

ENGLISH
VERSION

Kynni

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LE BOWL

The complete meal designed for well-being. Balance, raw ingredients, flavour.

Each bowl is created from a combination of ingredients that perfectly match with each other.

All bowls are available in **small or large** sizes.

On **each Bowl**, you **can change** the type of grain in the offer and **choose** your **favourite grain**.

1. KYMÌ 10,90€ | 12,90€

Mix basmati and red rice, Tempeh, Roasted vegetables, Raw vegetables, Dried fruit, Teriyaki sauce.

FAT: 15 / 22 - PRO: 21 / 31 - CARB: 66 / 95 - KCAL: 507 / 738* Allergens: 5-6-8

2. TWIST 10,90€ | 12,90€

Bulgur, Egg and parmesan frittata, Roasted vegetables, Fermented vegetables, Pumpkin seeds, Oil.

FAT: 9 / 12 - PRO: 18 / 26 - CARB: 43 / 64 - KCAL: 335 / 486* Allergens: 1-3-7

3. COMFY 12,90€ | 14,90€

Mix basmati and red rice, Pulled planted strips, Roasted vegetables, Teriyaki sauce.

FAT: 6 / 8 - PRO: 21 / 31 - CARB: 56 / 82 - KCAL: 369 / 542* Allergens: 6

4. UMAMI BOMB 12,50€ | 13,90€

Mix basmati and red rice, Marinated seitan, Roasted vegetables, Raw vegetables, Fermented vegetables, Pumpkin seeds, Sweet and sour sauce.

FAT: 5 / 7 - PRO: 22 / 31 - CARB: 67 / 97 - KCAL: 413 / 587* Allergens: 1-6-10

Extra sauce +0,30€

INFO: Our products contain allergens.

1 Cereals containing gluten, 3 Eggs, 5 Peanuts,
6 Soya, 7 Milk and milk products, 8 Nuts, 10 Mustard

*Nutritional Facts exclude sauces



SANDWICHES

The same idea of balance, in the form of a sandwich. Essential ingredients combined in a complete meal to be eaten with your hands.

1. FINALLY HOME 10,90€

Tempeh, Salad, Semi-dried tomatoes, Hummus.

FAT: 21 - PRO: 36 - CARB: 75 - KCAL: 701*

Allergens: 1,6

2. POWER CRUNCH 11,50€

Marinated seitan, Raw carrots, Kimchi, Oil

FAT: 3 - PRO: 26 - CARB: 68 - KCAL: 410*

Allergens: 1,6

3. SUN FIRE 10,90€

Smoked tofu, Vegetable ratatouille, Semi-dried tomatoes, Sweet and sour sauce

FAT: 16 - PRO: 25 - CARB: 69 - KCAL: 528*

Allergens: 1,6,10

4. EASY BITE 11,50€

Marinated seitan, Vegetable ratatouille, Salad, Hummus.

FAT: 12 - PRO: 32 - CARB: 81 - KCAL: 610*

Allergens: 1,6

SPECIALS

Every meal is a balance of flavour and nutrition: two signature dish are always available, alongside our daily specials, which change every day according to the chef's creativity and inspiration.

TODAY'S SPECIAL Variable price

Ask for more information!

SPECIAL TEMPEH 13,90€

Tempeh, served on a bed of hummus with roasted and fresh vegetables, topped with pumpkin seeds and bread.

Allergens: 1,6

SPECIAL MEDITERRANEO 13,90€

Smoked tempeh on a bed of hummus, served with fresh vegetables, Greek black olives, semi-dried tomatoes, fresh basil, and bread.

Allergens: 1,6

INFO: Our products contain allergens. 1 Cereals containing gluten, 6 Soya, 10 Mustard.



ESSENTIALS

Simple solutions, designed to provide the right amount of energy throughout the day. Each ingredient is chosen to enhance authentic flavour, freshness and vitality. You can combine grains, proteins and sides as you like to create a light and nutritious meal, perfect for a quick but healthy break.

ROASTED 4,90€
VEGETABLES

FAT:3 - PRO:2 - CARB: 11 - KCAL: 83

HUMMUS..... 3,90€
FAT:20 - PRO: 14 - CARB: 24 - KCAL: 420

BREAD..... 2,00€

Allergens: 1

POTATOES 3,90€
FAT:0 - PRO: 4 - CARB: 34 - KCAL: 152

MIX RICE 4,90€
BASMATI & RED
FAT:1 - PRO: 7 - CARB: 72 - KCAL: 335

BULGUR..... 4,90€
FAT:1 - PRO: 6 - CARB: 62 - KCAL: 288

Allergens: 1

TEMPEH 5,90€

FAT:14 - PRO: 27 - CARB: 5 - KCAL: 285

Allergens: 6

TOFU 5,90€
FAT:44 - PRO: 22 - CARB: 26 - KCAL: 492

Allergens: 6

FRITTATA..... 5,90€
EGGS & PARMISAN
FAT:9 - PRO: 19 - CARB: 3 - KCAL: 168

Allergens: 3,7

PULLED 5,90€
PLANTED STRIPS
FAT:6 - PRO: 29 - CARB: 3 - KCAL: 196

Allergens: 6

SEITAN 5,90€
FAT:0 - PRO: 27 - CARB: 18 - KCAL:186

Allergens: 1

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DESSERTS

Our desserts are the result of a perfect combination of taste and health. Prepared with fresh, natural ingredients, they are designed for those who do not want to give up the pleasure of dessert but are looking for a light and nutritious option.

COCOA AND HAZELNUTS COOKIE 2,00€

Allergens: 6,8

CHOCOLATE CHIPS COOKIE 2,00€

Allergens: 6,8

ALMOND MIGNON 1,80€

Allergens: 6,8

DRINKS

Our drinks fit every moment of your day, offering freshness and natural benefits. Kombucha, with its unique and slightly sparkling flavour is a natural energy boost. A true elixir of vitality, perfect for those seeking a touch of freshness and health in every sip.

WATER 1,00€

STILL, SPARKLING.

FRUIT JUICE 2,90€

YERBA MATE 2,90€

CAFFEE 1,00€

KOMBUCHA 2,90€

ORIGINAL

CACAO E NOCCIOLE E SCORZA D'ARANCIA

FIORI DI ROSA E IBISCO

JABUTICABA, MORE E MIRTILLI

MANGO, PESCA E FIORI D'ARANCIA

MARACUJA E LEMON GRASS

MENTA, ROSMARINO E ZENZERO

ANANAS, LIMONE E ZENZERO

CRAFT BEER 500 ML 6,00€

CRAFT BEER 330 ML 4,00€

WHITE WINE 3,00€ | 13,00€

PIERO RESISTENTE - IGT VENETO Alc 12.5%

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DELIVERIN'LIFE

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