

**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

**COCONUT**  
ultimate hangover remedy, boost your hydration, rich in nutrients, benefits your skin ..... 5

**APPLE**  
vitamin A, C booster, boost your immune system ..... 4

**SEASON JUICE**  
limited availability ..... 5

**SUPER BOOST** **GINGER SHOT** - relieves nausea, immune booster, best remedy for cold & flu ..... 1,5

**RICKY ROSÉ CHAMPAGNE**

**LUC BELAIRE ROSÉ BY RICK ROSS** - glass ..... 7,5

**LUC BELAIRE ROSÉ BY RICK ROSS** - bottle ..... 35

**MIMOSA ROSÉ COCKTAIL** - with watermelon juice/pineapple juice ..... 7,5

**COFFEE - TEA - WATER**

**COFFEES:** espresso, americano, cappuccino, latte macchiato ..... 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

**HOW TO FIND US**

**MOOK WEST** - De Clercqstraat 34H / 1052 NG Amsterdam  
**MOOK CITY CENTER** - Jodenbreestraat 144 / 1011 NS Amsterdam  
[facebook.com/mookpancakes](https://www.facebook.com/mookpancakes) | [instagram.com/mookpancakes](https://www.instagram.com/mookpancakes) | [www.mookpancakes.nl](http://www.mookpancakes.nl)

**EARTH**

**Mook**  
PANCAKES

ENGLISH

## AND IF YOU DON'T KNOW, NOW YOU KNOW

MOOK is short for 'Mokum', slang for Amsterdam. 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! We use 100% organic wholegrain wheat flour. And because we don't add any sugar or salt – and only a touch of butter – you can eat our pancakes without ever worrying about your yummy tummy.

### FRUIT SALADS

→ SERVED WITH REAL CANADIAN MAPLE SYRUP ←

#### THE KING KUNTA

plantbased yogurt, granola, fresh seasonal fruits ..... 7,5

#### THE KING KUNTA DELUXE

plantbased yogurt, granola, fresh seasonal fruits, exotic fruit ..... 9,5

### SALADS

#### THE CHOP-IT-UP - add avocado + 2

pulled chicken, cobb salad, grilled sweetcorn, rainbow cherry tomatoes, crème fraîche ..... 9,5

#### THE BIG UP

feta cheese, blueberries, sliced chili peppers, rainbow cherry tomatoes, little gem lettuce, grated carrot, artichokes, vinaigrette, chives, parsley ..... 12,5

#### THE OCEAN WAVE

smoked salmon, spinach, avocado, red cabbage, rainbow cherry tomatoes, blackberries, pink peppercorn, vinaigrette, dill, chives, parsley ..... 14,5

### AVOCADO SIDES

#### AVOCADO HUMMUS

hummus, grilled peppers, olive oil, chili mix, oregano ..... 5

#### AVOCADO PULLED CHICKEN

pulled chicken, crème fraîche, chives ..... 5

#### AVOCADO BABA GANOUSH

baba ganoush (eggplant), sweet African pepper mix (contains cashew nuts), artichokes, olive oil ..... 5,5

#### AVOCADO SALMON

smoked salmon, crème fraîche, dill, olive oil, pink peppercorn ..... 5,5

### WANNA SHARE 'EM?

PICK YOUR TWO FAVORITES - 9 / GET THREE OF 'EM! - 12

EARTH

### AMERICAN PANCAKES (100% SUGARFREE)

#### THE BLUE MAGIC - add bacon + 3

blueberries, Canadian maple syrup, grated coconut ..... 8,5

#### THE BLUE MAGIC DELUXE

banana, strawberries, blueberries, Canadian maple syrup, grated coconut ..... 11,5

#### THE G.O.O.D. MORNING - GO DELUXE! - add dates & blackberries + 2,50

Greek yogurt, granola, cinnamon, strawberries, honey ..... 11

#### THE CHOCOLATE SENSATION

homemade chocolate sauce, fresh fruits, grated coconut ..... 11

### MOOK'S FAVORITES

#### THE HEAVY MAMA - add melted peanutbutter + 1

banana, dates, walnuts, honey, grated coconut ..... 9,75

#### THE INFAMOUS (BY DAILY PAPER)

banana, homemade chocolate sauce, melted peanutbutter, strawberries, blackberries, cinnamon ..... 11,5

#### THE BUBBA SPARXXX - add avocado + 2

pulled chicken, cobb salad, grilled sweetcorn, tomatoes, crème fraîche ..... 10,5

#### THE VEGALICIOUS

grilled peppers, avocado, hummus, chili mix, oregano, olive oil ..... 9,5

#### THE PINK LADY

smoked salmon, crème fraîche, half avocado, pink peppercorn, dill, olive oil ..... 12,75

#### THE PAID IN FULL

avocado, artichokes, baba ganoush (eggplant), sweet African pepper mix (contains cashew nuts), olive oil ..... 10,5

#### THE MANCAKE

bacon, cheddar cheese, grilled onions, Canadian maple syrup ..... 14

→ JUST SO YOU KNOW, OUR PANCAKES DO CONTAIN DAIRY AND ARE NOT GLUTEN FREE ←

### PIMP YOUR PANCAKES

#### TOPPINGS:

REAL AMERICAN BACON (3 slices) + 3 / AVOCADO (1/2) + 2  
 CHEDDAR CHEESE + 2 / HUMMUS + 2 / BABA GANOUSH + 2  
 PEANUTBUTTER + 1 / CHOCOLATE + 2 / GREEK YOGHURT + 1  
 STRAWBERRIES + 2 / BLUEBERRIES + 2 / BLACKBERRIES + 2 / BANANA + 1

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