



Salad Up



• Laodikis 30, Glyfada, 210.89.41.362 | Monday - Saturday 9:00-23:00
 • Loukianou 12, Kolonaki, 210.72.96.486 | Monday - Saturday 10:00-19:00

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HEALTHY PANCAKES

With whole grain flour, oats, honey, no sugar

HEALTHY PANCAKES WITH MAPLE SYRUP

With pecans, banana and maple syrup

HEALTHY PANCAKES

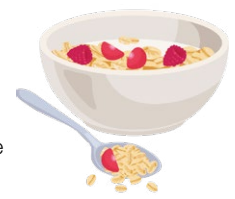
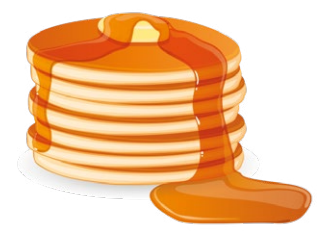
With honey

HEALTHY PANCAKES

With berries, banana and honey

HEALTHY PANCAKES

With peanut butter, honey and banana



PANCAKES

PANCAKES

With maple syrup

PANCAKES

With honey

PANCAKES

With banana, blueberries, raspberries and honey

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

TROPICAL

Chia pudding with coconut milk, mango, pineapple, kiwi, coconut flakes, passion syrup, honey

BANANA

Chia pudding with coconut milk, banana, honey, almonds, cinnamon

BLUEBERRY

Chia pudding with coconut milk, blueberries, honey, cinnamon

NUTELLA

Chia pudding with coconut milk, nutella, banana, almonds

PORRIDGE PUDDING

Try your porridge with almond milk +0,90

KINGS PORRIDGE

chia, blueberries, banana, cinnamon, butter lemon honey sauce

APPLE CINNAMON

With apple, raisins, cinnamon, sliced almonds, butter lemon honey sauce

CHUNKY MONKEY

With banana, coconut, sliced almond, dark chocolate

BAGELS

White & whole grain

CRISPY CHICKEN BAGEL

Crispy chicken fillet, bacon, edam, tomato, lettuce, mayonnaise, mustard

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

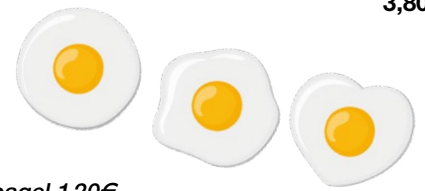
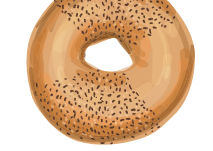
Smoked salmon, cream cheese, horseradish, lettuce, cucumber

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€

GREEK STYLE HUEVOS RANCHEROS

Baked tortilla, marinated split black-eyed beans, Xinomyzithra cheese, avocado, fried eggs, lime, chili sauce

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%

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

ESPRESSO

CAPPUCCINO

LATTE

AMERICANO

NES

MILK CHOCOLATE OR BITTER

COLD

FREDDO ESPRESSO

FREDDO CAPPUCCINO

LATTE

CHOCOLATE



	S	M	L
SINGLE DOSE			
ESPRESSO	1,50€	2,00€	2,50€
CAPPUCCINO	2,20€	2,70€	3,20€
LATTE	2,20€	2,70€	3,20€
AMERICANO	1,50€	2,00€	2,50€
NES	1,90€	2,40€	2,90€
MILK CHOCOLATE OR BITTER	2,40€	2,90€	3,40€
DOUBLE DOSE			
FREDDO ESPRESSO	2,50€	3,00€	3,50€
FREDDO CAPPUCCINO	2,70€	3,20€	3,70€
LATTE	2,70€	3,20€	3,70€
CHOCOLATE	2,70€	3,20€	3,70€

FRESH FRUITS SMOOTHIES

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

FAT BURNING MORNING SMOOTHIE

Banana-Pineapple-Yoghurt-Chia-Coconut milk-Honey

DETOX SMOOTHIE

Pineapple-Banana-Chia-Turmeric-Coconut milk-Ginger-Honey

WEIGHT LOSS BREAKFAST

Spinach-Banana-Peanut butter-Cannabis seeds-Cinnamon-Almond Milk-Protein

POWER PROTEIN

Banana-Peanut butter-Blueberries-Milk-1 Scoop Pure Whey Protein

MAUI

Pineapple-Strawberry-Orange-Honey

SUMMER LOVE

Mango-Strawberry-Pineapple-Passion fruit-Honey

VERY BERRY

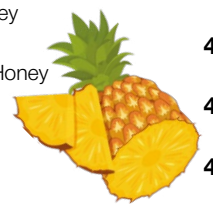
Blueberries-Raspberries-Strawberries-Orange-Honey

PASSION MANGO

Mango-Passion fruit-Pineapple-Orange-Honey

ANTIOX GINGER

Orange-Raspberry-Ginger-Honey



Choose between whole fat, low fat, almond or coconut milk

PEANUT BUTTER

Banana-Milk-Honey-Peanut butter

SMOOTHIES YOUR CHOICE

WITH THE ABOVE INGREDIENTS

ORANGE JUICE

PINK GRAPEFRUIT

LEMONADE

RASPBERRY LEMONADE



	S	M	L
SMOOTHIES YOUR CHOICE WITH THE ABOVE INGREDIENTS	4,50€	5,00€	5,50€
ORANGE JUICE	3,00€	3,50€	4,00€
PINK GRAPEFRUIT	4,20€	4,80€	5,50€
LEMONADE			4,50€
RASPBERRY LEMONADE			5,20€

SALAD UP CLASSICS

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

CAESAR Lettuce mix, roasted chicken, parmesan, croutons, dressing Caesar. [Suggestion!!! Add crispy bacon +1,20, add chicken filet +3,70]	8,50€
PHILIP'S SALAD Salad up mix, chicken, bacon, edam, corn, carrot, avocado, egg, cherry tomatoes, onion, dressing dijon mayo	9,70€
CRANBERRY CHICKEN Salad up mix, roast chicken, edam, roasted almond, cucumber, dried cranberries, dressing raspberry vinaigrette	9,70€
HONEY MUSTARD CHICKEN OR STEAK SALAD Salad up mix, honey mustard chicken or steak, red cabbage, avocado, cherry tomatoes, eggs, dates, onion, bacon, dressing honey mustard	9,80€/10,70€
L.A. CHICKEN SALAD Crunchy mix, chicken paprika, bacon, avocado, coriander, tortilla chips, yogurt, dressing avocado. [Suggestion!!! Add edam on top of the warm chicken +1,20]	9,90€
SALMON AVOCADO Salad up mix, smoked salmon, half a avocado, cucumber, dill, spring onion, cherry tomatoes, dressing olive oil-lemon	11,90€

POWER SALADS



POWER DAY OFF Lettuce mix, crispy chicken fillet, bacon, edam, gherkin, tomato, corn, onion, carrot, dressing mayo honey mustard	14,50€
POWER DUCK Crunchy mix, crispy duck, egg, kale, cucumber, carrot, cherry tomatoes, avocado, dressing vinaigrette honey-miso mayo	14,80€
POWER PROTEIN SALAD Lettuce mix, chicken fillet Cajun, egg, quinoa, double corn, double avocado, cherry tomatoes, onion, cottage cheese, dressing lemon spiced	14,90€

BACK FROM THE DEAD SALAD UP

GINGER CHICKEN Lettuce mix, chicken sautéed with ginger-lime and sesame, feta cheese, egg, sun-dried tomato, cherry tomatoes, sunflower seed, dressing low fat Caesar	10,50€
SANTA FE Lettuce mix, black-eyed beans, edam, blackened chicken, tortilla chips, avocado, dates, coriander, corn, dressing avocado	9,90€
FUSILI CHICKEN SALAD Pasta, lettuce mix, chicken, roasted almond, dressing Dijon mayo. [Suggestion!!! Add bacon and feta cheese +2,9]	9,20€
SPRING TUNA Tricolore mix, tuna, olive, caper, cherry tomatoes, gherkin, avocado, green apple, egg, dill, onion, dressing honey mustard	9,90€

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

NEW CRISPY CHICKEN CAESAR Lettuce mix, crispy chicken fillet, croutons, parmesan, dressing Caesar	10,40€
NEW CRISPY CHICKEN COB Lettuce mix, crispy chicken fillet, egg, tomato, avocado, blue cheese or edam, dressing poppy	12,50€
THAI SHRIMP Crunchy mix, shrimps with honey and sesame seeds, carrot, edamame beans, red cabbage, sesame seeds, spicy casious, mint, coriander, dressing ginger lime	12,90€
FALAFEL & HUMUS Crunchy mix, falafel, humus, mint, roasted almond, cherry tomatoes, red cabbage, quinoa, extra virgin olive oil	11,90€
MEXICAN CHICKEN SALAD Lettuce mix, Cajun chicken, corn, coriander, jalapeño, onion, edam, cherry tomatoes, sour cream, dressing creamy chilli lime	10,80€
BUFFALO CHICKEN SALAD Lettuce mix, spinach, cherry tomatoes, blue cheese, bacon, bbq chicken, onion, celery, cucumber, dressing buffalo mayo	10,50€
CRUNCHY NUT HUMUS Tricolore mix, quinoa, spicy chickpeas, humus, crunchy glazed cashews, edamame beans, carrot, avocado, spring onion, cherry tomatoes, extra virgin olive oil	12,90€
LOW FAT	
NEW TROUT Rocket-Spinach mix, whole trout fillet, mango salsa (mango, avocado, onion, coriander, lime), extra virgin olive oil	12,90€
NEW FIT DINNER Sushi rice, whole chicken fillet (chopped), mango salsa (mango, avocado, onion, coriander, lime), extra virgin olive oil	14,50€

NEW FIT DINNER ΣΟΛΟΜΟ Sushi rice, salmon fillet, mango, avocado, onion, coriander, lime, dressing mango, extra virgin olive oil	16,90€
BANG BANG CHICKEN SALAD Crunchy mix, bang bang chicken, red cabbage, carrot, onion, tomato, red peppers, coriander, roasted almond, dressing spicy yogurt. [Suggestion!!! Add Jalapeño for extra hotness + 1,20]	9,50€
SKINNY LEMON SHRIMP CAESAR Lettuce mix, prawns with lemon, low fat bacon, egg, avocado, wholegrain croutons, parmesan, dressing low fat Caesar	11,90€
SHRIMP AVOCADO SALAD Lettuce mix, cajun shrimps 100gr., avocado, tomatoes, cucumber, onion, corn, parsley, coriander, dressing lemon-olive oil-honey	11,90€
SUPER TUNA Crunchy mix, tuna, quinoa, baby corn, edamame beans, spring onion, white mushrooms, dressing low Caesar	9,50€
TROUT FILET 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]	9,90€
CAESAR LIGHT Lettuce mix, double smoked chicken, wholegrain croutons, dressing low fat Caesar. [Suggestion!!! Add protein, add chicken fillet +3,70]	8,90€

DAKOS with Cretan Xinomyzithra cheese

NEW DAKOS Paximadokouloura, tomato, Xinomyzithra cheese, capers, oregano, olive oil, vinegar	7,90€
NEW CHEF'S DAKOS Paximadokouloura, tomato, cucumber, avocado, corn, egg, Xinomyzithra cheese, capers, oregano, dressing olive oil-vinegar	9,20€

POKE POKE NOT

SESAME CHICKEN Baby rocket-spinach mix, chicken, broccoli, edamame beans, avocado, carrot, sushi rice, white and black sesame seeds, spring onion, wakame, dressing sesame	12,80€
POKE POKE TERIYAKI BEEF Bella mix, sirloin steak saute with a teriyaki glaze, sushi rice, broccoli, avocado, edamame beans, red cabbage, carrot, spring onion, wakame, dressing sesame	14,80€
SHRIMP AND RICE 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	15,80€

PASTA SALADS & NOODLES

<i>Choose between fusilli pasta or whole grain penne Ask for warm or cold noodles!!!</i>	
NEW PASTA CRISPY CHICKEN CAESAR Pasta, lettuce mix, crispy chicekn fillet, cherry tomato, onion, parmesan, dressing Caesar	11,90€
BANG BANG CHICKEN NOODLES Noodles, bang bang chicken, red cabbage, carrot, broccoli, red and yellow peppers, coriander, bang bang sauce	10,70€
SPICY TUNA PASTA SALAD Pasta, spicy tuna, red pepper, carrot, onion, spring onion, sesame seeds, dressing spicy mayo rice vinegar	10,70€
SALMON FILET PASTA Pasta, salmon fillet, grilled zucchini, spring onion, dill, dressing poppy	13,50€
GREEK SUMMER PASTA SALAD Pasta, spring mix, cucumber, cherry tomatoes, feta, capers, olives, basil, oregano, dressing Greek Caesar	8,80€
CAESAR Pasta, roast chicken, parmesan, crispy bacon, dressing Caesar	9,20€
CHICKEN HALOUMI Pasta, haloumi cheese, rocket-spinch mix, chicken, crispy bacon, cherry tomatoes, dressing honey vinaigrette	9,90€
STICKY DUCK NOODLES Bean noodles, sticky duck, baby corn, red and white cabbage, carrot, black and white sesame seeds, dressing Korean bbq	10,80€
CHICKEN NOODLE SALAD Bean noodles, chicken, carrot, yellow and red peppers, baby corn, spring onion, white and black sesame seeds, dressing asian	9,70€

ETHNIC

NEW CHICK PEAS WITH FALAFEL Chick peas, falafel, quinoa, onion, gherkin, coriander, parsley, sunflower seed, lemon, dressing tahini	12,90€
CHICKPEA SALAD WITH FETA CHEESE Chickpeas, grilled Florina pepper, sundried tomato, mint, parsley, spring onion, grated feta cheese, dressing low fat Caesar	9,90€
BLACKEYED PEAS WITH TUNA Black eyed peas, rocket, tuna, capers, roast red peppers, cherry tomatoes, spring onion, dressing lemon spiced	8,80€
LENTIL SALAD WITH TUNA Lentils, tuna, carrot, dill, parsley, onion, rocket, dressing olive oil-lemon	8,40€
BLACK EYED PEAS Black eyed peas, tomato, onion, parsley, grilled pepper, avocado, dressing olive oil-vinegar	7,90€

POKE BOWLS

NEW POKE TROUT Sushi rice, whole trout fillet, wakame, mango salsa (mango, avocado, onion, coriander, lime), extra virgin olive oil	13,90€
SPICY SALMON TERIYAKI POKE Sushi rice, carrot, gherkin, avocado, teriyaki salmon, white and black sesame seeds, dressing spicy mayo	14,50€
POKE SHRIMP Sushi rice, grilled shrimps, avocado, edamame beans, gherkin, wakame, spring onion, white and black sesame seeds, mayonnaise	14,90€
POKE MANGO SALMON Sushi rice, salmon, mango, avocado, pickled onion, gherkin, cherry tomato, spring onion, white and black sesame seeds	14,90€
POKE TRUFFLE STEAK Sushi rice, roast beef with truffle oil, pickled onion, gherkin, cherry tomato, avocado, spring onion, white and black sesame seeds	15,90€

QUINOA SALADS

<i>All quinoa salads are being served with red and white quinoa</i>	
SALMON FILET QUINOA Quinoa, spinach, dill, parsley, spring onion, roasted almond, cranberry, salmon fillet, dressing honey mustard	15,50€
BROCCOLI QUINOA Quinoa, honey mustard chicken, red cabbage, onion & red pepper sauté, broccoli, roasted almonds, dressing honey mustard	10,90€
BLACKENED CHICKEN Quinoa, rocket, spinach, blackened chicken, spring onion, coriander, mint, mango, avocado, feta cheese, yogurt, dressing olive oil-lime	10,90€
CHICK PEA QUINOA Quinoa, chick peas, avocado, grilled red pepper, edamame beans, spring onion, parsley, dressing olive oil-vinegar	8,80€
WARM QUINOA FAJITA Quinoa, chicken, onion, peppers, avocado, feta cheese, cherry tomatoes, yogurt, dressing fajita	10,90€

TORTILLA WRAPS

NEW CRISPY CHICKEN WRAP Lettuce mix, crispy chicken fillet, bacon, edam, tomato, gherkin, onion, mayonnaise, mustard	7,20€
TORTILLA FALAFEL & HUMUS Crunchy mix, baked falafel, humus, mint, roasted almond, cherry tomatoes, ed cabbage, quinoa	6,90€
FAJITA WRAP (CHICKEN OR STEAK OR SHRIMPS) Red & yellow peppers, onion, tomato, lettuce, dressing fajita. [Suggestion!!! Add avocado +1.20]	5,90€/6,40€/6,90€
CHICKEN MUSHROOM MELT Tortillia in the pan with cream cheese, edam, chicken, mushrooms, sauted onions	7,20€
DUCK WRAP Crunchy mix, crispy duck, cucumber, carrot, spring onion, dressing hoisin-mayo	7,20€
GUACAMOLE WRAP Bacon, tomato, cheese, egg, lettuce mix, guacamole, dressing mayo	6,80€
CHICKEN AVOCADO Chicken, parmesan, tomato, avocado, lettuce, dressing mayo	6,80€
SALMON Smoked salmon, cream cheese, cucumber, lettuce, dressing dijon. [Suggestion!!! Add horseradish + 0,40]	7,20€

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.

