

**D MILK**      **C CELERY**      **M MUSTARD**  
**G GLUTEN**      **S SESAME**      **SO SOYA**  
**E EGG**      **F FISH**      **Our food contains Genetic**  
**N NUTS**      **P PEANUT**      **^modification soybean oil**

**SOYO**  
CAFÉ

# ALLERGEN MENU

## BREAKFAST

### SOYO BREAKFAST **D/G/E**

Eggs of your choice, served with our home-made spreads & mini muesli, bread from our bakery, a side salad and your choice of freshly squeezed juice and hot beverage

### VEGAN BREAKFAST **G**

Chickpea omelette, served with homemade vegan spreads, bread from our bakery, side salad and a choice of freshly squeezed juice and hot beverage

### CRISPY SMOKED SALMON WITH FRIED EGG AND AVOCADO **G/F/E**

### FILO BAKED BENEDICT **G/S/M/E**

### SOYO MUESLI **D**

Served with berry confiture and chia seeds

### ORGANIC AÇAI **N**

Served with banana, pineapple, granola, coconut and honey

### PORRIDGE **D/N**

Walnuts, coconut, banana, cinnamon and chia seeds

### FRENCH TOAST **D/G/E**

Served with sour cream and berry confiture

### AVOCADO & SMOKED SALMON ON TOAST **G/F**

### AVOCADO, HALLOUMI & FRIED EGG **D/G/E**

### SCRAMBLED EGGS & AVOCADO ON TOAST **E/G**

### EGGS BENEDICT:

**SPINACH & HOLLANDAISE **D/G/E****

**MUSHROOM & CREAM **D/G/E****

**SPINACH, CREAM & SMOKED SALMON  
**D/G/E/F****

### SHAKSHUKA **G/E/S**

Eggs poached in tomato sauce, peppers and herbs, served with Israeli salad, schug, tahini and bread

### FULL ENGLISH SHAKSHUKA **D/G/E/S**

With sausages, onions, aubergine, chick-peas and feta cheese. Served with Israeli salad, schug, tahini and bread

### GREEN SHAKSHUKA

served with Israeli salad, tahini and bread

### BLUEBERRY PANCAKES **D/G/E/N**

Served with sour cream and berry confiture

### OREO PANCAKES **D/G/E**

Served with sour cream and berry confiture

## BAGELS

### EGG MAYO **G/E**

Chopped free-range egg, mayo & tomato

### TUNA MAYO **G/E/F**

Tuna mix & cucumber slices

### SMOKED SALMON & CREAM CHEESE **G/D/F**

With cream cheese and red onion cream

### PIZZA BAGEL **G/D/M**

Open bagel with tomato sauce and cheese

### ALFREDO TOASTED BAGEL **G/D/M**

Mozarella, cream and mushrooms

## SOUPS

### MUSHROOM **D/C**

### TOMATO & RICE **C**

## QUICHE

### MUSHROOM & CREAM **D/G/E**

### SAUTÉED SPINACH & CARAMELISED ONION **D/G/E**

### SWEET POTATO & FETA **D/G/E**

## PASTA

### PENNE WITH TOMATO **G/E**

### PENNE WITH ROSÉ SAUCE **D/G/E**

### FUNGI PENNE **D/G/E**

Creamy sauce with mushrooms

### BROCCOLI, PESTO & CREAM PENNE **D/G/E/N**

### ROASTED VEGETABLE LASAGNE **D/G/E**

Served with side salad

### TUNA BOLOGNESE SPAGHETTI **G/E/F**

With onions, carrots, peas and herbs

### SALMON LINGUINE **D/G/E/N/F**

With cream, fresh tomatoes, basil and lemon zest

### GNOCCHI

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

### ZUCCHINI & SALMON LINGUINE **G/E/F**

With creamy sauce and rocket leaves

### CHEESE RAVIOLI **D/G/E**

With cream and tomato sauce

### RICE NOODLES **G/E/S/SO**

Stir fried with vegetables, with spring roll

## SAVOURY CRÊPES

### FRENCH REVOLUTION **D/G/E**

Creamy mushroom sauce

### FIorentina **D/G/E**

Cream, spinach and parmesan

### PHILADELPHIA **D/G/E/F**

Scrambled egg, salmon and cheese

### SOYO **D/G/E**

Fried egg, tomato, spinach, mushroom and cheese

### TUNA MELT **D/G/E/F**

Tuna and cheese

## SANDWICHES

### SMOKED SALMON & AVOCADO **G/F**

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

### TUNA **G/E/F**

Tuna, red onion, pickles, egg and rocket leaves

### FETA ANTIPASTI **D/G**

Grilled aubergine, peppers and courgette with feta cheese and avocado

### TUNISIAN SANDWICH **G/S/E/F**

Tuna salad, potato, boiled egg, pickles, harissa and tahini

### VEGAN **G/SO**

Fried tofu and mushrooms in an Asian dressing with lettuce and tomatoes

### HALLOUMI **D/G**

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

### MOZZARELLA **D/G/N**

Mozzarella, basil chimichurri, avocado and tomato

### OMELETTE **D/G/E**

With cream cheese, cucumber and tomato

### CHEESE & TOMATO TOASTIE **D/G**

### TUNA MELT **D/G/E**

## BURGERS

### SOYO BURGER **G/SO/N/E**

Vegan patty with pickles, red onion, lettuce, ketchup and mustard.

### SALMON BURGER **G/N/S/F/M/E**

With red onion, tomato, pickles, lettuce and garlic herb sauce

### CRISPY FRIED FISH **G/F/N/S/M/E**

With lettuce, tomato and garlic herb sauce. Served on toasted crispy bagel

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## FISH

### SUPER SALMON BURGER **D/G/E/F**

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

### GRILLED SALMON **D/N/F**

With basil mash and pak choi, served with salad

### ROASTED SEA BASS **D/N/F**

With cream and basil gnocchi

### GRILLED SALMON ON POLENTA **D/G/F**

With mushroom and French beans

### SALMON PAPPILOTE **D/F**

With roasted potatoes and Caesar dressing

### SEARED TUNA **E/N/S/F/SO**

Served on gnocchi, pak choi, broccoli, kale, peas, toasted almonds and white wine

### GRILLED SEA BASS **N/F**

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

### TUNA STEAK **F**

With French beans, broccoli, pak choi & peas

### PAN FRIED SALMON STEAK **N/S/F/SO**

With teriyaki, stir-fried green vegetables, pak choi and toasted sesame seeds

## SALADS

### NIÇOISE **D/E/F/M**

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

### MOROCCAN **D/N**

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

### TABOULE **N**

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

### ENERGISER **G/M**

Quinoa, couscous, lentils, sweet potato, spinach, red onion, green beans, beetroot, tomatoes, pomegranate sunflower seeds

### FETA ANTIPASTI **D/N**

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

### AVOCADO **E/M**

Mixed leaves, avocado, cucumber, tomatoes, egg and roasted vegetables

### SUPERFOOD **N/M**

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

### ARTICHOKE & GOAT CHEESE **D/N**

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

### HALLOUMI **D/N/SO**

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

### SALMON CAESAR **D/G/F**

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

### ASIAN **N/SO**

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

### FATTOUSH SEA BASS **D/G/N/F**

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

### MISO SALMON **F/SO/S**

Kale and spinach, broccoli, cabbage, carrots, coriander, salmon with miso, lime and ginger dressing

## CREATE YOUR OWN SALAD

### BASE **G/E**

Mixed leaves / Quinoa / Couscous / Lentils

### TOPPINGS

Olives	Coriander	Walnuts <b>N</b>
Carrots	Peach	Almonds <b>N</b>
Red onion	Pickles	Roasted peppers
Sweetcorn	Sesame seeds <b>S</b>	Pak choi
Cabbage	Boiled egg <b>E</b>	Roasted zucchini
Grapes	Pomegranate	Roasted aubergine
Cherry tomato	Beetroot	Avocado
Cucumber	Garden pea	Sweet potato
Fresh peppers	Spinach	Artichoke
Mushroom	Kale	Tuna <b>F</b>
New potato,	Broccoli	Smoked salmon <b>F</b>
Croutons <b>G</b>	Sunflower seeds <b>N</b>	Tofu <b>SO</b>
Bean sprouts	Pumpkin seeds <b>N</b>	Feta <b>D</b>
Tomato	Chia seeds	Halloumi <b>D</b>
Celery <b>C</b>	Medjool dates	Goats cheese <b>D</b>
Green beans	Cashew nuts <b>N</b>	Grilled salmon <b>F</b>
Spring onion	Strawberry	Seared tuna <b>F/SO</b>
Chickpeas	Dried cranberries	Grilled seabass <b>F</b>
Parsley	Mango	Tortilla shard

### DRESSING

Balsamic vinaigrette **M** / Yoghurt & dill dressing **D** / Soy & sesame **S/SO/G** / French vinaigrette **M** / Olive oil & lemon / Pesto chimichurri **M**

## FROYO

### BASE **D**

Original / Seasonal

### TOPPINGS

Strawberry	Pear	Almonds <b>N</b>
Blueberry	Oreos <b>G</b>	Walnut <b>N</b>
Cranberry	Salted caramel <b>G/N</b>	Chocolate & vanilla halva
Mango	Chocolate brownie <b>G</b>	Chia seeds
Pineapple	Kiwi	Coconut shavings
Kiwi	Marshmallow	Granola <b>G/N</b>
Banana	White chocolate	Raisin
Pomegranate	Dark chocolate	Medjool dates
Melon	Digestive cookie <b>G</b>	Goji berries
Apple	Rainbow buttons	Crunchy Nut <b>G/N</b>
Lychee	Gummy bears	
Grapes	Jelly beans	

### DRESSING

Dulce de leche **D** / Passion fruit / Raspberry / Peanut butter **P** / Honey / Chocolate syrup / Maple syrup

## DESSERTS

### SOYO SOUFFLÉ **D/G/E**

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

### APPLE TART **D/G/E**

### YOGHURT BERRY CHEESECAKE **D/G/E**

## SWEET CREPES

### GOLDEN LEMON **D/G/E**

Butter, sugar and lemon

### NUTELLA **D/G/E/N**

### BANANA SPLIT **D/G/E/N**

Belgian chocolate, banana, walnuts and cream

### STRAWBERRY ADVENTURE **D/G/E**

Strawberry, white chocolate and cream

### BANOFFEE **D/G/E**

Banana, toffee and cream

### CRÊPE SUZETTE **D/G/E**

Fresh oranges with orange liqueur and brown sugar

### OREO COOKIE **D/G/E/N**

White and dark chocolate with Oreo cookies

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## HOT DRINKS

ESPRESSO (SINGLE/DOUBLE)

MACCHIATO (SINGLE/DOUBLE) **D**

LATTE (M/L) **D**

CAPPUCCINO (M/L) **D**

AMERICANO

HAZELNUT LATTE **D**

CINNAMON LATTE **D**

TOFFEE LATTE **D**

CARAMEL MOCHA **D**

FRENCH VANILLA LATTE **D**

IRISH CREAM LATTE **D**

HOT CHOCOLATE **D**

MOCHA **D**

MOCHACCHINO **D**

CHOCOCCINO **D**

ENGLISH TEA

MINT TEA

ORGANIC HERBAL TEA

Lemongrass & Ginger / Blackcurrant & Hibiscus / Pink Rosebuds / Peppermint / Chamomile / Green tea

IRISH COFFEE (ALCOHOLIC)

APPLE CIDER

SAHLAV **D / N**

INDIAN CHAI **D**

BABYCCINO **D**

OREO HOT CHOCOLATE **D / G**

Belgian chocolate, oreo cookies, vanilla, marshmallow and whipped cream

MESSY HOT CHOCOLATE **D / G**

With whipped cream, salted caramel, rainbow buttons and chocolate topping

## COLD DRINKS

COLD CHOCOLATE **D**

COLD CAFÉ **D**

ICE CHOCOLATE **D**

ICE COFFEE **D**

ICE LEMONANA

FRESHLY-SQUEEZED ORANGE

ORANGE & CARROT

CARROT/GINGER/CELERY **C**

CARROT/BEETROOT/CELERY **C**

MESSY YOGURT SHAKE **D / G**

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

STRAWBERRIES & CREAM **D**

Strawberries, white chocolate and cream

BANANA & DULCE DE LECHE **D / G**

With butter shortbread and white chocolate

MANGO & WHITE CHOCOLATE **D**

Mango, white chocolate and whipped cream

## SMOOTHIES

**CHOOSE YOUR BASE:**

Apple, orange, soya, water, yogurt **D**

**TROPICAL FRESH**

Coconut, mango, banana and lychee

**PINEAPPLE TWISTER**

Mango, peach, papaya and pineapple

**MANGO PASSION**

Mango, pear and passion fruit

**AMAZON ACAI**

Blueberry, strawberry, acai and mango

**STRAWBERRY FANTASY**

Banana, dates, melon and strawberries

**BERRY FOREST**

Blueberry, raspberry and mango

**STRAWBERRY DELIGHT**

Strawberry, papaya and peach

**SOYO DETOX **D****

Melon, cucumber and apple with a touch of lime

**GINGER BEETS**

Blueberry, pineapple, beetroot, ginger

**KALE, BANANA, MANGO AND LEMONGRASS**

**AVOCADO, SPINACH, SPIRULINA, BASIL, APPLE AND LIME**