



S A Ğ L I K L I Y A Ş A M M E N Ü S Ü

Well-being Menu

AKRA - S.KATI

TheLifeCo
HOLISTIC WELLBEING
AKRA ANTALYA



AKRA - S KATI

SERVICE HOURS: 08:30 - 19:00

ALL PRODUCTS ARE VEGAN.

STARTERS



Edamame - 100 TL

(Soy beans sauteed with gluten-free soy sauce, Californian bell peppers and onion)

Avokado Mash-up - 100 TL

(Micro-sprouts, red pepper, parsley, mixed with avocado)



Beetroot Ravioli - 100 TL

(Cashew cheese spread between fine beetroot slices)



Chips & Dips - 100 TL

(Homemade dips (hummus, cashew cheese and pesto) served with flaxseed crackers)

WRAPS



Wrap - 110 TL

(Homemade cashew cheese, fresh veggies and mediterranean greens rolled in rice paper)



Humus Wrap - 110 TL

(Homemade hummus, fresh veggies and mediterranean greens rolled in rice paper)

Avocado Wrap - 110 TL

(Avocado spread, fresh veggies and mediterranean greens rolled in rice paper)

MAIN COURSES

110 TL - **Penne Arabiatta**

(Penne with homemade spicy tomato sauce)

130 TL - **Lahmacun (Flatbread Pizza)**

(Cashew cheese, Californian bell peppers, tomatoes, parsley and seasoning on a tortilla)

140 TL - **Vegan Square Burger**

(Homemade vegan burger between two slices of gluten free bread, tomatoes, lettuce, pickled cucumbers served with vegan mayonaise and tomato sauce)

120 TL - **Vegan Sushi**

(Cauliflower pate and fresh veggies rolled in nori sheets, served with gluten-free soy sauce, pickled ginger and wasabi)

120 TL - **Raw Spagetti**

(Spiralised zucchini, parsley, walnut, cherry tomatoes, olives and pesto sauce)

130 TL - **Risotto with Mushrooms**

(Vegan risotto with black rice and mushrooms)

SALADS

100 TL - **Quinoa Salad**

(Mixed greens with white and black quinoa)

100 TL - **Wholegrain Salad**

(Fresh greens, chickpeas, buckwheat, black rice, quinoa, raw almonds)

100 TL - **Salad**

(Mixed greens, avocado, red onion and olives)

DESSERTS

150 TL - **Blueberry Cheesecake**

(Fresh blueberries, cashew cream with agave syrup)

150 TL - **Havuçlu Raw Kek**

(Carrot, cashew nuts, dates, agave syrup, coconut flakes and oatmeal)

150 TL - **Chocolate Orange**

(Chocolate and orange layers of cashew and cacao nibs)

150 TL - **Ganache Tart**

(A rich cacao flavor dessert with cacao nibs, cashew nuts and tahini)

150 TL - **Browni**

(· Walnut, · Cacao, · Dates)