



**SOYO**  
CAFÉ

**FRESH • HEALTHY • MEDITERRANEAN**

Take Away menu

# LIGHTER BITES

## ○ Soups - served with bread

**MUSHROOM SOUP** £5.00

**TOMATO AND RICE SOUP** £5.00

**SOUP OF THE DAY** £5.00

Please ask your waiter

## ○ Quiches - served with salad

**MUSHROOM AND CREAM** £10.00

**SAUTÉED SPINACH & CARAMELISED ONION** £10.00

**SWEET POTATO AND FETA CHEESE** £10.00

## ○ Savoury crêpes - served with salad

**NEW YORK** £9.00

Cream cheese and smoked salmon

**FRENCH REVOLUTION** £9.00

Creamy mushroom sauce

**FIORENTINA** £9.00

Cream, spinach and parmesan

**PHILADELPHIA** £9.00

Scrambled egg, salmon and cheese

**SOYO** £9.00

Fried egg, tomato, spinach,  
mushroom and cheese

**OMEGA 3** £9.00

Tuna, corn and cheese



# LIGHTER BITES

## ○ Sandwiches - served with salad

### SMOKED SALMON GUACAMOLE

£9.00

Smoked salmon, guacamole, spring onion, lettuce, garlic & herb dressing

### TUNA SANDWICH

£8.50

Tuna, red onion, pickles, egg and rocket leaves

### FETA ANTIPASTI

£8.50

Grilled aubergine, peppers and courgette with feta cheese and avocado

### VEGAN SANDWICH

£8.50

Chickpea omelette, paprika & cumin tahini, tomato and lettuce

### AVOCADO GUACAMOLE

£8.50

Guacamole, egg and lettuce

### VEGAN OMELETTE SANDWICH

£8.50

Chickpea omelette, pesto, tahini, tomato and lettuce

### HALLOUMI SANDWICH

£9.00

Olive tapenade, grilled halloumi, cream cheese, tomato and pickles

### MOZZARELLA SANDWICH

£8.50

Mozzarella, basil chimichurri, avocado and tomato

### SABICH SANDWICH

£8.00

Grilled aubergine and peppers, egg, pickles and paprika & tahini amba dressing

### OMELETTE SANDWICH

£8.00

Cream cheese, cucumber and tomato

### CHEESE AND TOMATO TOASTIE

£8.00

### TUNA MELT

£8.50

# SALADS

## ○ Salads

### **NICOISE** £10.50

Lettuce, tomatoes, cucumber, roasted peppers green beans, pickles, tuna, red onion, roasted potatoes and egg. Served with French vinaigrette

### **MOROCCAN SALAD** £10.50

Couscous, sweet potatoes, mint, coriander, parsley, pomegranate, chickpeas, feta cheese and toasted almonds. Served with lemon and honey dressing

### **TABOULE** £10.50

Lentils, finely chopped mint leaves, parsley, tomato, cucumber, spring onion, beetroot, cranberries, spinach, sunflower seeds, pumpkin seeds, pomegranate and roasted almonds

### **QUINOA SALAD** £10.50

Sweet potato, spinach, red onion, green beans, beetroot, cherry tomatoes and sunflower seeds with lemon and honey dressing

### **FETA ANTIPASTI** £11.00

Lettuce, roasted vegetables, cucumber, tomatoes, olives and feta cheese served with basil vinaigrette

### **AVOCADO SALAD** £11.50

Mixed leaves, avocado, cucumber, tomatoes, egg and roasted vegetables. Served with French vinaigrette

### **SUPERFOOD SALAD** £11.50

Quinoa, kale, broccoli, sweet potato, seeds, chia, pea, slaw with olive oil and lemon

### **ARTICHOKE AND GOAT CHEESE** £12.50

Spinach, rocket, carrots, cherry tomatoes, red onion, dried cranberries, toasted cashews, melon, artichoke and grilled goat cheese. Served with French vinaigrette

### **HALLOUMI SALAD** £12.50

Grilled halloumi cheese, mixed leaves, cherry tomatoes, red onion, spring onion, walnuts, roasted peppers and mushrooms. Served warm with sesame dressing

### **SALMON CAESAR** £13.50

Grilled salmon served on mixed leaves, croutons, avocado and parmesan cheese. Served with Caesar dressing

### **SABIH SALAD** £11.00

Tahini, amba, tomatoes, parsley, new potatoes, pickles, aubergine, grated egg

### **FREAKEH AND LENTILS SALAD** £11.00

With beets, sweet potatoes, pomegranate, mint and feta cheese

### **RAISINS AND FREAKEH SALAD** £11.50

With quinoa, French beans, sweet potatoes, pak choi, pomegranate, herbs and nuts

### **ASIAN SALAD** £12.00

Cabbage, bean sprouts, rocket leaves, dried cranberries, toasted sesame seeds and coriander with Asian vinigrate

### **add tuna steak** £7.50





# CREATE YOUR OWN SALAD

## ○ Base

Cos&mixed leaves / Quinoa / Couscous / Lentils / Freakeh **£4.75**

## ○ Ingredients

Olives, carrots, red onion, sweetcorn, grapes, cherry tomato, cucumber, fresh peppers, mushroom, new potato, croutons, apple, bean sprouts, tomato, celery, green beans, pear, spring onion, chickpeas, parsley, coriander, peach, pickles, sesame seeds **£0.70**

Boiled egg, pomegranate, beetroot, garden pea, spinach, kale, broccoli, sunflower seeds, pumpkin seeds, chia seeds, medjool dates, cashew nuts, strawberry, dried cranberries, ango, walnuts, almonds **£1.40**

Roasted peppers, roasted zucchini, roasted aubergine, avocado, sweet potato, asparagus, artichoke **£1.70**

Tuna, smoked salmon, tofu, feta cheese **£2.80**

Mozarella, halloumi cheese, goats cheese **£3.80**

Grilled salmon **£7.50**

Seared tuna **£8.50**

## ○ Dressing

Balsamic vinaigrette / yogurt and dill dressing / Soy and sesame French vinaigrette / olive oil & lemon / pesto chimichurri dressing **£4.50**



# MAINS

## ○ Pasta

### PENNE

With tomato / Rose sauce £9.50  
With onion - creamy mushroom sauce £11.00  
Creamy pesto and broccoli £11.00

### TUNA BOLOGNESE SPAGHETTI

With onions, carrots, peas and herbs £12.50

### ROASTED VEGETABLE LASAGNE

Served with side slaw salad £11.00

### LASAGNE

Sweet potato, onion, £12.00  
roasted peppers and cream

### TOMATO LINGUINI

With salmon, fresh tomatoes, £13.50  
cream, basil and lemon zest

### GNOCCHI

With tomatoes, red onion £12.50  
and kalamata olives in white wine sauce

### CREAMY LINGUINI

With salmon and zucchini £12.50  
in creamy sauce and rocket leaves

### SPAGHETTI

With garden peas, broccoli, pea and zucchini £11.00

### CHEESE RAVIOLI

With cream and tomato sauce £12.50

### PENNE

With roasted vegetables and rose sauce £11.00

### RICE NOODLES STIR FRIED

With vegetables, served with spring rolls £12.00

### GREEN STIR FRY NOODLES

With Broccoli, cabbage, pak choi, £16.00  
green beans, kale and salmon

## ○ Fish

### GRILLED SALMON

With basil mash and pak choi £15.50  
served with salad

### GRILLED SALMON ON POLENTA

With mushroom and French beans £16.00

### FATOUSH SEA BASS

With yoghurt, chopped salad, zaatar, £15.00  
croutons, sumac and feta cheese

### SALMON PAPPILOTE

With roasted potatoes and Caesar dressing £16.00

### SEARED TUNA

Served on gnocchi, pak choi, broccoli, £18.00  
kale, pea, toasted almonds and white wine

### GRILLED SEA BASS

With roasted baby potatoes, cherry tomatoes, £19.00  
French beans, mushroom and chimichurri salsa

### SUPER SALMON BURGER

With garlic and herb mayo, £13.00  
red onion, tomato, pickles

### SALMON

With nuts crust and butter gnocchi £19.00

### TUNA STEAK

With French beans, broccoli, £19.50  
pak choi and peas

### PAN FRIED SALMON

With teriaky, stir fry green vegetables, £17.50  
pak choi and toasted sesame seeds

### SALMON STEW

With tomato sauce £16.00  
and creamy mashed potatoes



# DESSERTS

## ○ Desserts

### SOYO SOUFFLÉ

£5.50

Rich warm chocolate fondant filled with white and milk chocolate served with frozen yogurt

### APPLE TART

£5.50

### YOGURT BERRY CHEESECAKE

£5.50

## ○ Sweet crêpes

### GOLDEN LEMON

£6.00

Butter, sugar and lemon

### NUTELLA

£6.50

### BANANA SPLIT

£7.00

Belgian chocolate, banana, walnuts and cream

### STRAWBERRY ADVENTURE

£7.00

Strawberry, white chocolate and cream

### BANOFFEE

£7.00

Banana, toffee and cream

### CREPE SUZETTE

£7.00

Fresh oranges with orange liquor and brown sugar

### OREO COOKIES

£7.00

White and dark chocolate with oreo cookies

## ○ Froyo

### CHOOSE YOUR FROYO BASE

£4.50

Original yogurt / seasonal yogurt

### CHOOSE YOUR TOPPINGS AND SAUCE

£0.70

#### Fruit toppings

Strawberry, blueberry, cranberry, mango, pineapple, kiwi, banana, pomegranate, melon, apple, lychee, pear

#### Dry toppings

Almonds, walnut, chia seeds, coconut shavings, granola, raisin, medjool dates

#### Naughty toppings

Oreo cookies, salted caramel, chocolate brownies, marshmallows, white chocolate, dark chocolate, rainbow buttons, gummy bear, jelly beans, chocolate and vanilla halva

#### Sauce

Dulce de leche, passion fruit, raspberry, peanut butter, honey, chocolate syrup, maple syrup



# DRINKS



## ○ Juices

FRESHLY SQUEEZED ORANGE JUICE	£3.75
ORANGE AND CARROT JUICE	£4.00
CARROT, GINGER AND CELERY JUICE	£4.25
CARROT, BEETROOT AND CELERY JUICE	£4.25

## ○ Soft drinks

COKE / DIET COKE / COKE ZERO	£2.50
STILL / SPARKLING WATER 330ML	£2.50
STILL / SPARKLING WATER 500ML	£3.50
FANTA	£2.50
SPRITE	£2.50

## ○ Hot Drinks

<b>OREO HOT CHOCOLATE</b>	<b>£5.00</b>
Belgian chocolate, oreo cookies, vanilla, marshmallow and whipped cream	
<b>MESSY HOT CHOCOLATE</b>	<b>£5.00</b>
Hot chocolate, whipped cream, salted caramel, rainbow buttons and chocolate topping	
<b>SINGLE ESPRESSO / MACHIATTO</b>	<b>£2.00</b>
<b>DOUBLE ESPRESSO / MACHIATTO</b>	<b>£2.50</b>

## ○ Hot Drinks

<b>CAPPUCCINO</b>	<b>£2.50 / £3.00</b>
<b>LATTE</b>	<b>£2.50 / £3.00</b>
<b>AMERICANO</b>	<b>£2.50</b>
<b>HAZELNUT / CINNAMON / TOFFEE / CARAMEL IRISH CREAM / FRENCH VANILLA LATTE</b>	<b>£3.50</b>
<b>HOT CHOCOLATE</b>	<b>£2.50</b>
<b>ENGLISH TEA</b>	<b>£2.00</b>
<b>MINT TEA</b>	<b>£2.00</b>
<b>ORGANIC HERBAL TEA</b>	<b>£2.80</b>
Lemongrass & Ginger Blackcurrant & Hibiscus / Pink Rosebuds Peppermint / Chamomile / Green tea	
<b>MOCHACCHINO</b>	<b>£3.50</b>
<b>CHOCOCCINO</b>	<b>£3.00</b>
<b>MOCHA</b>	<b>£3.00</b>
<b>IRISH COFFEE (alcoholic)</b>	<b>£4.00</b>
<b>SAHLAV</b>	<b>£4.00</b>
<b>APPLE CIDER</b>	<b>£3.50</b>
<b>INDIAN CHAI</b>	<b>£2.50</b>
<b>BABYCCINO</b>	<b>£1.50</b>





# DRINKS

## ○ Ice Drinks

**COLD CHOCOLATE** £2.50

**COLD CAFÉ** £2.50

**ICE CHOCOLATE** £3.00

**ICE COFFEE** £4.50

**ICE LEMONADA** £4.00

**MESSY YOGURT SHAKE** £5.00

Topped with oreo, chocolate brownies, rainbow buttons and whipped cream

**STRAWBERRIES AND CREAM** £5.00

Strawberries, white chocolate and cream

**BANANA AND DULCE DE LECHE** £5.00

With butter short bread and white chocolate

**MANGO AND WHITE CHOCOLATE** £5.00

Mango, white chocolate and whipped cream

## ○ Smoothies • (Half of your five a day)

### CHOOSE YOUR BASE

Apple, orange, soya, water, yogurt (add £1)

### CHOOSE YOUR FLAVOUR

**Tropical Fresh** £5

Coconut, mango, banana and lychee

**Pineapple twister** £5

Mango, peach, papaya and pineapple

**Mango passion** £5

Mango, pear and passion fruit

**Power granate** £5

Pomegranate, strawberry, blackcurrant and apple

**Amazon acai** £5

Blueberry, strawberry, acai and mango

**Strawberry fantasy** £5

Banana, dates, melon and strawberries

**Berry forest** £5

Blueberry, raspberry and mango

**Strawberry delight** £5

Strawberry, papaya and peach

**Soy detox** £5

Melon, cucumber and apple with a touch of lime

**SUPER SMOOTHIE** £5.00

Kale, banana, mango and lemongrass

Avocado, spinach, spirulina, basil, apple and lime

Carrot, goji berry, papaya and pineapple

Peach, papaya, passion fruit, pineapple, guava and aloe vera





94 GOLDERS GREEN ROAD • LONDON, NW11 8HB • 0208 458 8788  
307 HALE LANE • EDGWARE, HA8 7AX • 0208 958 8181  
33-35 SHENLEY ROAD • BOREHAMWOOD WD6 1AE • 020 3637 2288

[SOYO.CO.UK](http://SOYO.CO.UK)

FOLLOW US ON  