



# Welcome

## at Food Matterz

We are happy to have you here! Discover our menu and be surprised by all the beautiful dishes that consist of the finest, purest ingredients; carefully selected and prepared with love.

Wifi - Food Matterz Gast: fijndatjeerbent



# Our drinks

Discover our finest coffee variations with the delicious coffee beans from EARTH Coffee, our fine soft drinks and delicious smoothies with the best of nature.

## Coffee

### ESPRESSO 2,75 | 3,75

Spicy, strong and powerful, just as an espresso should be.

### ESPRESSO MACCHIATO 3,00

Espresso with a little bit of milk foam.

### CORTADO 3,00

Espresso with warm milk and a thin layer of milk foam.

### AMERICANO 3,00 | 4,00

A fine espresso diluted with hot water.

### CAPPUCCINO 3,35 | 4,35

The perfect balance between our espresso, hot milk and creamy milk foam.

### FLAT WHITE 4,15

Double shot of espresso with hot milk and a thin layer of milk foam.

### CAFE LATTE 3,75

A delicious Americano with lots of warm milk.

### LATTE MACCHIATO 4,25

Frothed milk and velvety milk foam with a delicious espresso. Divided into three perfect layers.

### ICED LATTE 5,25

A delicious iced coffee with a dash of caramel syrup, cream, milk, ice cubes and a double shot of espresso.

## Our delicious coffee beans

The EARTH coffee beans are a true taste sensation. It is a beautiful organic bean blend based on 100% Arabica beans from Guatemala, Peru and Mexico.

Plant-based? Ask for options.

# Hot drinks



HOT CHOCOLATE BIO 3,50

RAW HOT CHOCOLATE 3,95

With or without agave syrup.

Rose powder from Awaken by Nature + 1,00  
To support the heart chakra with healing capacities and a heart-warming effect.

TEA FROM DE THEEFABRIEK 2,95

Specially selected flavours from our tea box.  
This tea is pure and free of aromas.

FRESH MINT OR GINGER TEA 3,50

Fresh mint or ginger tea with delicious Westerwold honey to taste.

HEALTHY TEA

Mint | Ginger | Lemon 3,50

Orange | Ginger | Cinnamon 3,75

CHAI LATTE 4,50

According to Indian Masala recipe with cinnamon, cardamom and pepper.

DIRTY CHAI 5,25

Chai latte with a perfect espresso shot.

MATCHA LATTE 4,25

Green Japanese Matcha tea in a delicious latte variant.

CAPPUCCINO FOR DECAF 3,95  
LOVERS

Coffee, but different! Prepared with the beautiful blend of Chikko not Coffee; completely natural and free of caffeine.

## Our sweets

Every day we have fresh specialties. Feel free to ask us about our sweets. We are happy to tell you more about them.

## A moment filled with beautiful products

At Food Matterz you will find all the needs for a nice coffee/tea moment; alone or with company. Not only do our hot drinks consist of the most beautiful ingredients, our delicacies are also carefully selected. They come from local artisan suppliers and are prepared with love. You can taste the love and craftsmanship in these delicious delicacies.

Enjoy a piece of our favorite Red Velvet, our creamy Cheesecake or choose one of our other favorites. For example, our Vegan Bananabread, Vegan cake or one of our handcrafted cookies. Enjoy the delicious flavor combinations.



# Cold drinks

## RAW KEFIR | RAW POWER 3,25

A fermented milk drink that aids digestion and promotes healthy intestinal flora.

## HOMEMADE LEMONADE 3,95

Carefully selected homemade organic lemonades that really surprise.

Choose from the flavors:

Rose Spiced Apple | Ginger Carrot |

Blueberry Lavender

Sparkling: + 0.50

## ICE TEA 3,95

A delicious black tea with the fresh taste of lime and mint. Completely pure and organic.  
Sparkling: + 0.50

## REAL GRONINGEN APPLE JUICE 3,25

Artisanal apple juice from Groningen soil.

## EARTH WATER 2,95

Still | Sparkling

## FRITZ 3,75

Kola | Kola Light

## AMSTERDAMSE FRISDRANK 3,95

FABRIEK

Choice of flavours:

PALO SANTO - A sacred wood with a coconut aftertaste (sugar free).

LIME GINGER - A delicious spicy 'punch' of ginger flavoured with lime.

FOREST FRUITS - A fruity mix of strawberry and dark fruit with an extract of oak.

## FUNCTIONAL SODA 4,25

Choice of flavours:

DOOWN - with Lion's Mane and White Lotus for a relaxing moment of the day.

OOOON - a Natural Focus Drink with Reishi and Korean Ginseng. This drink supports your focus and energy all day long.

## FLOWER OF LIFE 4,25

A sparkling all natural elderflower drink with a spicy twist of pink pepper and paradise seed.

“True  
enjoyment  
begins when  
you start  
appreciating  
the little  
things in life”





## Organic, local and handmade

100% organic, raw and pure vegetable juice in keeping with the season, made with local ingredients and pressed in an artisanal way with a slow juicer. The juices consist of 85% vegetables, 15% fruit and contain the tastiest herbs and spices.



## Juices



### FRESH 5,25

This carrot juice is good for your skin, eyes and hair. Contains carrot, apple and grapefruit.

### SUNNY 5,25

Rich in vitamin C and supports the immune system. With yellow beetroot, turmeric and orange.

### ENERGY 5,25

Supports your energy level with various vitamins and minerals. With beetroot, lemon and red cabbage.

### DETOX 5,25

Helps detoxify the body and cleanse your liver. Contains spinach, celery and ginger.

### HYDRATE 5,25

Hydrates your skin from within and is rich in vitamins A and C. With watermelon, cucumber and raspberry.

### RECOVER 5,25

Supports your resistance and ensures beautiful skin. With yellow beetroot, pineapple, pumpkin, cucumber and cranberry.

## Smoothies

We make our smoothies in various flavor combinations. Our smoothies can be ordered based on fresh fruit juice from Noordbroek, yogurt from Buurvrouw Durkje or with plant-based yogurt.

### MAD BERRIES 5,25

Strawberry | Raspberry | Blackberry

### TROPICAL DELIGHT 5,25

Peach | Passion Fruit | Mango

### SUNSHINE 5,25

Spinach | Mango | Banana | Pineapple

“At Food  
Matterz we  
craft nature  
goodness into  
delicious  
drinks and  
food we love  
to share”

# Wines

## White

### ZENATO PINOT GRIGIO 4,95

100% Pinot Grigio - Veneto, Italy.  
Pleasant aroma of grapefruit, melon and peach.  
Fresh and sultry in the taste.

### FLOR DE LA MAR 5,25

100% Chardonnay - Fernando Pó, Portugal.  
Creamy and tastes of tropical fruit and honey.  
Wood-matured American oak.

## Red

### PIPOLI ROSSO AGLIANICO 4,95

100% Aglianico - Basilicata, Italy  
Bright red with violet hues and aromas of cherries and vanilla.

### I MURI PRIMITIVO 5,25

100% Primitivo - Puglia, Italy  
Full and soft with notes of cherries, berries, blackberries and herbs.

# Bax beer

### ABBEY RAVE 4,25

Belgian Tripel - A deliciously strong, refreshing beer with a slightly sweet taste.

### GATEWAY 4,50

New England Double IPA - An IPA beer full of juicy, tropical flavors and a hint of bitter that together provide a soft mouthfeel.

### KON MINDER 3,95

Pale Ale - This refreshing beer has a base of barley and wheat and is liberally hopped with Citra.

### TROPICAL 3,95

New England Pale Ale - This beer has a silky malt base with aromas of mango, pineapple and citrus. A delicious tropical beer!



15.00-17.00

# Snacks

### BROODPLANKJE 8,50

A delicious bread board with fresh bread from Bakker Luuk and various tasty dips.

### NACHOS 9,50

Discover the Food Matterz nachos! The nachos are generous topped and are served warm from the oven with a homemade guacamole.

09.00-11.30

# Breakfast & Bowls

Just like our drinks, our breakfasts and bowls are also composed with the most beautiful products. You can enjoy these dishes from 09.00-11.30.



## Breakfast

### WARM BANANABREAD 8,95

Warm banana bread with fresh yoghurt from Buurvrouw Durkje with delicious fresh fruit.

### 'THE PERFECT WAY TO START YOUR DAY' BREAKFAST 15,95

This three-part breakfast consists of a delicious toasted sandwich with hummus, rocket, sprouts and a tasty nut mix, a yoghurt from Buurvrouw Durkje with granola and fresh fruit and a piece of fresh bananabread.

### TROPICAL VIBE 9,50

This delicious yoghurt consists of fresh yoghurt from Buurvrouw Durkje with raspberry jam, a generous layer of homemade fresh-sweet mango and pineapple chutney, Chia yoghurt and is topped with granola and blueberries.

### HEALTHY 7,95

This yoghurt consists of fresh yoghurt from Buurvrouw Durkje with fresh raspberry jam and is topped with crunchy granola, blueberries, raspberries and a tasty seed mix.

## Bowls

### ACAI BOWL 9,95

Acai is a berry that is full of vitamins, minerals and antioxidants. This bowl is served nice and cold and is a delicious healthy treat with acai, mango, blueberry and strawberry. We top the bowl with seasonal fruit, nuts and crunchy granola.

### RAW POWER BOWL 9,95

This delicious bowl is an ideal start of the day. It provides you with all the good fats, proteins and vitamins, so you can get through the morning well. This bowl consists of raw quark and is richly topped with, among other things, granola and fruit.

## Buurvrouw Durkje

We pick up our most delicious farm yoghurt and hangop every week in Vegelinsoord in Friesland from the farm of Buurvrouw Durkje. Her products are local and 'mei leafde makke' (translated: made with love). Of course, we always have an option for plant-based yoghurt.

## Good to know

We have all kinds of delicious dishes for both breakfast and lunch. Our breakfast is from 09:00 (on Sundays and Mondays from 10:00) to 11:30 and lunch is from 11:30 to 16:30. If you would like to order something else outside these times, please let us know. We are happy to look into the possibilities.

09.00-16.30

# Yoghurts

### FRAMBOOS SWIRL 7,95

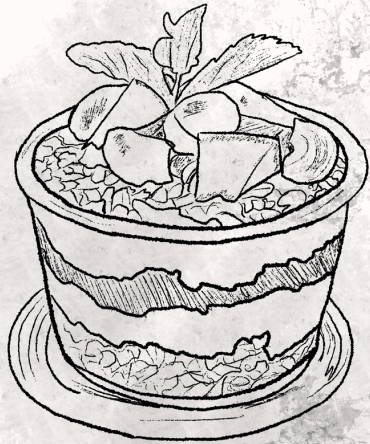
Yogurt | raspberry syrup | raspberry |  
Chocolate Chip Cookie crunch

### FRUITY EXPERIENCE 7,95

Yogurt | homemade mango and  
pineapple chutney | banana | raspberries |  
blueberries | mint

### CRUNCH & NUTS 7,95

Yogurt | Bastogne | mixed nuts | fresh  
dates | crunchy granola



## Extra

Hangop	1,50
Plant-based yoghurt	1,50

## Did you know?

Would you like to drink a delicious coffee with freshly made sweets, have lunch from our well selected lunch menu or enjoy a glass of wine with something tasty? It's all possible! Our products are fresh and prepared with love in our small kitchen. They are free of artificial additives and all have their own story.

In between meals you can wander around our shop. You will find nice gifts, beautiful products and all kinds of delicacies. Of course, these products all have their own story as well.

ENJOY IT ALL! 



# Our lunch

11.30-16.30

On our lunch menu you will find the most delicious dishes that have been carefully composed and contain the most flavoursome ingredients. We work together with the local farmer as much as possible and you can taste that. Let yourself be surprised!

## Sandwiches

### FOOD MATTERZ SPECIAL 10,95

Discover one of our favorite sandwiches: the Food Matterz Special. This Special consists of pesto mayonnaise, rocket, our daily fresh buffalo mozzarella, tomato, crispy pancetta and spicy Italian salami.

### PICCANTE SALAMI 10,95

This delicious spicy sandwich consists of a layer of homemade chili mayo topped with mixed lettuce, tomato slices and a generous layer of spicy salami. The bun is topped with a crunchy seed mix and sprouts.

### AVOCADO DI POLLO 12,95

This sandwich consists of avocado, rocket, crispy pancetta, warm spiced chicken (antibiotic free), truffle mayonnaise and Parmigiano Reggiano.

### PAPRIKA HUMMUS 10,95

This sandwich consists of a fresh layer of paprika chili hummus with roasted paprika and a layer of arugula. The sandwich is topped with a crunchy seed mix and sprouts.

### GREEN GODDESS 10,95

This sandwich consists of a delicious homemade spicy sauce with the Garlic Heaven herbs from Green Gypsy Spices, mixed lettuce, avocado, fresh buffalo mozzarella, green pepper and fresh cucumber.

### ! Allergies

We prepare our lunch in a small kitchen. If you have an allergy, please let us know. We are happy to think along with you.

## Our suppliers

### Bakker Luuk

Our whole wheat bread is made by baker Bakker Luuk based on pure, natural ingredients from Mulder Pot from Kropswolde (Groningen). We bake this bread fresh and cut it into nice coarse Burgundian sandwiches.

### Mozzarella

Every week we drive to the buffalo farmer in Opende to get our fresh mozzarella. This fresh buffalo mozzarella tastes creamy, juicy and has a subtle sweet touch. A true craft resulting in a delicious taste sensation. You want to taste it!

## Soup

### SOUP OF THE DAY 8,95

Enjoy a delicious cup of handmade soup with fresh bread from Bakker Luuk and delicious butter.

Our soups are prepared in a traditional way by Oogst. All ingredients are collected by Oogst itself and then processed by hand into delicious fresh soups. The soups therefore consist of lots of vegetables, filtered water, fresh herbs and contain a little salt. Just like Oogst, we move with the season. That is why we regularly serve a different favorite. Let yourself be surprised!

## Wrap/Tosti

### PULLED CHICKEN WRAP 12,95

This delicious wrap consists of a little chili mayo and a mix of corn, tomato, peas, spring onion, kidney beans and tomato. On top of the mix you will find warm spicy pulled chicken (antibiotic free), feta and sprouts. Let the enjoyment begin!

### TOSTI CAPRESE 9,95

A delicious warm toasted sandwich in Italian style, that is the Tosti Caprese. This toasted sandwich consists of a layer of pesto Genovese and is topped with rocket, fresh buffalo mozzarella, sundried tomatoes and red onion. A Ballymaloe Relish is served with the toasted sandwich. This consists of tomatoes and fresh herbs; that makes the toasted sandwich complete!

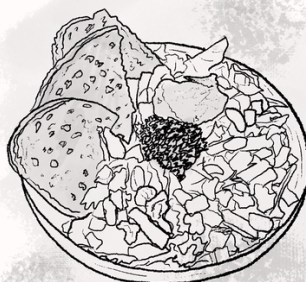
## Salads

### INSALATA DI POLLO 14,50

This delicious salad consists of mixed lettuce, crispy pancetta, warm spiced chicken (antibiotic free), truffle mayonnaise and Parmigiano Reggiano.

### INSALATA VEGAN 13,95

This delicious salad consists of mixed lettuce, whole wheat couscous and a tasty mix of vegetables and legumes.





# Stay updated

## Follow us on Instagram

Do you want to stay updated on all Food Matterz developments and receive regular information and tips about our new products, suppliers and all kinds of handmade food? Then be sure to follow us on Instagram. You can find us via @foodmatterzcafe. Hopefully we will see you there! ♥

## Monthly blogs

Are you also so fond of delicious and healthy food and would you like to read more about it? That is possible! Every month we add new blogs to our website about food, consciousness and the functioning of the body. In our blogs we also go deeper into our suppliers, new products, their functioning and so on! Are you curious? Then keep an eye on our web page [foodmatterz.nl/blogs](http://foodmatterz.nl/blogs) (Dutch written).



Would you like to receive one of these emails (Dutch written)? Then go to [foodmatterz.nl/food-matterz-mails/](http://foodmatterz.nl/food-matterz-mails/) and indicate your preferences. Then you will soon receive our love by email.



## A bit of love in an email

Every month we write two emails with love in which we share our knowledge and updates with you. We send one newsletter and one Food Matterz Academy email every month.

### Newsletter

In the newsletter you will discover information from Food Matterz itself. We write about our (new) suppliers, (new) products that you should definitely try, tips about products that support your body, recipes and so on. We share everything about Food Matterz with you once a month.

### Food Matterz Academy

We also really like to share more knowledge with you about food, mindset, consciousness and the functioning of the body. After many years we build a lot of knowledge on these topics and we really want to share this knowledge with you. Every month we send an email with a subject related to the aforementioned subjects. In this way we hope you also learn something and you can apply it immediately in your daily life.

