

MENU

Quick nibbles

ACÁÍ

Acai, banana, blueberry, goji berries, chia, and homemade granola

75 kr.

Peanutbutter + 10 kr.

Protein + 20 kr.

CASHEW YOGHURT

Cashew nuts, blueberries, psyllium husks, lemon-lime juice, banana and homemade granola

65 kr.

AVOCADO ON RYE BREAD

Fresh avocado, pico de gallo and coriander. Served on rye bread or spelt

55 kr.

Gluten free bread + 5 kr.

Fried egg + 20 kr.

Mushrooms + 15 kr.

Sandwiches

Sandwich with avocado cream, pesto, tomato and salad

FALAFEL

Homemade falafels and hummus

MARINATED MUSHROOMS

Tamari-marinated mushrooms and hummus

TUNA MOUSSE

Tuna mousse stirred with capers, pickled red onions and fresh chilli

ORGANIC CHICKEN + 5 kr.

Organic free-range chicken, soya mustard cream and pickled fennel

75 kr.

Gluten free bread + 10 kr.

Poke

Warm rice with cold toppings

HAFNIA POKEBOWL

Edamame beans, avocado, radishes, tamari-roasted cashews and seaweed

POKEBOWL WITH FALAFEL

Homemade falafels, pico de gallo, avocado, edemame beans and black sesame

POKEBOWL WITH TAMARI-MARINATED SALMON

Tamari-marinated salmon, avocado, radishes, edemame beans and seaweed

90 kr.

1 optional sauce included

Cauliflower rice + 10 kr.

Bowls

Hot bowl served with quinoa or brown rice, steamed cabbage and roasted peanuts

NO. 1

Sliced red onions, kimchi and sweet potatoes

NO. 2

Homemade falafels and pico de gallo

NO. 3

Marinated mushrooms, avocado cream and lentils

99 kr.

1 optional sauce included

Cauliflower rice + 10 kr.

Sauces

Peanut / Chili / Lemon Ginger / Asian / Vinaigrette

Additional sauce +10 kr.

Hot dishes

VEGGIE PLATE

Homemade falafel, hummus, kimchi, avocado, pico de gallo, pesto, sweet potatoes and toasted bread

115 kr.

Gluten free bread + 5 kr.

VEGAN RISOTTO

With tomato, mushrooms, crudité and herbs

115 kr.

Cauliflower rice + 10 kr.

HAFNIAS VEGGIEBURGER

Choose from falafel or bean steak
Kimchi, pickled red onion, avocado, soyamayo and warm cabbage salad with baked tomatoes and sesame

135 kr.

Additional beef + 40 kr.

Gluten free bread + 10 kr.

HAFNIA BURGER

Organic beef, cheddar, avocado, kimchi, pickled red onion, soyamayo, warm cabbage salad with baked tomatoes and sesame

135 kr.

Additional beef + 40 kr.

Additional cheddar + 15 kr.

Gluten free bread + 10 kr.

Soup

SEASONAL CHANGES

- SEE THE BLACKBOARD

With toasted spelt or rye bread

80 kr.

Gluten free bread + 5 kr.

Sweets & desserts

RUMBALL

Rice flour, cocoa, almonds, dates, raisins and Jamaica Rum

30 kr.

GRANOLA BAR

Dried fruits, mix of nuts and 70 % dark chocolate

25 kr.

COCONUT BAR

Condensed milk, coconut and 70 % dark chocolate

25 kr.

COOKIE

Dried fruits, mix of nuts and grains

25 kr.

RAW CAKE

Homemade vegan raw cake with blueberries and fresh berries

45 kr.



BEVERAGES

Juices

NO. 1 - GREEN LIVING

Apple, avocado, Lemon, celery and spinach

NO. 2 - SUPER C

Apple, orange, strawberry, banana and ginger

NO. 3 - POWER BOOM

Apple, blueberries, lemon and gojibær

NO. 4 - SPINACH DREAM

Apple, almond milk, spinach, lemon and ginger

NO. 5 - WAKE UP

Carrot, apple, lemon and ginger

NO. 6 - RUBY

Beetroot, carrot, lemon and ginger
Lille 60 kr. / Stor 65 kr.

Boost din juice med

Spirulina / Chlorella / Bee Pollen / Oil of Life + **15 kr.**
Wheatgrass + **20 kr.**

Pure juices

CARROT / APPLE

Small 45 kr. / Large 50 kr.

Shakes

Shake base consists of almond milk, banana, agave and vanilla

CHOOSE BETWEEN BANANA / STRAWBERRY / BLUEBERRY / CACAO / PEANUTBUTTER

Small 60 kr. / Large 65 kr.

Boost your shake with protein
+ 20 kr.

Shots

GINGER

Ginger, lemon and apple
25 kr.

WHEATGRASS

Wheatgrass, lemon and apple
30 kr.

HAFNIA

Wheatgrass, ginger, lemon and apple
35 kr.

Coffee & tea

Our Coffee beans are 100 % organic from KONTRA Coffee

Choose between whole milk, skimmed milk and plant milk + **3 kr.**

Espresso	25/30 kr.
Americano	25/30 kr.
Flat white	35 kr.
Cortado	30/35 kr.
Cappuccino	35/40 kr.
Latte	40/45 kr.
Iced latte	45/50 kr.
Additional shot	5 kr.

Tea - variety of flavors	35/40 kr.
Pot of tea	50 kr.
Hot chocolate	45 kr.
Chai latte	40/45 kr.
Matcha tea	45 kr.
Matcha latte	50 kr.
Matcha ice latte	50 kr.
Golden latte	45 kr.

Læskedrikke

Elderflower	30 kr.
Sea buck thorn juice	30 kr.
Ginger beer	30 kr.
Kombucha	35 kr.
Coconut water	30 kr.
Still water	20 kr.
Sparkling water	25 kr.

Beer

Fynsk forår	35 kr.
Ørbækker pilsner	35 kr.

White wine

2014 AIRES HAUTES, SAUVIGNON BLANC

White wine on the grape Sauvignon blanc from Langedoc in the South of France. Aromatic wine with notes of elderflower, green apples and pear (Biodynamic)
65 / 335 kr.

Red wine

2015 JAULIN-PLAISANTIN, CABERNET FRANC

Red wine on Cabernet Franc from Chinnon Council in the Loire Valley In France. Light elegant red wine, with notes of blackberry, dark cherry and green pepper (Biodynamic)
75 / 375 kr.

ALLERGENS

Information about the content of allergenic ingredients in our dishes can be obtained from our staff