

# HINTERLAND

Your refuge in the city



AUTUMN 19'

WIFI CODE : urbanrefuge

AUTUMN 19'

## COFFEE

*Try it Cold!*

ESPRESSO	2.5/3
ESPRESSO MACCHIATO	2.8
AMERICANO	2.5/3
LONG BLACK	3
FLAT WHITE	3.5
CAPPUCCINO	3/4
LATTE	3/4/5
FILTER SINGLE ORIGIN	4
Weekday only	
COLD BREW	3
Single origin coffee beans brewed in cold water for 12 hours	

- OAT MYLK • SOY MYLK •
- COCONUT MYLK • EXTRA SHOT • 0.5

## TEA

LOOSE LEAF TEA	3.8
• GREEN SENCHA, JAPAN	
• BLACK ASSAM, INDIA	
• WHITE BAI MU DAN, CHINA	
• FRESH MINT	
HERBAL TEA	3.8
• FRESH GINGER, HONEY, LEMON	
• ROOIBOS, SOUTH AFRICA	
• KAMILLE, EGYPT	
• HIBISCUS, MALAISIA	

## MATCHA

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TEA	4.5
COCONUT LATTE	5

## SPECIALTY

GOLDEN MYLK	4.5
Coconut mylk, turmeric, black pepper, ginger, cinnamon	
CHAI LATTE	4/5
Assam black tea, oat mylk, cinnamon, ginger, cardamom	
MATCHA CHOCOLATE	6
Coconut mylk, dark chocolate, matcha green tea	
HOT CHOCOLATE	3.5/4

ICED TEA	3.5
Rooibos tea, orange, mint Sugar free	
BRU • STILL OR SPARKLING •	2.5
MATE INFUSION	4
LEMONADE • LIME OR GINGER •	4
APPLE JUICE	2.5
ROSÉ CIDER • BY WIGNAC •	4.5
BEERPROJECT • GROSSE BERTHA •	4

## COLD DRINKS

FRESH GINGER SHOT	2
ORANGE JUICE	3.8

## Suggestions

PUMPKIN SPICE LATTE	4
Espresso, oat mylk, homemade pumpkin spice syrup	
LONDON FOG	4
Earl Grey tea, oat mylk, vanilla	

Welcome

Please order and pay at the counter. We are proud to be working with the best quality seasonal ingredients, freshly delivered from local farms.

## FROM 8 AM TO 3 PM

SCRAMBLED EGGS	8.5
Served with bread, butter, side salad	
• SAUTEED MUSHROOMS	+3
• SLICED AVOCADO	+3
• SMOKED SALMON	+3
• MAPLE-FRIED BACON	+3
• ROASTED SWEET POTATOES	+3
GRANOLA BOWL	7.5
Yogurt, home baked granola, flower honey, banana	

OVERNIGHT OATS	7.5
Oat flakes, coconut mylk, cocoa, banana, shredded coconut, goji berries, almonds, seeds	

AÇAÏ BOWL	9.5
Served with home baked granola and:	
• KIWI, GOJI BERRIES & COCONUT	
• BANANA, COCOA, CHIA & PEANUT BUTTER	
SOURDOUGH & SPREADS	5.5
Fresh rye sourdough bread and:	
• CHOCOLATE HAZELNUT SPREAD, RASPBERRY JAM	
• GUACAMOLE, HUMMUS	+2

BUDDHA BOWL	13
Sauteed mushrooms, roasted sweet potatoes, sliced avocado, quinoa, cilantro, pepitas seeds, toasted almonds, hummus, salad	

Vegan Gluten Free

No time to eat on the spot ? No Problem. Take away and benefit from a 10% discount !

## FROM 10 AM

LAST KITCHEN ORDER  
15 o'Clock

AVOCADO TOAST	11
Toasted rye sourdough bread, guacamole, pepitas seeds, toasted almonds, sprouted seeds, cilantro, served with a side salad	
• ADD SMOKED SALMON	+3
MUSHROOM & RED PESTO TOAST	11.5
Hot sandwich made with rye sourdough bread, sauteed mushrooms, sirop de Liège, red pesto, served with homemade ketchup and a side salad	
GUACAMOLE & CHEDDAR TOAST	12
Hot sandwich made with rye sourdough bread, guacamole, cheddar, served with homemade ketchup, a side salad, and filled with a choice of meat:	
• BACON FRIED WITH MAPLE SYRUP	
• MAPLE & HERB GRILLED CHICKEN	

*Try something New*

CHOCOLATE & BANANA PANCAKES	12
Served with fresh bananas, whipped soy cream, crushed pistachios, orange & rosemary infused maple syrup	
PEAR & PECAN FRENCH TOAST	12
Brioche bread, pear - cinnamon & turmeric coulis, fresh pears, pecan nuts, maple syrup	

GLUTEN FREE BREAD	+1
SCRAMBLED EGGS SIDE	+5

### OPENING HOURS

Monday - Friday, 8am - 4pm  
Saturday, 9am - 4pm

### LOCATION

Caussée de Charleroi 179,  
1060 Saint-Gilles

### DROP US A LINE

www.hntrlnd.be  
 @Hinterland