



Ingredients on this menu are lovingly grown locally or prepared by: Phood farm, Bijzonder Brabant, Stoerderij Son, Look and Aspergetij. Your bowl will be served on 'oer tableware' from Lotte de Raadt. These bowls are made of earth from Eindhoven.

In our farms we harvest all our products fresh daily and for this we work with people who are at a distance from the labor market. We call this 'soul gardening'. We grow ourselves and our vegetables hand in hand with mother nature.

Have you seen the farm yet? Then request an exclusive farm tour and discover all the ins and outs of the magic of aquaponic, micro, mushroom and permaculture farming!

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phoodkitchen.com | phoodfarm.org**

BROTH BY PHOOD

Bowls with benefits

Hyper-local, natural and scientific.

Your broth bowl is grown, simmered and created by our own hands. From seed to spoon. And is here to truly nourish you. We do not only feed you what you want, we feed you what you need. So, what is it you need right now?

Order your personal bowl at the bar inside and taste the benefits. What is it you need today? Come and get your fix!

BROTHMENU

The detoxer (v/c/b) s 12,5 / L 17,5

Benefits: weight loss, energy, mineral booster

All you need to feel better. This stock is filled with omelette, tomato, beets, spinach, microgreens and spring onions. Your broth of choice is infused with green tea, ginger, turmeric and lemon to soothe your stomach.

Dr. skin glow (v) s 12,5 / L 17,5

Benefits: skin & gut restore, collagen stimulant

Your skin wants this one! Seaweed increases collagen production inside your body. Great for your bones, gut and skin. It is a mineral rich vegan broth made with fungi, ginger, turmeric and reishi. Filled with mung bean noodles, kombu, tofu, microgreens, cilantro and shiitake.

Gut cuddles (v) s 12,5 / L 17,5

Benefits: anti inflammatory, probiotic boost

An energising, easily digestible miso-seaweed broth filled with "bean protein", pumpkin, sauerkraut, kale, artichoke, shiitake, soup dumpling and micro vegetables. A 'farm-rich' soup and a boost for your gut.

Oriental flu booster (c) s 12,5 / L 17,5

Benefits: immunity boost, gut health

The immunity-boosting classic! Collagen/mineral rich chicken broth made with coconut milk, galangal, lime grass, lime leaves and filled with germs, cavolo nero, coriander, shiitake and lime. Also nicknamed as the Phood Kha Caai.

Granny's medicine (c) s 12,5 / L 17,5

Benefits: skin & gut restore, energy

Grandma knew it, science backed it up! A direct source of collagen and has a restorative effect on your intestinal wall. Filled with clear chicken stock, chicken, rice, steamed vegetables: leek, celery, carrot, lavas, lemon.

The energiser (b) s 12,5 / L 17,5

Benefits: bone/join strength, energy

A powerful phō buffalo broth (from Os) spiced with star anise, cardamom, and cloves. Filled with noodles, rettich, onion, shii take, coriander, basil and red pepper. Easy to digest and a huge energiser and booster for your body.

Plant to plate menu

33.- p.p diner

Een variatie aan plant to plate gerechten, 3 gangen in één flow.

Te bestellen vanaf 2 personen, na 1800u,



Welcome back **beautiful!**

Thank you for joining us.

We **love** your **radiant smile.**

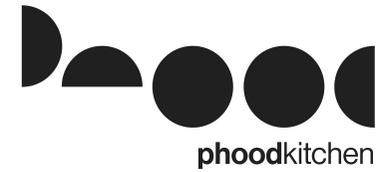
Let's have an **energising time.**

Love happiness health, Phood

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Website: phoodkitchen.com/events

Instagram: @phoodkitchen



HOT DRINKS

- Organic herbal tea** 3,5
Fresh ginger, detox blend, buchu
(stomach relief), earl grey (relaxing),
Benefits: power of herbs
- Herbal lattes** 5,5
Oat milk with matcha and barley grass
Oat milk with turmeric and agave
Oat milk with reishi
Benefits: energisers and immunity boosters
- Espresso** 3
Coffee 3
Cappuccino 3,5
- Hot chocolate** 5,5
Cinnamon, nutmeg, clove, lucuma, oat
milk, raw cacao
Benefits: mood enhancer

COLD DRINKS

- Mineral water** 3
Filtered crystal water per glass.
- Vulcanic vulvic water** 6,5
Infused with minerals stored from
hummus layers inside the earth for a
beautiful mineral top-up.
- Coconut water** 3,5
Organic coconut water
Benefits: revitaliser and hydrator
- Kombucha** 4,5
in-house organic brew by
cultures of light
Benefits: gut health
- Strawberry kombucha** 5,5
Cultures of light kombucha,
strawberry, vanilla
Benefits: gut health
- Soda assorti** 3,5
Assortiment of sodas like coca cola,
fanta, iced tea etc.



HERBAL DRINKS & JUICES

- Slow juice of the day** 5,5
Check at the bar the slow juice of the day
Benefits: pH balancing & detoxifying
- Calming flowers** 5,5
Oatly, four flower infused, honey, lime
Benefits: calming & stress reliever

SWEETS

- Raw energizer** 3,5
Raw chocolate fudge, date, nuts and seeds