



ENGLISH MENU





COFFEE & TEA

Americano	€ 2,75
Espresso	€ 2,50
Double espresso	€ 3,25
Cappuccino	€ 2,85
Café latte	€ 3,25
Latte Macchiato	€ 3,50
Flat white	€ 3,50

Our coffee is available with oat milk and soy milk

Small pot of tea ◊ various flavours of Numi tea	€ 2,95
Ginger tea	€ 3,50
Golden milk	€ 3,75
Chai (latte)	€ 3,50
Fresh mint tea	€ 3,50



SODAS

Various sodas	from € 2,80
Fritz Cola regular,	
Fritz Cola light,	
Fritz Lemon regular,	
Charitea Icetea regular,	
Charitea Icetea green,	
Spa, Tonic	

Fentimans	€ 3,90
Rose lemonade,	
Ginger beer	

Fresh orange juice	€ 3,50
Organic apple juice	€ 3,20





BREAKFAST & LUNCH

- | | | | |
|--|--------|--|--------|
| Coconut yogurt | € 6,50 | Grilled vegan cheese sandwich | € 5,25 |
| with homemade granola and fresh fruit | | with vegan cheese, pesto, spinach & salsa | |
| Acaibowl | € 8,00 | Grilled avocado sandwich | € 5,50 |
| with homemade granola, fresh fruit, cacao nibs and chia seed | | with vegan cheese, avocado, tomato and pesto | |
| Dragonbowl | € 8,00 | Croquettes | € 7,25 |
| bowl with dragonfruit, raspberries, banana, granola and fresh fruit. | | with bread and mustard or mayo | |
| Peanutbutter sandwich | € 4,00 | Roasted bell pepper soup | € 6,25 |
| bread with peanut butter, banana and cinnamon | | soup of roasted bell pepper with a topping of chickpeas and pine nuts, served with bread | |
| Pesto sandwich | € 6,50 | | |
| bun with pesto, fresh spinach, avocado, tomato, pine nuts | | | |





BREAKFAST & LUNCH

Beyondburger € 9,00

sandwich with lettuce, vegan cheddar vegan cheese, tomato, pickle, sweet baked onions, mayo, served with tortillachips and salsa

Wrap

wrap with roasted carrot, € 9,00 paprika, zucchini, hummus, avocado, mayo, pine nuts and iceberg lettuce

Pulled Jackfruit € 9,00

sandwich with marinated pulled jackfruit with guacamole, tomato and spinach, served with tortillachips and salsa

Falafel quinoa salad € 8,25

salad with quinoa, falafel, roasted veggies, sweet red onion, hummus, pine nuts, sesame seeds and a tahin balsamic dressing

Pasta salad € 8,25

pasta salad with pesto, broccoli, arugula, paprika, pine nuts and (sundried) tomatoes

Fries € 3,25

fries can be ordered with all our dishes with mayo or ketchup





SWEETS

Croissant
with homemade jam

€ 2,25

Coffee bun

€ 2,75

Chocolate bun

€ 2,75

Bananabread
gluten free

€ 3,50

Various Pies and Cakes € 3,75
Carrot Cake, Apple Pie,
Chocolate Pie and others

Icecream

Vegan Cornetto,
Vegan Magnum

€ 3,00

High Tea

High tea with cakes, pies,
sandwiches and more!,
mimimum of two persons
Please make your reservation
a day in advance

€ 20,-
p.p.





SHOP

Homemade Granola

glass jar filled with
homemade granola
(approx 120 gram)

€ 5,00

Refill Homemade Granola

€ 4,00

Vintage Tableware

from
€ 4,50

Vegan pies and cakes

Carrot Cake	€30,00
Apple Pie	€20,00
Cake with Forest Fruit	€22,50
Pecan Caramel Cake	€25,00
Millionaire's Shortbread	€20,00
Vanille Coconut Cake	€25,00
Chocolate Pie	€22,50
'Kladdkaka'	
Bananabread	€ 17,95
gluten free	
Velvetcake	€30,00
Lime Pie	€27,50
no-bake	





SMOOTHIES

Pink Panther

€ 4,50

banana, raspberries, chia seed, oatmeal, cocoa powder, coconut flour sugar, almond milk

Berrybomb

€ 4,50

acai, blueberries, banana, apple, strawberry, blackberries, baobab, almond milk

Green Boost

€ 4,50

banana, spinach, hemp seed, almondpaste, almond milk

Sunny and Orange

€ 4,50

orange juice, carrot, mango, lemon, almond milk

Lovely Green

€ 4,50

spinach, avocado, apple, broccoli, mango, wheatgrass, barley grass, spirulina, apple juice

Happy chocolate

€ 4,50

banana, natural peanut butter, cacao powder, oat milk





OPEN

Wednesday to Sunday
10.00 AM - 6.00 PM
Closed on Mon & Tue



INSTAGRAM



FACEBOOK



ADDRESS

Fast & Vegan
Piet Heinstraat 96A
2518 CL Den Haag