



THE SISTER

ORGANIC *Brussels Café* RHYTHM

HOME MADE • FOOD PRODUCED by ORGANIC FARMING • WHOLE FOOD & HEALTHY INGREDIENTS
 VEGAN FRIENDLY • FRESH VEGGIES & GREENS • RAW DESSERTS

TAPAS

→ served with bread or gluten free bread

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- ⓧ OLIVES
- GOUDA CHEESE
- BELGIAN DRIED SAUSAGE
- BELGIAN MEAT BALL

- MIX TAPAS
olives, gouda cheese & dried sausage
- MIX CHEESE
gouda, brie & goat cheese
- ⓧ MIX VEGAN
olives tapenade, dried tomato & tzatziki
- ANTIPASTI
meat ball, dried sausage, cheese paprika, grilled pepper,
corn, tzatziki, olive tapenade, dried tomatoe
- ⓧ VEGAN ANTIPASTI
avocado, dried tomato, grilled pepper, artichoke, tzatziki,
beetroot, bean & chickpea tapenade, corn, olive tapenade
- CHEESE PLATE
mozzarella, brie, sheep feta, goat & gouda cheese

WELLNESS SOUP

→ served with bread or gluten free bread

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- ⓧ VEGAN SOUP
- SOUP with a BOILED EGG
- SOUP with SHEEP FETA CHEESE
- SOUP with a GIANT MEATBALL

→ Food & drinks also available to take away

→ The Sister provides vegetable milk for vegans and goat milk for lactose intolerant. We provide stevia, raw honey, agave syrup or brown sugar.

→ We make our juices « à la minute » exclusively from fresh organic fruits and vegetables and alternative soda for a healthy soft drinks option.

THE SISTER WRAP

→ served with our home made vegan soup

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- 4 ⓧ RAW WRAP 12
cabbage leaf, peanut butter, beetroot, corn, avocado,
hemp seeds & flower seeds
- 5
- 5
- 4 ⓧ RAW WRAP WITH SOY YOGURT 13
cabbage leaf, peanut butter, beetroot, corn, avocado,
hemp seeds, flowers seeds & soy yogurt
- 10
- 12 ⓧ SESAME LENTILS FALAFELS 12
sesame lentil falafels with chickpea flour & sauce
- 10
- 10 ⓧ GINGER LENTILS FALAFELS 12
ginger lentil falafels with chickpea flour & sauce
- 20
- 20 ⓧ BEETROOT BEANS FALAFELS 12
beetroot beans falafels with chickpea flour & sauce
- 20
- 20 ⓧ SWEET WRAP 6
peanut butter, banana, avocado & flower seeds -without soup-

SALADS

→ served with bread or gluten free bread

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- MOZZARELLA 14
mozzarella cheese, cherry tomatoes & kalamata olives
- SHEEP FETA 14
sheep feta cheese, beetroot, walnuts, pomegranate & rucicola
- ⓧ CUCUMBER 14
cucumber, dried tomato, kalamato olives, celery
& soy yogurt with sesame seeds
- 7
- 8 ⓧ CELERY & APPLE 14
celery, apple, avocado, dried tomato, walnuts
- 8
- ⓧ POMEGRANATE 14
cucumber, apple, avocado, pomegranate, pumpkin seed
- ⓧ ARTICHOKE CARPACCIO 14
artichoke & hazelnuts

ⓧ VEGAN

ⓧ GLUTEN FREE ask for a gluten free bread

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FOCACCIA SANDWICHES

→ served with a vegan soup/ ask for gluten free bread

NEVER CHANGE gouda cheese, tomato, cucumber & lettuce	9
GOOD TIMES gouda cheese, dried tomatoes, cucumber & rucola	9
THE GENIUS gouda cheese, tomato, cucumber, boiled egg, mayo & lettuce	10
ONLY YOU belgium meat ball, tomato, moustard, avocado & salad	12
ONLY ME belgium meat ball, brie cheese, tomato & lettuce	12
TOGETHER belgium meat ball, mozzarella cheese, grilled pepper & rucola	12
NICE TO MEET YOU belgium meat ball, tomato, cucumber, boiled egg, mayo & lettuce	12
ABOUT US mozzarella cheese, green olive tapenade, cucumber, grilled pepper & lettuce	12
ABOUT YOU mozzarella cheese, black olives tapenade, avocado, tomato & rucola	11
LOLA goat cheese, black olives tapenade, grilled pepper & rucola	10
THE SISTER goat cheese, beetroot, apple, walnuts & rucola	11
THE BROTHER brie cheese, tomato, almonds & rucola	9
🌱 READY TO MOVE green olives tapenade, avocado, grilled pepper, walnuts & lettuce	9
🌱 SMILE black olive tapenade, cucumber, tomato, avocado, sesame & rucola	10
🌱 TAKE A SMILE bean tapenade, cucumber, dried tomato, artichoke & rucola	10
🌱 MAKE ME SMILE beetroot, apple, avocado, moustard, sesame	10
🌱 FOREVER & EVER peanut butter, cucumber, mint, coconut flakes & lettuce	8
🌱 FOREVER YOUNG black olives tapenade, cucumber, artichoke, pumpkin seeds & rucola	11
🌱 PATI apple, celery, avocado, dried tomato, walnuts & rucola	11

BUDDHA BOWL

🌱🌱 AVOCADO BUDDHA BOWL buckwheat, bean, beetroot, apple, avocado, pomegranate, rucola, poppy seeds & tahini sauce	12
🌱 EGG BUDDHA BOWL buckwheat, chickpea, boiled egg, beetroot, apple, pomegranate, rucola, poppy seeds & tahini sauce	13

EASY PASTA

🌱 TOFU BASILIC complet pasta with marinated basilic tofu & vegan parmesan	14
🌱 TOFU ROSSO complet pasta with marinated tomato tofu & vegan parmesan	14

WAFFLES

🌱🌱 WAFFLE with AGAVE SYRUP waffle with chickpea & rice flour & banana	6
🌱🌱 WAFFLE with CHOCOLATE waffle with banana & chickpea flour & rice flour	8
🌱🌱 WAFFLE with VANILLA SOY ICE CREAM & CHOCOLATE waffle with banana & chickpea flour & rice flour	10
🌱 WAFFLE with GOAT CHEESE & HONEY waffle with banana & chickpea flour & rice flour	10
🌱🌱 ANTIWAFFLE vanilla soy ice cream & chocolate	8

CAKES

🌱🌱 BEETROOT & CAROB RAW CAKE	3.5
🌱🌱 CARROT & GINGER RAW CAKE	3.5
🌱🌱 VANILLA RAW CAKE	3
🌱🌱 TEA MATCHA RAW CAKE	3
🌱🌱 RAW BLISS BALL - COCO & CHIA-	3

🌱 VEGAN

🌱 GLUTEN FREE ask for a gluten free bread

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BREAKFAST

➔ Saturday & Sunday from 9:00 -13:00

(V) BELGIAN MORNING assorted bread with jam & peanut butter, vegan waffle with agave syrup	12
HEALTHY MORNING assorted bread with jam & peanut butter, a boiled egg, tomato, cucumber & sheep feta cheese	14
CHEESE MORNING assorted bread with jam & peanut butter, gouda & goat & brie cheese, tomato & cucumber	14
FRENCH MORNING assorted bread with cucumber, tomato & omelette	14
BREXIT MORNING assorted bread with tomato, bacon & two fried eggs	14
MORE	
bread	3
jam & peanut butter	3
1/2 avocado	3
cheese -goat, mozzarella, feta, gouda-	4
bacon	4
a boiled/fried egg/omelete	3/ 3.5/7

(V)(GF) SUPER FOODS

➔ with Hemp Milk	
CACAO buckwheat & rice flakes, coconut sugar, cacao, banana, poppy seeds, spirulina	8
COCO buckwheat & rice flakes, coconut sugar, coconut flakes, banana, cajou nuts, maca powder	8
BLUEBERRY buckwheat & rice flakes, coconut sugar, blueberry, sunflower, wheatgrass	10
AVOCADO buckwheat & rice flakes, coconut sugar, avocado, walnuts, goji berries	10
➔ with Soy Yogurt	
APPLE coconut oil, grilled apples, chia, pumpkin seeds, sesame, hazelnuts, fresh ginger, agave syrup, cinnamon	10
BLUEBERRY coconut oil, grilled blueberries, chia, poppy seeds, almonds, agave syrup, cardamom	10
RED FRUITS coconut oil, grilled red fruits, chia, pumpkin seeds, flower seeds, walnuts, dates, agave syrup	10

WAFFLES

(V)(GF) WAFFLE with AGAVE SYRUP waffle with chickpea & rice flour & banana	6
(V)(GF) WAFFLE with CHOCOLATE waffle with banana & chickpea flour & rice flour	8
(GF) WAFFLE with GOAT CHEESE & HONEY waffle with banana & chickpea flour & rice flour	10

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