

## A never-ending food festa

Hi, we're Vegetalian! Your friendly neighborhood restaurant, serving delicious **Italian food** with a vegetarian twist. From your morning coffee to late night dinner and everything in between.

## Happy people, healthy planet

We believe that a great food experience can be a green one too. By serving you **vegetarian** and **plant-based options**, we make this planet a happier and healthier place. A place where **mindful** people make **sustainable** choices.

## Craftmanship

Our products and dishes are homemade and prepared with love, passion and craftsmanship. Our own pastry chef at our Utrecht location makes delicious **pastries** and desserts. Tradition is combined with innovation and creativity to make our dishes tasty but also plant-based.

## Conscious without concessions

And than our **pizza's**.... Oh how we love pizza.... And let us tell you, the secret of a good pizza is all in the dough. Our Neapolitan pizzaiolo picked out the best flour from Italy to bring our pizza dough to the next level. It's freshly made every day at all Vegetalian locations. We then let it **rise and proof** for 24-48 hours before serving you the tastiest pizzas or **Neapolitan sandwiches**.

## Collaborations

We also know when someone is better at something than us. That's why we trust our **local** bakeries for our outstanding sourdough breads. **De Veldkeuken** is behind the bread used in our Utrecht locations, **Harvest Cafe & Bakery** in Rotterdam and **Fort9** in Amsterdam. They make bread traditionally, 100% organic, with grains from local growers. With partners like this, how can we not give them a shoutout!

## Healthy

Isn't happy people and a healthy planet something we all want? Our way of contributing a little to this is to show how tasty and fun a green(er) lifestyle can be. It's well-known that a vegetarian/vegan lifestyle has many health benefits, so allow us to showcase how vegetables can shine as the main characters in a dish. We source them as close to home as possible – we might go the extra mile, but we rather that our veggies don't ;) Try our **shareables** or **bowls** and get a seasonal taste of what we mean!



## BREAKFAST & PASTRY

### BREAKFAST until 16.00

**The Classic Croissant** ○ 4,75

With creamy vegan butter and homemade fruit compote

**The Pistachio Croissant** ○Ⓜ 5,75

**The Tiramisu Croissant** 5,75

**Double Baked Almond Croissant** ○Ⓜ 5,75

**Yoghurt & Organic Whizzy Walnut Granola** 8,50

With low fat Skyr, red fruit compote, lemon curd and fresh fruit ○☑Ⓜ

*Plant-based option with vegan yoghurt and extra fruit* ☑

### PRETTY PASTRY CORNER

**Carrot Cake** ●Ⓜ 5,00

**Banana Bread** 5,00

With dark chocolate ganache ●Ⓜ

**Red Fruit Cheesecake** ● 5,75

**Dark Chocolate Tart** ●☑Ⓜ 6,25

**Delizia al Limoncello** ● 5,75

**Lemon Tartlet** 5,75



**Before 11.00  
all coffees just  
2,00!**

● = vegan ○ = vegan option available ☑ = gluten-free ☐ = gluten-free option available

**ALLERGENS** Contains: ☑ soy Ⓜ nuts ☑ sesame Ⓜ mustard *Allergies? Let us know, we're happy to help!*

## DAYTIME

### LUNCH 12.00 - 16.00

#### **Almond & Compote Toast 6,50**

Toasted sourdough with almond butter and red fruit compote ● ◡ ⊕

*Gluten-free sandwich available*

#### **Brioche French Toast 9,50**

Italian style, with cinnamon sugar, whipped mascarpone & yoghurt and fresh strawberries

#### **Avo Smash Toast 10,50**

Toasted sourdough with smashed avocado, strawberries, radish, hazelnut crumble and plant-based feta crumble ● ◡ ⊕

*Gluten-free sandwich available*

+ 2 poached eggs 3,50 + grilled halloumi 3,50

#### **Scrambled Eggs 9,50**

Scrambled eggs, with grilled tomato and toasted sourdough on the side ◡

*Gluten-free sandwich available*

#### **Eggplant & Tahini Wrap 10,50**

With roasted cauliflower and eggplant, chickpeas, za'tar, roasted grapes, romaine lettuce, and tahini dressing, served with harissa hummus dip ● ⊕

#### **Burrata & Asparagus 11,50**

Topped with a citrus almond crunch, caramelized lemon and toasted sourdough on the side ◡ ⊕

*Gluten-free sandwich available*

#### **Chickpea 'Egg' Salad Toast 9,50**

Toasted sourdough with chickpea 'egg' salad, mustard mayonnaise, capers, pearl onion and herb salad ● ◡ ⊕

*Gluten-free sandwich available*

#### **Full Brunch 13,50**

A full and varied breakfast or lunch with scrambled eggs, avo smash, grilled tomato, whipped ricotta, black bean salsa and toasted sourdough on the side ⊕ ⊕

+ vegan feta 2,50 + grilled halloumi 3,50

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## DAYTIME

### NEAPOLITAN SANDWICH 12.00 - 16.00

*A new doughie goodie has entered our menu: the Neapolitan sandwich. This folded 'panuozzo' sandwich is made with our own dough, baked in our pizza oven, and filled with a variety of mouth-watering toppings.*

#### **Avocado & Sunny Eggs 11,50**

Folded 'panuozzo' sandwich filled with avo smash, romaine lettuce, fried egg and bean salsa, topped with fresh herb salad ○ ◎ ◎

*Vegan option with plant-based feta instead of fried egg*

#### **Caesar Salad 11,50**

Folded 'panuozzo' sandwich filled with pulled mushroom, boiled egg, romaine lettuce and parmesan cheese, topped with ceasar dressing, lemon zest and cress ◎

#### **Harissa Hummus & Sweet Potato 11,50**

Folded 'panuozzo' sandwich filled with roasted sweet potato, zucchini, red onion, vegan chickpea raita, harissa hummus, crispy chickpeas and romaine lettuce ● ◎

#### **Caprese 11,50**

Folded 'panuozzo' sandwich filled with burrata, pomodori, pesto, rocket and lemon zest

### BOWLS 12.00 - 16.00

#### **Marinated Watermelon & Bulgur 16,50**

Richly filled salad bowl with grilled cauliflower, tabouleh, pomegranate, plant-based feta crumble, citrus almond crumble and a mint citrus dressing ● ◎

+ burrata 4,5 + grilled halloumi 3,5 + ½ avocado 3 + poached egg 2,5

#### **Savory Grilled Bowl 16,50**

Lukewarm bowl with grilled sweet potato, zucchini, red onion and pointed cabbage, chickpea raita, mizuna lettuce and savory granola ● ◡ ◎

+ burrata 4,5 + grilled halloumi 3,5 + ½ avocado 3 + poached egg 2,5

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## DAYTIME & EVENING

### PIZZA & PIZZETTA 12.00 - 22.00

*Small for sharing/regular*

#### **Margherita 9/14,50**

Red tomato base, mozzarella and basil ○ ◡

#### **Tommy Burrata 11,50/18,50**

Red tomato base, mozzarella, burrata, juicy tomatoes and pesto ◡

#### **Truffled Mushroom 11,50/18,50**

Truffled mushroom base, mozzarella, parmesan, rocket and truffle oil ○ ◡

#### **No Pepperoni 11,00/17,50**

Red tomato base, vegan pepperoni, grilled bell pepper, jalapeño, mozzarella and provolone ○ ◡ ☹ ☹ ☹

#### **Sunny Puttanesca 10,50/16,50**

Red tomato base, mozzarella, tomato, olives, capers, garlic, red onion and salty fingers ○ ◡

#### **Bell Pepper & Roasted Veggies 10,50/16,50**

Yellow bell pepper base, mozzarella, vegan nduja, roasted artichoke, roasted zucchini and taggiasca olives ○ ☹

#### **Beets & Hummus 11,00/17,50**

Hummus base, mozzarella, cherry tomatoes, yellow and red beetroot, sunflower seeds, and balsamic glaze, topped with fresh salad of Swiss chard ○ ◡ ☹

Add  
burrata  
+4.5

Add  
grilled  
halloumi  
+3.5

#### **Craving Vegetarian at home? We are on Uber!**

Scan the QR code or go to [vegetalian.com/delivery](https://vegetalian.com/delivery) to enjoy our delicious pizza, pasta and shareables at home!



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## EVENING

### — SHAREABLES 16.00 - 22.00 —

#### **Caesar Salad 11,00**

Romaine lettuce, boiled egg, pulled mushrooms, parmesan, vegan caesar dressing and sourdough croutons ○ ▾ ☺

*Vegan option with taggiasca olives instead of boiled egg*

#### **Cheesy Garlic Bread Pizzetta 7,50**

Mozzarella, parmesan and garlic butter ○

#### **Roasted Cauliflower 9,50**

Vegan nduja, dukkah, pomegranate, harissa hummus ● ☺ ☹

#### **Eggplant Ravioli 12,50**

Roasted eggplant and bell pepper, yellow bell pepper sauce, vegan nduja and parmesan ○ ☺  
+ burrata 4,50

#### **Burrata & Roasted Asparagus 11,00**

Citrus almond crumble, allepo pepper oil, caramelized lemon ▾ ☺

#### **Savory Grilled Bowl 9,50**

Lukewarm bowl with grilled sweet potato, zucchini, red onion and pointed cabbage, chickpea raita, mizuna lettuce and savory granola ● ▾ ☺

#### **Ricotta Gnocchi 11,00**

With sage butter, crispy sage, capers, parmesan and lemon zest

### — PASTA 16.00 - 22.00 —

#### **The One and Only Ravioli 17,50**

Spinach and lemon ravioli, roasted artichoke, sage, pangrattato, capers, dried tomatoes and homemade pesto ○

#### **Puffy Perfect 17,50**

Pappardelle with puffed tomato, bimi, bell pepper, basil and parmesan ○ ▾

*Gluten free pasta / whole wheat penne available*

#### **The Truffle Fungo 17,50**

Pappardelle with roasted mushrooms, roasted king oyster mushrooms, truffle sauce, parmesan, rocket, thyme and black olive crumble ○ ▾

*Gluten free pasta / whole wheat penne available*

#### **Spinach & Roasted Spring Onion 17,50**

Whole wheat penne with spinach sauce, crispy marinated spring onion, roasted asparagus, whipped ricotta, citrus almond crumble and chili oil ○ ▾ ☺ ☹

*Gluten free pasta / pappardelle available, vegan option with plant-based feta*

Add  
grilled  
halloumi  
+3.5

Add  
burrata  
+4.5

## EVENING

### DESSERTS 16.00 - 22.00

**Affogato 4,75**

Vegan vanilla ice cream and espresso ● ◡ ⊕

**Spiked Affogato 9,50**

Vegan vanilla ice cream and espresso martini ● ◡ ⊕

**Tiramisu Classico 7,50**

**Tiramisu Pistachio ● ⊕ 8,50**

**Red Fruit Cheesecake 8,50**

Served with chocolate ice cream and fresh fruit ● ⊕

**Delizia al Limoncello 8,50**

Served with dark chocolate crumble, fresh fruit and a shot of limoncello ●

**Lemon Tartlet 8,50**

Served with honeycomb ice cream and cookie crumble ⊕

**Dark Chocolate Tart 8,50**

With Amarena cherry ● ⊕ ⊕

**Dark Chocolate Mousse 8,50**

With praline ● ◡ ⊕

**Did you know we have catering possibilities as well?**

Scan the QR code or go to [vegetalian-catering.nl](http://vegetalian-catering.nl) for more information.



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