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BREAKFAST

SMOOTHIE BOWLS



To substitute with plant based milk options (almond, coconut or cashew milk)

All of our smoothie bowls can be prepared with gluten free granola(due to cross contamination risk, may not be suitable for patients with Celiac disease)

Please specify if you wish to have your smoothie bowl to be prepared without granola

Red Riding Hood

Homemade granola, beet yoghurt, organic honey, pomegranate, roasted beetroot, dried cranberries, dehydrated strawberries, chia seeds, almonds, granola chip

Snow White's Sin

Homemade granola, hazelnut milk yoghurt, organic honey, red apples, hazelnuts, pomegranate, raspberry coulis

50 Shades of Green

Homemade granola, yoghurt, avocado, kale, green apple, kiwi, celery stick, parsley, cucumber, lime juice, ginger, pumpkin seed, fresh mint

Orange is the New Black

Homemade granola, orange, pumpkin, carrot, ginger, turmeric, organic apple juice, dried apricots, hazelnuts, chia seed

Atomic Smoothie Bowl

Homemade granola, almond milk, banana, organic raw cacao, homemade peanut butter, vanilla

Warm Quinoa Porridge Bowl

Black and white quinoa, grechka, coconut milk, coconut, organic apple juice, dried apricot, blueberry, pomegranate

BREAKFAST PLATTERS



All of our breakfast platters are served with organic, sourdough whole wheat and rye breads and a glass of black tea. You can choose your organic egg from poached, scrambled, sunny side up or boiled options.

Most Important Meal of the Day

Paprika coated feta, herbed ricotta, dill goat's cheese, organic egg of choice, tomato & cucumber & green pepper salad, sunflower seeds, nigella seeds, mixed olives, mixed dried fruit, organic jams, organic honey, raw walnuts, raw almonds

Organic Turkish Breakfast

Ezine cheese, Kars kashkaval, Bergama tulum cheese, lor cheese with pepper, organic egg of choice, Healin muhammara paste, zaatar & virgin olive oil, Tokat beef pepperoni, tomato & cucumber, organic jams, organic honey, organic butter, mixed olives

“Green Mornings”

100% Vegan & Organic

Homemade vegan cheese, green olives, avocado, herb-walnut paste, Yedikule baby lettuce, green apples, celery stem, cucumbers, baby spinach, green peppers, zucchini, pumpkin seeds, kale, kale chips

ORGANIC EGGS



We use certified organic eggs

Cloud Menemen

Tomatoes from Çanakkale, green pepper, sweet red peppers

Hazer Şef's Menemen

Tomatoes, hot red pepper from Samandağ, green pepper, baked garlic, smoked red pepper, eggs, toasted sour dough bread

Healin Omelette

3 egg turmeric omelette with chickpea flour, avocado, kale, zucchini, carrots, feta cheese, cilantro, dill, broccoli, cauliflower

Fit-in Yemyeşil Açık Omlet

3 egg whites, avocado, broccoli, kale, zucchini, kale, goat's cheese, green onions, dill, cilantro

Healin Eggs Royale

Toasted homemade whole wheat turmeric bread, homemade salmon gravlax, kale, poached eggs, turmeric hollandaise, cucumber, radishes, dill

EGG BREAKFASTS

ON ORGANIC TOAST



Turmeric “Golden Egg” on Seed Galore Beetroot Siyez Slice

Beetroot Siyez flour bread (sunflower seeds, pumpkin seeds, turmeric, raisins, dried figs, poppy seeds, flax seeds); Ezine cheese with chives and chili pepper, guacamole & turmeric poached egg

Grilled Bergama Tulum Cheese on Sour Dough Bread (%100 Siyez flour)

Bergama Tulum cheese, sauteed mushrooms, sunny side up egg, fresh tyhme, cherry tomatoes, green pepper, raw walnut, sauteed spinach, grilled slice of sour dough Siyez bread

Healin Chia Seed & Avocado Breakfast

Avocado paste with chili pepers, herb & pepper lor cheese, scrambled, sunny side up or poached egg, toasted bread with chia seeds, cucumber, carrot, baby radish, dill, nigella seeds

Tokat Beef Pepperoni on Sourdough Bread (%100 Siyez flour)

Grilled Tokat beef pepperoni, grilled kolot cheese, spinach hummus, green pepper, cherry tomatoes

Salmon Gravlax on Toast “Scandinavian”

Toasted organic sourdough whole wheat walnut bread, homemade salmon gravlax, avocado, chive&lemon ricotta, cucumber, baby radish, caper berries, dhydrated olives, pickled red onions, dill, medium-boiled egg, mixed greens

Gluten Free Protein Pancake “Pandora's Cake”



Carob flour, chickpea flour, milk, cinnamon, homemade baked peanut butter, banana, cranberry, almond, honey