 3,5

Hot chocolate milk 3,9

Latte 3,9

Coffee with lots of milk: Caffe latte (regular/grain)

Herbal tea with lots of milk:

Chai latte (brown spice-mix)

Turmeric latte (yellow - soothing)

Matcha latte (green - energizing) 4,5

Our lattes are made with plant-based milk.

ORDER & PAY
AT THE COUNTER
PLEASE

BREAKFAST ALL DAY LONG!

| | |
|---|------|
| Smoothie bowl | 12,0 |
| Smoothie of choice (turn page for list of smoothies) topped with gluten-free granola, coconut flakes & loads of fruit | |
| Parfait | 7,0 |
| Layers of sugar-free soy yogurt, chia coulis, gluten-free granola & fruit | |
| Two slices of banana bread | 8,0 |
| Topped with peanut butter & chia jam - small fruit salad | |
| Spelt pancakes | 9,5 |
| Topped with homemade chocolate sauce, chia jam & loads of fruit (gluten-free option: buckwheat) | |
| Toast with scrambled 'eggs' | 11,0 |
| Two toasts with scrambled tofu & loads of herbs - small salad | |
| Tasting platter | 15,0 |
| A little bit of everything we have to offer - different types of bread, toppings, some fruit & veg | |

BREAKFAST MENUS

Have a taste of our different breakfast items

| | |
|---|------|
| Breakfast menu S | 18,0 |
| Juice + coffee or tea + small toast with hummus + small toast with scrambled 'eggs' + small parfait + small chocolate caramel slice | |
| Breakfast menu M | 20,0 |
| S + a slice of banana bread topped with peanut butter and chia jam | |
| Breakfast menu XL | 22,0 |
| S + slice of banana bread + small pancake with loads of fruit | |

LUNCH

| | |
|--|------|
| Soup of the day | 8,5 |
| Soup (4,5) / Slice of bread (1) / Small salad (3) | |
| Two hummus toasts | 12,0 |
| Bread, homemade hummus & veggies - small fruit salad | |
| Salad bowl (mostly raw veggies) | 15,0 |
| Buddha bowl (mostly cooked veggies) | 15,0 |
| Colourful bowls made of veggies, good carbs and proteins | |
| Bowl menu | 22,5 |
| Juice of choice + bowl (buddha or salad) + dessert of choice | |
| Dutch Weed Burger | 9,5 |
| Our neighbour's famous burger - seaweed and soy patty with a chlorella bun | |
| Don't forget to take a look at our suggestion board! | |

SNACKS / DESSERTS

| | |
|---|-----|
| Bliss ball | 2,5 |
| Energy ball made from nuts & dried fruits | |
| Chocolate caramel slice | 5,0 |
| This healthy treat never disappoints! | |
| Raw cake or pie | 5,0 |
| A revolutionary dessert ~ made without flour, dairy, eggs or refined sugars ~ unheated, so the ingredients vitamins, minerals, enzymes, antioxidants are maintained ♡ | |
| Small fruit salad | 7,0 |
| All our desserts are gluten-free! | |



Life is a plant-based breakfast and lunch bar, providing something for everyone!

As firm believers of nourishing the body AND the soul, we provide all the foods and drinks to do exactly that.

Enjoy our food and experience all the variety the plant-based kitchen has to offer!

We promise to make you glow !

 [facebook.com/lifebarleuven](https://www.facebook.com/lifebarleuven)

 [lifebar_be](https://www.instagram.com/lifebar_be)

The smoothie is made slightly thicker and creamier so it's easier to spoon away!

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DRINKS

ALCOHOLIC

Saison Dupont 330 ml 4,0
organic beer

The Good Cider 330 ml 5,0
all natural apple cider

Red Wine 250ml 6,0
fairtrade

White Wine 250ml 6,0
fairtrade

Hierbas De Las Dumas Liqueur 6,0



FOOD

Lasagna 15,0

Your classical meaty lasagna, but then vegan

Salad bowl 15,0
(mostly raw veggies)

Buddha bowl 15,0
(mostly cooked veggies)

Colourful bowls made of veggies,
good carbs and proteins

Bowl menu 22,5

Juice of choice + bowl (buddha or salad)
+ dessert of choice

Dutch Weed Burger 9,5

Our neighbour's famous burger –
seaweed and soy patty
with a chlorella bun

Two hummus toasts 12,0

Bread, homemade hummus & veggies –
small fruit salad

Two slices of banana bread 8,0

Topped with peanut butter & chia jam –
small fruit salad

Don't forget to take a look at
our suggestion board!

SNACKS / DESSERTS

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Energy ball made from nuts & dried fruits

Chocolate caramel slice 5,0

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Raw cake or pie 5,0

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the ingredients vitamins, minerals,
enzymes, antioxidants are maintained

Small fruit salad 7,0

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DRINKS

NON-ALCOHOLIC

HOMEMADE JUICES



250 ml
5,0



500 ml
8,0

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