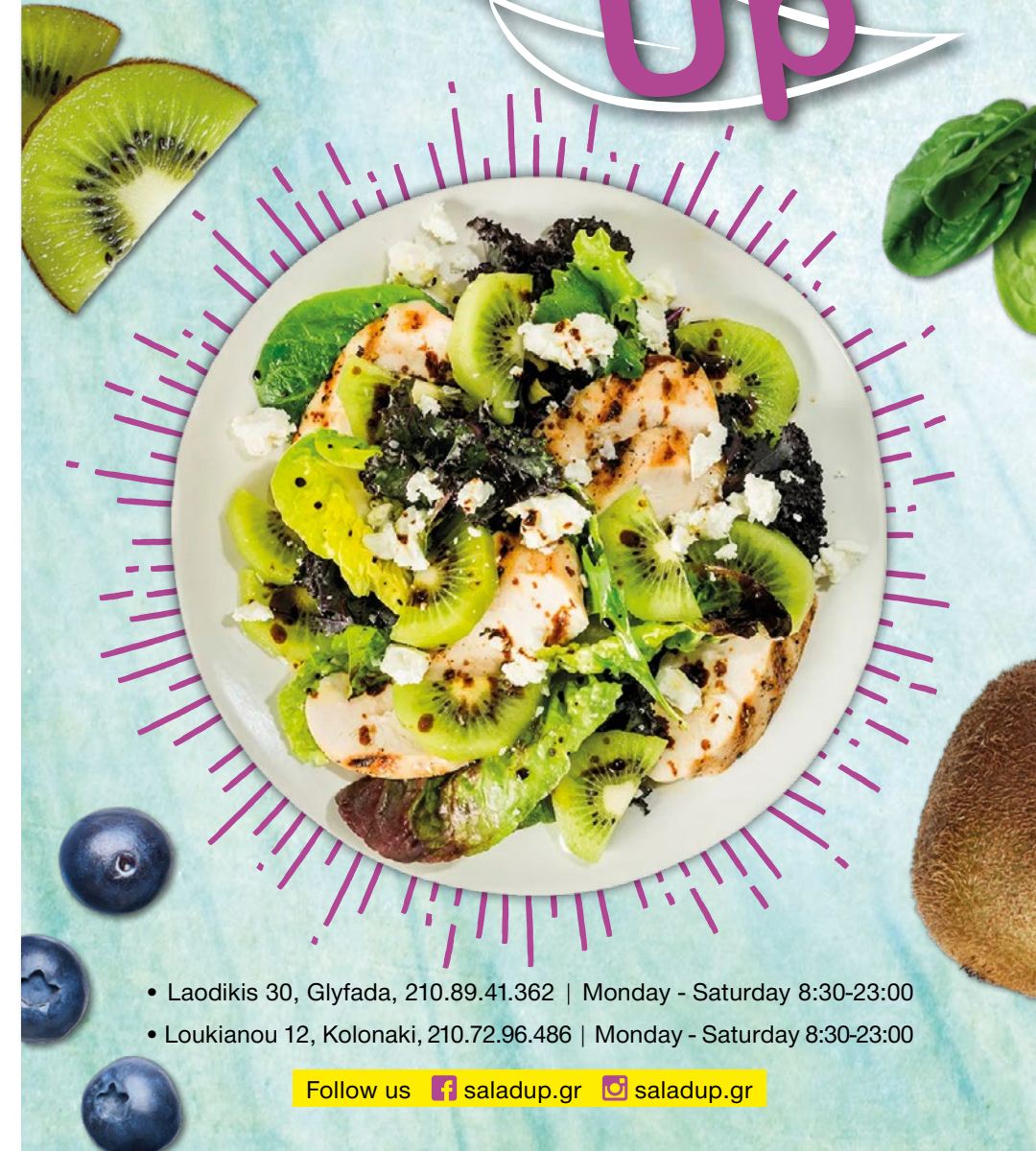




# Salad Up



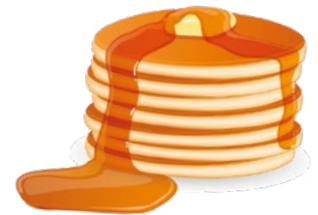
• Laodikis 30, Glyfada, 210.89.41.362 | Monday - Saturday 8:30-23:00  
 • Loukianou 12, Kolonaki, 210.72.96.486 | Monday - Saturday 8:30-23:00

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## HEALTHY PANCAKES

With whole grain flour, oats, honey, no sugar

- 5,50€ **CARROT CAKE PANCAKES**  
With philly cream, pekan, maple syrup
- 5,20€ **HEALTHY PANCAKES WITH MAPLE SYRUP**  
With pecans, banana and maple syrup
- 5,20€ **HEALTHY PANCAKES**  
With honey
- 5,20€ **HEALTHY PANCAKES**  
With berries, banana and honey
- 4,60€ **HEALTHY PANCAKES**  
With peanut butter, honey and banana



## PANCAKES

- 3,80€ **BOUNTY PANCAKES**  
With nutella, coconut flakes and banana
- 5,50€ **PANCAKES**  
With maple syrup
- 5,20€ **PANCAKES**  
With honey
- 7,20€ **PANCAKES**  
With banana, blueberries, raspberries and honey
- 7,50€ **PANCAKES**  
With nutella

## CHIA PUDDING

The superfood chia tastier than ever! 100% natural, high in Ω3 fats, boosts metabolism, now added sugar very low in fat

- 4,20€ **TROPICAL**  
Chia pudding with coconut milk, mango, pineapple, kiwi, coconut flakes, passion syrup, honey
- 3,20€ **BANANA**  
Chia pudding with coconut milk, banana, honey, almonds, cinnamon
- 3,20€ **BLUEBERRY**  
Chia pudding with coconut milk, blueberries, honey, cinnamon
- 3,60€ **NUTELLA**  
Chia pudding with coconut milk, nutella, banana, almonds

## PORRIDGE PUDDING

Try your porridge with almond milk +0,90

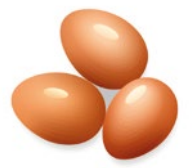
- 4,40€ **KINGS PORRIDGE**  
chia, blueberries, banana, cinnamon, butter lemon honey sauce
- 4,20€ **APPLE CINNAMON**  
With apple, raisins, cinnamon, sliced almonds, butter lemon honey sauce
- 4,40€ **CHUNKY MONKEY**  
With banana, coconut, sliced almond, dark chocolate



## BAGELS

White & whole grain

- NEW** 2,00€ **SPICY TUNA BAGEL**  
Spicy tuna salad, green lola salad, tomato, cucumber, spring onion
- CHICKEN BACON AVOCADO**  
Chicken, double bacon, cheese, tomato, avocado, mayo
- BAGEL GUACAMOLE**  
Bacon, tomato, cheese, lettuce, fried egg, guacamole, dressing mayo
- CHICKEN**  
Grilled chicken, parmesan, rocket, tomato, dressing mustard-mayo
- PHILI**  
Double cream cheese, smoked turkey, cucumber
- SMOKED SALMON**  
Smoked salmon, cream cheese, horseradish, lettuce, cucumber
- LIGHT BAGEL**  
Smoked turkey, low fat cheese, lettuce, cucumber, tomato, dressing light mayo
- FRIED EGG**  
Fried egg, bacon, dressing ketchup



## EGGS

- Choose your eggs omelette, scrambled or fried
- Combine your eggs with a white or whole grain bagel 1,20€
- SUGGESTION!!! Accompany your omelette with green side salad 1,20€**
- EAST L.A. BREAKFAST EGGS** [We suggest with scrambled eggs]  
Choose your egg style with cheese, served on a sliced tortilla, with tomato, avocado, coriander, spring onion, lime
- BACON**  
Choose your egg style with bacon, tomato, mushrooms, cheese
- TURKEY**  
Choose your egg style with smoked turkey, tomato, pepper, cheese
- LIGHT**  
Choose your egg style with 5 egg whites, smoked turkey, low fat cheese, tomato

## GRANOLA BOWLS

- CLASSIC GRANOLA**, yogurt, banana, blueberries, sliced almonds and honey
- CHOCO PEANUT BUTTER**, yogurt, granola, banana, nutella, peanut butter

## FRUIT SALADS & YOGHURT 2%

- NEW** **TROPICAL FRUIT SALAD**  
Mango, pineapple, kiwi, coconut flakes, lime, passion fruit syrup kai honey
- FRUIT SALAD (ONLY FRUIT)**, apple, banana, pear, pineapple and honey
- YOGURT WITH FRUIT**, apple, banana, cereal and honey
- YOGURT WITH MIXED NUTS**, cereal and honey
- YOGURT WITH BERRIES**, blueberries, raspberries, banana, cereal and honey



## COFFEES

- HOT**
- 1,00€ **ESPRESSO**
  - 1,70€ **CAPPUCCINO**
  - 1,70€ **LATTE**
  - 1,50€ **AMERICANO**
  - 1,40€ **NES**
  - 1,90€ **MILK CHOCOLATE OR BITTER**



	S	M	L
<b>SINGLE DOSE</b>			
<b>DOUBLE DOSE</b>			
<b>TRIPLE DOSE</b>			
<b>QUADRUPLE DOSE</b>			

- COLD**
- 2,00€ **FREDDO ESPRESSO**
  - 2,20€ **FREDDO CAPPUCCINO**
  - 2,20€ **LATTE**
  - 2,20€ **CHOCOLATE**

## SMOOTHIES FRESH FRUITS

Our smoothies are so healthy and vitamin rich because they contain only fruit and pure honey, no added sugar or syrups!!!  
 Almond milk extra +0,90

- NEW** 4,20€ **TROPICAL**  
Mango-Pineapple-Kiwi-Lime-Passion fruit-Honey
- NEW** 4,20€ **KIWI**  
Kiwi-Banana-Pineapple-Yoghurt-Spinach-Honey
- 5,00€ **SUPERNOVA SHAKE**  
Banana-Strawberry-Chia-Cashews-Protein-Milk-Honey
- 4,20€ **CARRIBEAN SUNSET**  
Mango-Pineapple-Strawberry-Orange juice-Vanilla Yoghurt-Honey
- 4,20€ **RAZZLE DAZZLE**  
Raspberries-Banana-Yoghurt-Honey-Honey
- 5,50€ **WEIGHT LOSS BREAKFAST**  
Spinach-Banana-Peanut butter-Cannabis seeds-Cinnamon-Almond Milk-Protein
- 5,00€ **POWER PROTEIN**  
Banana-Peanut butter-Blueberries-Milk-1 Scoop Pure Whey Protein
- 5,50€ **VEGAN PROTEIN**  
1 Scoop Bio Soy Protein-Banana-Peanut butter-Almond Milk-Ginger-Brown sugar
- 3,70€ **MAUI**  
Pineapple-Strawberry-Orange-Honey
- 4,20€ **SUMMER LOVE**  
Mango-Strawberry-Pineapple-Passion fruit-Honey
- 3,70€ **VERY BERRY**  
Blueberries-Raspberries-Strawberries-Orange-Honey
- 3,70€ **PASSION MANGO**  
Mango-Passion fruit-Pineapple-Orange-Honey
- 3,70€ **ANTIOX GINGER**  
Orange-Raspberry-Ginger-Honey



- Choose between whole fat, low fat, almond or coconut milk
- 5,50€ **PRE WORK OUT**  
Banana-Strawberries-Oats-Peanut butter-Honey-Milk
  - 4,90€ **PEANUT BUTTER**  
Banana-Milk-Honey-Peanut butter

- SMOOTHIES YOUR CHOICE WITH THE ABOVE INGREDIENTS**
- 4,50€
  - 5,00€
  - 5,50€

- 2,50€ **ORANGE JUICE**
- 3,20€ **PINK GRAPEFRUIT**
- 3,20€ **LEMONADE**
- 3,70€ **RASPBERRY LEMONADE**



## COB SALADS NEW

<b>KETO COB SALAD</b> Lettuce mix, beef steak, egg, onion, cherry tomatoes, avocado, blue cheese, dressing avocado	13,90€
<b>SHRIMP &amp; CRAB COB SALAD</b> Lettuce mix, shrimps, crab surimi, bacon, egg, cherry tomatoes, avocado, blue cheese, onion, dressing poppy	14,20€
<b>CHICKEN COB SALAD</b> Lettuce mix, spinach, chicken, bacon, egg, cherry tomatoes, avocado, blue cheese, dressing honey mustard	11,90€

## SALAD UP CLASSICS

Combine your salad with a white or whole grain bagel 1,20€

<b>BACK FROM THE DEAD GINGER CHICKEN</b> Lettuce mix, chicken sauteed with ginger-lime and sesame seeds, feta cheese, egg, sundried tomato, cherry tomatoes, sunflower seeds, dressing low fat Caesar	9,50€
<b>CAESAR</b> Lettuce mix, roasted chicken, parmesan, croutons, dressing Caesar. [Suggestion!!! Add crispy bacon +1,20, add chicken fillet +3,70]	7,50€
<b>PHILIP'S SALAD</b> Salad up mix, chicken, bacon, edam, corn, carrot, avocado, egg, cherry tomatoes, onion, dressing dijon mayo	8,70€
<b>CRANBERRY CHICKEN</b> Salad up mix, roast chicken, edam, roasted almond, cucumber, dried cranberries, dressing raspberry vinaigrette	8,70€
<b>CRAB</b> Crunchy mix, crab sticks, cucumber, spring onion, egg, croutons, parsley, dill, dressing sweet chilly	7,70€
<b>HONEY MUSTARD CHICKEN OR STEAK SALAD</b> Salad up mix, honey mustard chicken or steak, red cabbage, avocado, cherry tomatoes, eggs, dates, onion, bacon, dressing honey mustard	8,80€/9,70€
<b>L.A. CHICKEN SALAD</b> Crunchy mix, chicken paprika, bacon, avocado, coriander, tortilla chips, yogurt, dressing avocado. [Suggestion!!! Add edam on top of the warm chicken +1,20]	8,90€
<b>SALMON AVOCADO</b> Salad up mix, smoked salmon, half a avocado, cucumber, dill, spring onion, cherry tomatoes, dressing olive oil-lemon	10,90€

## POWER SALADS



<b>POWER DUCK</b> Crunchy mix, crispy duck, egg, kale, cucumber, carrot, cherry tomatoes, avocado, dressing vinaigrette honey-miso mayo	12,80€
<b>POWER SHRIMP</b> Crunchy mix, cajun shrimps 150gr., guacamole, cherry tomatoes, black beans, corn, dressing avocado	14,20€
<b>POWER TERIYAKI BEEF</b> Crunchy mix, rocket-spinach, double portion Teriyaki beef, quinoa, double broccoli, double edamame beans, cucumber, sesame seeds, dressing asian	13,90€
<b>POWER PROTEIN SALAD</b> Lettuce mix, chicken fillet Cajun, egg, quinoa, double corn, double avocado, cherry tomatoes, onion, cottage cheese, dressing lemon spiced	12,90€

### SALAD MIXES:

**TRICOLORE MIX:** Romaine lettuce & Iceberg, Radicchio, Eskarol, Chinese lettuce  
**SALAD UP MIX:** Green lola salad, Red lola salad, Baby rocket  
**ROCKET-SPINACH MIX:** Baby rocket, Baby spinach  
**LETTUCE MIX:** Romaine lettuce & Iceberg  
**CRUNCHY MIX:** White cabbage, Lettuce mix, Eskarol, Baby beet leaves, Carrot

\* Feta cheese is P.O.P. | Shrimps and salmon fillet are frozen. | Olive oil is extra virgin.

## CHEF'S CREATIONS

<b>KIWI CHICK</b> Salad up mix, blackened chicken fillet, avocado, kiwi, nuts, feta cheese, onion, balsamic honey	11,90€
<b>THAI SHRIMP</b> Crunchy mix, shrimps with honey and sesame seeds, carrot, edamame beans, red cabbage, sesame seeds, spicy casious, coriander, dressing ginger lime	11,90€
<b>CHICKEN &amp; CRUNCH SPICY!!!</b> Tricolore mix, spicy chicken, crunchy glazed cashews, carrot, cherry tomatoes, spring onion, avocado cream, extra virgin olive oil	12,90€
<b>FALAFEL &amp; HUMUS</b> Crunchy mix, falafel, humus, mint, roasted almond, cherry tomatoes, red cabbage, quinoa, extra virgin olive oil	10,90€
<b>MEXICAN CHICKEN SALAD</b> Lettuce mix, Cajun chicken, corn, coriander, jalapeño, onion, edam, cherry tomatoes, sour cream, dressing creamy chilli lime	9,80€
<b>FANCY SHRIMP</b> Tricolore mix, sauteed shrimps, marinated cherry tomatoes and avocado, coriander, jalapeño, dressing olive oil-lemon	12,50€
<b>SWEET THAI CHILI SALMON FILET</b> Tricolore mix, pineapple, coriander, quinoa, red pepper, spring onion, salmon fillet αβηγδ with dressing sweet chilly, onion flakes, dressing sweet chilly	12,90€
<b>STEAK TACO BOWL</b> Tricolore mix, baby spinach, red cabbage, coriander, cherry tomatoes, corn, grated edam, tortilla chips, avocado, cajun steak, dressing pink poppy	11,90€
<b>BUFFALO CHICKEN SALAD</b> Lettuce mix, spinach, cherry tomatoes, blue cheese, bacon, bbq chicken, onion, celery, cucumber, dressing buffalo mayo	9,50€
<b>CRUNCHY NUT HUMUS</b> Tricolore mix, quinoa, spicy chickpeas, humus, crunchy glazed cashews, edamame beans, carrot, avocado, spring onion, cherry tomatoes, extra virgin olive oil	11,90€

## LOW FAT

<b>SPICY SALMON FILLET</b> Tricolore mix, spicy grilled salmon, avocado cream, gherkin, cherry tomatoes, spring onion, dill, extra virgin olive oil	13,90€
<b>SKINNY LEMON SHRIMP CAESAR</b> Lettuce mix, prawns with lemon, low fat bacon, egg, avocado, wholegrain croutons, parmesan, dressing low fat Caesar	10,90€
<b>SHRIMP AVOCADO SALAD</b> Lettuce mix, cajun shrimps 100gr., avocado, tomatoes, cucumber, onion, corn, parsley, coriander, dressing lemon-olive oil-honey	10,90€
<b>SUPER TUNA</b> Crunchy mix, tuna, quinoa, baby corn, edamame beans, spring onion, white mushrooms, dressing low Caesar	8,50€
<b>TROUT FILET</b> Salad up mix, avocado, cherry tomatoes, quinoa, dill, spring onion, trout filet, dressing olive oil-lemon or dressing asian. [Suggestion!!! Add an extra trout fillet + 3,20]	8,90€
<b>CAESAR LIGHT</b> Lettuce mix, double smoked chicken, wholegrain croutons, dressing low fat Caesar. [Suggestion!!! Add protein, add chicken fillet +3,70]	7,90€

## POKE POKE NOT

<b>SESAME CHICKEN</b> Baby rocket-spinach mix, chicken, broccoli, edamame beans, avocado, carrot, sushi rice, white and black sesame seeds, spring onion, wakame, dressing sesame	9,80€
<b>POKE POKE TERIYAKI BEEF</b> Bella mix, sirloin steak saute with a teriyaki glaze, sushi rice, broccoli, avocado, edamame beans, red cabbage, carrot, spring onion, wakame, dressing sesame	12,80€
<b>SHRIMP AND RICE</b> Bella mix, shrimps saute with lime and sweet chilly, sushi rice, broccoli, avocado, mango, carrot, edamame beans, white and black sesame seeds, spring onion, coriander, wakame, dressing sesame	14,80€

## QUINOA SALADS

All quinoa salads are being served with red and white quinoa

<b>KIWI QUINOA</b> Quinoa, rocket, kiwi, feta cheese, canberry, blackened chicken, parsley, onion, dressing ginger lime	9,80€
<b>SALMON FILET QUINOA</b> Quinoa, spinach, dill, parsley, spring onion, roasted almond, cranberry, salmon fillet, dressing honey mustard	12,50€
<b>BROCCOLI QUINOA</b> Quinoa, honey mustard chicken, red cabbage, onion & red pepper sauté, broccoli, roasted almonds, dressing honey mustard	8,90€
<b>BLACKENED CHICKEN</b> Quinoa, rocket, spinach, blackened chicken, spring onion, coriander, mint, mango, avocado, feta cheese, yogurt, dressing olive oil-lime	8,90€
<b>CHICK PEA QUINOA</b> Quinoa, chick peas, avocado, grilled red pepper, edamame beans, spring onion, parsley, dressing olive oil-vinegar	7,80€
<b>WARM QUINOA FAJITA</b> Quinoa, chicken, onion, peppers, avocado, feta cheese, cherry tomatoes, yogurt, dressing fajita	8,90€

## PASTA SALADS & NOODLES

Choose between fusilli pasta or whole grain penne  
Ask for warm or cold noodles!!!

<b>SPICY TUNA PASTA SALAD</b> Pasta, spicy tuna, red pepper, carrot, onion, spring onion, sesame seeds, dressing spicy mayo rice vinegar	9,70€
<b>SALMON FILET PASTA</b> Pasta, salmon fillet, grilled zucchini, spring onion, dill, dressing poppy	12,50€
<b>CHICKEN AND CORN PASTA SALAD</b> Pasta, rocket, sauteed chicken, onion, paprika, corn, dressing mayo	8,70€
<b>GREEK SUMMER PASTA SALAD</b> Pasta, spring mix, cucumber, cherry tomatoes, feta, capers, olives, basil, oregano, dressing Greek	7,80€
<b>CAESAR</b> Pasta, roast chicken, parmesan, crispy bacon, dressing Caesar	8,20€
<b>CHICKEN HALOUMI</b> Pasta, haloumi cheese, rocket-spinch mix, chicken, crispy bacon, cherry tomatoes, dressing honey vinaigrette	8,90€
<b>STICKY DUCK NOODLES</b> Bean noodles, sticky duck, baby corn, red and white cabbage, carrot, black and white sesame seeds, dressing Korean bbq	9,80€
<b>CHICKEN NOODLE SALAD</b> Bean noodles, chicken, carrot, yellow and red peppers, baby corn, spring onion, white and black sesame seeds, dressing asian	8,70€

## ETHNIC

<b>CHICKPEA SALAD WITH FETA CHEESE</b> Chickpeas, grilled Florina pepper, sundried tomato, mint, parsley, spring onion, grated feta cheese, dressing low fat Caesar	8,90€
<b>BLACKEYED PEAS WITH TUNA</b> Black eyed peas, rocket, tuna, capers, roast red peppers, cherry tomatoes, spring onion, dressing lemon spiced	7,80€
<b>LENTIL SALAD WITH TUNA</b> Lentils, tuna, carrot, dill, parsley, onion, rocket, dressing olive oil-lemon	7,40€
<b>BLACK EYED PEAS</b> Black eyed peas, tomato, onion, parsley, grilled pepper, avocado, dressing olive oil-vinegar	6,90€

## DAKOS

<b>DAKOS</b> Paximadokouloura, tomato, feta cheese, capers, oregano, olive oil, vinegar	6,90€
<b>CHEF'S DAKOS</b> Paximadokouloura, tomato, cucumber, avocado, corn, egg, feta cheese, capers, oregano, dressing olive oil-vinegar	8,20€

## POKE BOWLS

<b>SPICY TUNA POKE BOWL (CANNED TUNA)</b> Púζι σοούρι, tuna salad, radish, spring onion, carrot, corn, corander, white and black sesame seeds, soy, dressing spicy mayo	11,50€
<b>SPICY SALMON TERIYAKI POKE</b> Sushi rice, carrot, gherkin, avocado, teriyaki salmon, white and black sesame seeds, dressing spicy mayo	13,50€
<b>POKE CALIFORNIA</b> Sushi rice, crab surimi, coleslaw with red cabbage, edamame beans, gherkin, white and black sesame seeds, dressing sweet chilli	11,90€
<b>POKE SHRIMP</b> Sushi rice, grilled shrimps, avocado, edamame beans, gherkin, wakame, spring onion, white and black sesame seeds, mayonnaise	13,90€
<b>POKE MANGO SALMON</b> Sushi rice, salmon, mango, avocado, pickled onion, gherkin, cherry tomato, spring onion, white and black sesame seeds	13,90€
<b>POKE TRUFFLE STEAK</b> Sushi rice, roast beef with truffle oil, pickled onion, gherkin, cherry tomato, avocado, spring onion, white and black sesame seeds	14,90€

## TORTILLA WRAPS

<b>SPICY TUNA WRAP</b> Tortilla, spicy tuna salad, lettuce mix, tomato, cucumber, spring onion	5,90€
<b>AVOCADO CREAM AND SALMON</b> Tortilla, avocado cream, smoked salmon, spinach and baby rocket, dill, spring onion, gherkin	6,90€
<b>EDAM MELT WRAP</b> Double edam, turkey, mayonnaise, crispy baked	4,80€
<b>TORTILLA FALAFEL &amp; HUMUS</b> Crunchy mix, baked falafel, humus, mint, roasted almond, cherry tomatoes, ed cabbage, quinoa	6,90€
<b>FAJITA WRAP (CHICKEN OR STEAK OR SHRIMPS)</b> Red & yellow peppers, onion, tomato, lettuce, dressing fajita. [Suggestion!!! Add avocado +1.20]	5,90€/6,40€/6,90€
<b>CHICKEN MUSHROOM MELT</b> Tortillia in the pan with cream cheese, edam, chicken, mushrooms, sauted onions	6,80€
<b>DUCK WRAP</b> Crunchy mix, crispy duck, cucumber, carrot, spring onion, dressing hoisin-mayo	6,80€
<b>GUACAMOLE WRAP</b> Bacon, tomato, cheese, egg, lettuce mix, guacamole, dressing mayo	5,80€
<b>CHICKEN AVOCADO</b> Chicken, parmesan, tomato, avocado, lettuce, dressing mayo	5,80€
<b>SALMON</b> Smoked salmon, cream cheese, cucumber, lettuce, dressing dijon. [Suggestion!!! Add horseradish + 0,40]	5,80€

Vegetarian

IF YOU ARE ALLERGIC TO ANY FOODS OR HAVE THE SUSPICION YOU ARE, PLEASE INFORM A PERSON OF OUR STAFF IN ORDER TO ADVISE YOU ON YOUR ORDER. THANK YOU.