

HEALTHY SLOW JUICES 100% PURE JUICE, PRE-BOTTLED AND JUICED WITH LOVE

FRUITS USED DEPENDS ON WHAT'S AVAILABLE AT THE MARKET

CARROT vitamin A booster, low in calories, improves digestion, benefits your skin, improves immune system, flu remedy ..	4
PINEAPPLE high in vitamin C, keeps teeth strong	5
WATERMELON helps reduce muscle soreness, lower chances of inflammation, rich in amino acids, boost your libido	4
APPLE vitamin A, C booster, boost your immune system	4
COCONUT ultimate hangover remedy, boost your hydration, rich in nutrients, benefits your skin	5
PEAR high in fibers, high in vitamin C, boost your immune system and energy	5
PIMP YOUR JUICE / MIMOSA CAVA COCKTAIL watermelon or pineapple	6,5

SUPER BOOST PHARMACY

GINGER SHOT - relieves nausea, immune booster, best remedy for cold & flu	1,5
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COFFEE - TEA - WATER

COFFEES: espresso, americano, cappuccino, latte (with whole milk)	2,5
FRESH TEA: ginger or mint	2,5
OTHER TEAS:	
HELLO SUNSHINE BIO , green & white tea, roses	3
NOTENDROOM , almond, apple, cinnamon, beet (no caffeine/theine)	3
RA RA RASPUTIN , Russian earl grey, orange	3
CRANBERRY LIME PUNCH , cherries, cranberry, papaya	3
EARTH WATER: still/sparkling (0,33l)	2,5

MOOK PRIVATE EVENTS

WOULD YOU LIKE TO THROW YOUR OWN PRIVATE PANCAKE PARTY IN THE EVENING?

MOOK is available for private events (after closing hours), just email us and let's talk!

E-mail: info@mookpancakes.nl

facebook.com/mookpancakes | [Instagram #mookpancakes](https://instagram.com/mookpancakes)

Mook
PANCAKES

AND IF YOU DON'T KNOW, NOW YOU KNOW

MOOK is short for 'Mokum', slang for Amsterdam. We started out in 2016 with the help of some friends. Actually, a lot of them. We made a solemn promise to ourselves - and to them, and to you - to give it our all.

Our philosophy is pretty simple. We're in love with great food. The juiciest juices. Our vibe is mellow urban. Featuring mostly throwback hip-hop. And we're offering it all with our dedicated brand of generous hospitality. Fo real!

Our veggies and fruits are, well, fresh and fruity. We use 100% organic wholegrain spelt flour. Which means they keep more of their nutrients, fibers and vitamins. Which makes them very healthy. And good. And because we add sugar nor salt - and only a touch of butter - you can eat them without ever worrying about your yummy tummy.

Just so you know, our pancakes do contain dairy and are not gluten free.

AVOCADO STARTERS

AVOCADO HUMMUS hummus, grilled peppers, olive oil, chili mix, oregano	5,5
AVOCADO BABA GANOUSH baba ganoush (eggplant), sweet african pepper mix (contains cashew nuts), artichokes	5,5
AVOCADO YOGURT Greek yogurt, strawberries, blackberries, honey	5,5
AVOCADO SALMON smoked salmon, crème fraîche, dill, olive oil	5,5
	
AVOCADO DUO , pick your two favorites	10
AVOCADO MIX , pick your three favorites	15
AVOCADO GET 'EM ALL	20

SALADS (COMING SOON, STILL WORKING ON IT)

THE OCEAN WAVE spinach, smoked salmon, avocado, red cabbage, rainbow cherry tomatoes, pink peppercorn, vinaigrette, dill, chives, parsley	14,5
THE BIG UP feta cheese, blueberries, sliced chili peppers, rainbow cherry tomatoes, little gem lettuce, grated carrot, artichokes, vinaigrette, chives, parsley	12,5

PANCAKES

THE BLUE MAGIC blueberries, maple syrup, grated coconut	8,5
THE BLUE MAGIC DELUXE banana, strawberry, blueberries, maple syrup, grated coconut	11,5

MOOK'S FAVORITES

THE HEAVY MAMA banana, dates, walnuts, honey, grated coconut	10,5
THE PAID IN FULL avocado, artichokes, baba ganoush (eggplant), sweet African pepper mix (contains cashew nuts), olive oil	10
THE INFAMOUS (NEW BY DAILY PAPER) banana, homemade chocolate sauce, melted peanutbutter, strawberries, blackberries, cinnamon	11,5
THE G.O.O.D. MORNING DELUXE Greek yogurt, granola, cinnamon, strawberries, blackberries, honey	12,5

THE G.O.O.D. MORNING Greek yogurt, granola, cinnamon, strawberries, honey	11
THE VEGALICIOUS grilled peppers, avocado, hummus, chili mix, oregano, olive oil	10
THE SOUL FLOWER banana, Greek yogurt, dates, blueberries, maple syrup, grated coconut	11
THE PINK LADY smoked salmon, crème fraîche, dill, olive oil	12,5
THE CHOCOLATE SENSATION homemade chocolate sauce, fresh fruits, grated coconut	10
THE MANCAKE bacon, cheddar cheese, grilled onions, maple syrup	14

PIMP YOUR PANCAKE

TOPPINGS:

REAL AMERICAN BACON (3 slices) + 3 / **AVOCADO** (1/2) + 2
HUMMUS + 2 / **PEANUTBUTTER** + 1 / **CHOCOLATE** + 2
BLUEBERRIES + 2 / **BLACKBERRIES** + 2 / **STRAWBERRIES** + 2 / **BANANA** + 1