
city
Bliss
JUICE BAR & REAL FOOD

Cold-Pressed Juices

Made fresh on the spot with seasonal fruits & veggies from local Greek producers

Greek Product

Beet, Apple, Carrot
3,60€
PREWORK ENERGY

Green Apple, Spinach, Ginger
3,70€
DETOX

Pear, Lemon, Carrot, Celery, Ginger, Turmeric
3,70€
NOURISH NERVOUS SYSTEM

Pomegranate, Orange, Mandarin, Ginger
3,60€
ANTIOXIDANT
STRONG IMMUNE SYSTEM

Grape, Apple, Beet or Lemon
4,00€
REFRESHING
ENERGIZING

Orange, Apple, Carrot, Ginger
3,70€
ENERGIZING
FLAVOR-PACKED

Celery, Green Apple, Spinach, Lemon
3,70€
GLOW SKIN
ANTIOXIDANT

Orange, Grapefruit, Apple, Beet
3,70€
METABOLISM
STRONG IMMUNE SYSTEM

Apple, Carrot, Kiwi
3,60€
STRONG IMMUNE SYSTEM
FLAVOR-PACKED

Apple, Lemon, Ginger, Turmeric, Cayenne, Molasses
3,70€
ANTIOXIDANT
IMMUNE DEFENSE SHOT

Add post-workout protein boost
+1,50€
RECOVERY

Smoothies

All made with our homemade almond milk & nut butters from Greek nuts

Almond milk, banana, cacao, carob honey **4.20€**
Almond milk, banana, peanut butter, cinnamon **4.20€**
Almond milk, banana, cold brew coffee, cacao, chia seeds **4.50€**
Almond milk, peanut butter, dried figs, turmeric, cardamom **4.50€**
Almond milk, spinach, green apple, pumpkin seeds, peanut butter **4.50€**
Almond milk, carrot juice, avocado, dates **5.00€**
Almond milk, apple, tahini, dried figs, cinnamon **4.20€**
Goat kefir, banana, chia, tahini, molasses, turmeric **5.50€**

*Organic plant protein **+0,60€** - * whey protein **+1,50€**

HAND MADE

Greek Product

From Our Fridge

Coldbrew coffee, 200ml **3,80€**
Homemade almond milk, 250ml **2,50€**
Kombucha homade rose, ginger, jalapeño, 250ml **3,80€**
Thamma organic herbs (various flavors) **2,70€**
Natural mineral water theoni, 500ml **0,50€**

Selection of craft beers from local Greek microbreweries

Hot Drinks

Varieties of tea and Greek herbs for a soothing experience

Organic Matcha tea **2,20€**
Matcha latte with fresh milk **3,00€**
Matcha latte with plant γάλα **3,20€**
Golden latte with fresh milk **3,00€**
Golden latte with plant γάλα **3,20€**

Hot Chocolate

Classic **3,50€**
Milk Caramel with sea salt **4,00€**
Milk 0% sugar **4,00€**
Dark with Spices **4,00€**
Dark single 60% **4,00€**
White Chocolate with lemon & nutmeg **4,00€**

No Sugar Energy Bars (90γρ)

Always handmade with care

Peanut butter, oats, molasses, hazelnuts, almonds, raisins, chocolate*, cornflakes*, plant protein **2.60€**

Hazelnut butter, oats, honey, peanuts, hazelnuts, chocolate*, cornflakes* **2.60€**

Tahini, oats, honey, peanuts, almonds, cranberries, goji berries, chocolate* **2.60€**

* SUGAR FREE HAND MADE

Sweet Treats

Banana Bread **2,80€**

Mousse saltedcaramel **2,80€**

Moist orange & tahini cake **3,00€**

Brownie salted caramel **3,50€**

Raw carrot-ginger cake **3,00€**

Apple cake **3,00€**

Lemon–pistachio cake **3,30€**

SUGAR FREE GLUTEN FREE VEGAN

Protein Pudding **4,00€**

VEGAN

Handmade cinnamon roll **3,50€**

Ask us about our daily sweet creations

Savory Snacks

Handmade Pies

Spinach* **3,00€**

Mediterranean cheese or pumpkin **3,50€**

Kasseri cheese pie **3,50€**

Pumpkin pie **3,50€**

Sourdough corn sandwich with olive tapenade, tsalafouti cheese, rocket & sundried tomato **3,20€**

Sourdough sandwich with hummus & grilled veggies **3,50€**

* VEGAN HAND MADE

BlissBowls

Our Bliss Bowls are crafted fresh for you right when you order. Feel free to customize them with changes and additions to perfectly suit your preferences

Black-eyed pea salad, with seasonal veggies* **€6.50**
Beetroot salad, with sweet potato, green apple & carrot flakes* **6.80€**
Quinoa, sweet potato, boiled carrot, avocado & seasonal veggies* **7.50€**
Lentils, basmati rice, cherry tomatoes & beetroot* **7.00€**
Buckwheat noodles, with steamed seasonal veggies & protein sauce* **7.00€**
Warm spinach salad, with mushrooms & sweet pumpkin* **6.50€**
Chickpea tempeh, black rice, boiled carrots & green salad* **7.50€**
Protein vegetarian bowl, with quinoa, mushrooms, beet & boiled egg **8.00€**
Protein burger bowl, with 2 homemade beef patties & protein potato salad **8.50€**
Protein chicken bowl, with grilled fillet, rice & yogurt sauce **7.50€**
Add avocado or egg **+0,70€**

* VEGAN

Brunch

Every day, we prepare a home-cooked meal just for you.
During the colder winter months, we also offer a special soup of the day

Avocado toast on handmade low-gluten * **5,00€**
Add egg **+0,70€**
Vegetable omelet, with cheese **7,00€**
Low-gluten pinsa, with optional plant-based cheese **10,00€**

* VEGAN

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We truly appreciate your feedback!

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