

## BOWLS

### Greece in a bowl 7,20 €

Groats, black eyed beans,  
cherry tomatoes, cucumber,  
feta cheese, parsley,  
onion  
Balsam with lime **dressing**

### Alexander's protein 9,20 €

\*Shrimps, grilled zucchini,  
brown rice, lentils,  
caramelized onions,  
dates, rosemary,  
Citrus fruit **dressing**

### Q-C boost 8,60 €

Quinoa, chicken,  
kale, chickpeas,  
sesame seeds  
Yoghurt mint **dressing**

### LYFE's Veal 8,90 €

Brown rice, veal,  
agaricus mushrooms,  
baby spinach, spring onions,  
sesame seeds,  
Eggplant **dressing**

### RainBowl 7,40 €

Noodles, avocado, corn,  
Florina pepper,  
carrot, cabbage,  
sesame seeds,  
Peanut butter ginger **dressing**

### Burrito

#### in a bowl 7,10 €

Minced soy, Florina pepper,  
kidney beans, corn,  
onion, brown rice, fresh coriander,  
spicy dressing  
Spicy **dressing**

### Spring broccoli super bowl 7,20 €

Broccoli, cherry tomatoes, cucumber,  
avocado, baby spinach,  
sunflower seeds, kidney beans  
Olive oil **dressing**  
with lime

### LYFE's Pasta 6,90 €

Wholemeal pasta,  
grilled zucchini,  
katiki cheese, onion, corn,  
chickpeas, agaricus mushrooms,  
Pesto **dressing**

### Extra

Chicken 0,80€  
Egg 0,40€  
Tuna 1,00€  
Shrimps 1,20€  
Veal 1,00€  
Katiki cheese 0,40€

## SALADS

### Tabbouleh salad 5,00€

Groats, cherry tomatoes, onions,  
parsley, mint, spice mixture  
Vinaigrette **dressing**

### LYFE's light Caesar's 5,80 €

Lolo, chicken, chickpea croutons,  
cucumber, parmesan cheese  
Caesar's **dressing**

### Mediterranean Tuna 5,80 €

Lolo, tuna, cherry tomatoes,  
radish, spring onions  
Lime **dressing**

### LYFE's AvoTuna 6,40 €

Lolo, tuna, avocado, egg,  
spring onion  
Dijon mustard **dressing**

### Greek LYFE salad 5,50€

Cherry tomatoes, feta cheese,  
cucumber, green pepper, onions,  
black olives, oregano  
Vinaigrette **dressing**

## WRAPS

### Caesar's Light Wrap 4,00€

Chicken, sweet corn,  
cherry tomatoes, Lolo  
Caesar's **dressing**

### Wrapped Falafel 3,80 €

Falafel, cabbage, cherry tomatoes,  
cucumber, parsley, onion  
Tahini **dressing**

### Burrito 3,60 €

Minced soy, Florina pepper,  
kidney beans, sweet corn, onion,  
brown rice, coriander  
Spicy **dressing**

### Med-Tuna 4,20 €

Tuna, cherry tomatoes, egg,  
spring onions, Lolo  
Dijon mustard **dressing**

### LYFE's Chicken Wrap 4,00€

Chicken, kale, chickpeas, cherry  
tomatoes, lolo, black sesame seeds  
Yoghurt mint **dressing**

## SOUPS

### Sweet potato energy storm 3,30€

Sweet potato,  
ginger, spices, orange

### Soup of the day 3,30 €

Ask us for  
the soup of the day

## SWEETS

### Avocado Cocoa Mousse 3,10 €



## SMOOTHIES

**Banana yoghurt smoothie 3,60 €**  
Yoghurt 2%, banana, almond milk, cinnamon

**Popeye's smoothie 3,60 €**  
Spinach, banana, \*mango, almond milk

**Pineapple Bunny 3,60 €**  
Pineapple, carrot, apple, almond milk

**Strawberry banana boost 3,60 €**  
Strawberries, banana, \* pineapple, almond milk

**LYFE's Forest 3,60 €**  
Avocado, a mixture of \*berries, banana, apples

**Smoothie of the day 3,60 €**  
Ask us for the smoothie of the day

## GO-MORNING

**Super bar (sugar free) 95gr 2,40 €**

**Peanut butter bar 95 gr 2,40 €**

**Peanut butter cookies 0,50 €**

**Oats cookies (sugar free) 0,50 €**

**Chocolate cookies (sugar free) 0,50 €**

**Arizona fruit punch juice 500 ml 3,20 €**

**Arizona mango juice 500ml 3,20 €**

**Arizona green tea (diet) 330ml 3,20 €**

## BEVERAGES

Green tea **BIO** 1,50 €

Lemon green tea 1,50 €

Vanilla black tea 1,50 €

Ceylon black tea 1,50 €

Fruity white berries 1,50 €

Lemon Ginger herb **BIO** 1,50 €

## YOGURTS

**Strawberry Power 3,60 €**

\*Strawberry yoghurt 2%, granola

Anise **LYFE** syrup

**Mango Boost 3,60 €**

\*Mango yoghurt 2%, light Cornflake

Honey carob **LYFE** syrup

**Pineapple Kick 3,80 €**

\*Pineapple yoghurt 2%, sunflower seeds, raisins, oat flakes,

Ginger lime **LYFE** syrup

**Forest Energy 3,60 €**

\*Forest fruit yoghurt 2%, banana slices, granola

Anise **LYFE** syrup

**Peanut Butter Forest 4,10 €**

Peanut butter yoghurt 2%, \* strawberry slices, forest marmalade, oat flakes

## COFFEES **bio**

ESPRESSO SINGLE 1,50 €

ESPRESSO REGULAR 2,10 €

ESPRESSO CAPPUCCINO SINGLE 1,60 €

ESPRESSO CAPPUCCINO REGULAR 2,20 €

ESPRESSO FREDDO 2,10 €

ESPRESSO FREDDO CAPPUCCINO 2,20 €

## REFRESHMENTS DRINKS

Coca Cola 330ml 1,40 €

Coca Cola (ZERO) 330ml 1,40 €

Coca Cola (STEVIA) 330ml 1,40 €

Fanta Orange (LIGHT) 330ml 1,40 €

Sprite (ZERO) 330ml 1,40 €

Perrier 330ml 2,30 €

Apple Cider 330ml 2,30 €

Beer **EZA** PILSENER 330ml 2,10 €

Beer **EZA** ALCOHOL FREE 330ml 2,10 €

Water Ayra 500ml 0,50 €

## Extra

Granola 0,30 €

Oat Flakes 0,30 €

Light Cornflakes 0,30 €

# LIVE YOUR FRESH EXPERIENCE



(VN): VEGAN

(V): VEGETARIAN



Allergens: Our restaurant can provide you a catalogue with all allergenic ingredients.  
All prices are tax included. The restaurant has the right to change the price list without notice.  
\*frozen product  
GM: Antonis Papatotiriou  
Quality Control Operator: George Hatzopoulos