

• PALERMO - BUENOS AIRES



ENERGIA ORGANICA
PALADAR GOURMET
bio

about our menu...

We are proud to share with you that Bio is the first organic restaurant of Argentina certified by **Food Safety**.
This warranty is given only to those who use organic products for their dishes,
therefore provides trust to our customers.

On our menu you will find dishes prepared with 100% organic ingredients and with other ingredients that are not 100% organic; this does not mean that they are transgenic or contain pesticides, but that they are still in the process of being certified and are considered “natural” by the regulation.



ORGANIC



NO WHEAT



VEGAN

starters



main dishes

Bruschetta Mushrooms and parmesan cheese. \$105
 🌱 64% Organic

Bruschetta Tomatoes and arugula. \$105
 🌱 100% Organic



Molten Polenta with brie cheese and tomatoes chutney. With green salad. \$175
 🌱 68% Organic *Optional cashew nut cheese

Seaweed Salad. Wakame algae, seasonal vegetables, tahine and sesame dressing and green leaves. \$175
 🌱 82% Organic

Miso Soup \$105
 🌱 100% Organic

Today's Soup \$125
 🌱 100% Organic

Today's Pasty with Whole - Grain Flour. \$35
 🌱 100% Organic

Today's Pasty with Brown rice (without flour). \$35
 🌱 100% Organic

Mousterd Tofu with seasoned vegetables and yamani. \$270
 🌱 97% Organic

Quinoa Risotto with seasonal vegetables, mushrooms and slices of brie cheese (opt. vegan) \$300
 🌱 85% Organic

Whole grain Campo Claro Pasta \$235
 With tomatoes, arugula and parmesan cheese (opt.)
 With chop suey, nuts and rawmesan.
 🌱 100% Organic

Grilled Oyster Mushrooms with spicy coconut cream, herbs baby potatoes and green salad. \$300
 🌱 45% Organic

Indian rice. Yamani rice with coriander, masala, raisins and cashew nuts with seasonal fruit chutney on the side. \$300
 🌱 93% Organic



Green Seitan. Curry with vegetables, coconut milk, with organic brown rice and rawmesan (spicy) \$300
 🌱 83% Organic

Whole wheat pizza with arugula, olive paste and parmesan cheese (optional seeds cheese or rawmesan). \$235
 🌱 100% Organic

Arrozzeta. Crunchy yamani pizza rice (without flour) with onion and olives or sauteed vegetables. \$235
 🌱 100% Organic

Salad, yamani, chop suey or quinoa Extra Garnish \$65

✿ salads ✿



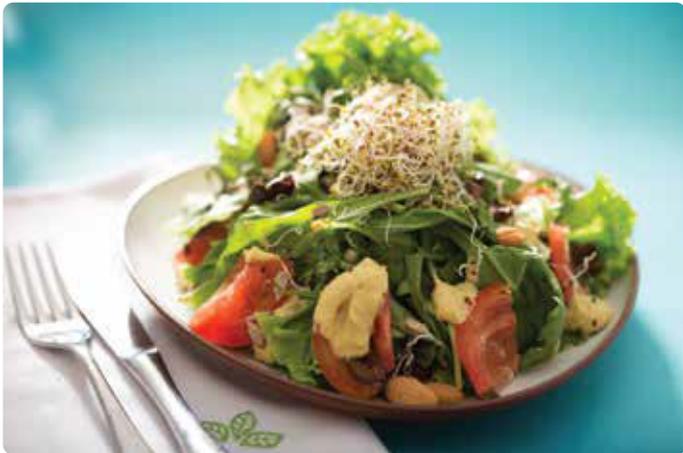
✿ raw ✿

Cosmo. Green leaves mix, tomatoes, activated almonds, raisins, olives and goat cheese with citrus seasoning. \$250

🌱🌰🥜 79% Organic *Opt. cashew nut cheese

Bio Salad. Over green leaves, roasted seasonal vegetables with croutons, parmesan cheese flakes and mustard vinaigrette. \$240

🌱 98% Organic *Opt. cashew nut cheese



Singapore. Over green leaves, steamed vegetables, activated almonds, rice crunchy pasta and sesame citric dressing. \$250

🌱🌰🥜 92% Organic

Earth Salad. Vegetables and mushrooms roasted in coconut oil with crispy almonds, squash seeds, sesame, baby sprouts and goat cheese over avocado cream. With chukrut and fresh seasonal vegetables. \$260

🌱🌰🥜 75% Organic *Opt cashew nut cheese

Vietnamitan Soup made of vegetables, coriander, onion, chili, coconut, nuts and almonds. \$165

🌱🌰🥜 60% Organic

Life Salad. Over green leaves, tomatoes, olives, activated almonds, activated squash seeds, seed sprouts and cashew nut cheese with citrus vinaigrette. \$240

🌱🌰🥜 88% Organic

Temaki. Raw vegetables on nori algae with spicy sauce and cashew nut cheese. \$230

🌱🌰🥜 100% Organic



Essene Pizza with cashew nut cheese, tomatoes, olives and sprouts. \$200

🌱🌰🥜 100% Organic

Seasonal vegetables raw Noodles with dried tomatoes sauce and nut pesto. \$250

🌱🌰🥜 100% Organic

Seed, Nut and Vegetable Burger with ketchup raw, green leaves and sprouts. \$250

🌱🌰🥜 100% Organic

desserts



breakfast and tea time

Apple Crumble with ginger or sesame ice cream \$175
 100% Organic

Vegan coconut Flan with “dulce sin leche” (jam without milk) \$125
 95% Organic

Sundae. Ginger or sesame ice cream, oat snowflakes, almonds, raisins and red fruits. \$175
 88% Organic

Vigilant Dessert. Goat Brie and quince jelly. \$135
 50% Organic

Raw Cheesecake \$175
 65% Organic

Pure Chocolate Cake with coconut sour cream (without sugar). \$175
 40% Organic



Raw Tiramisu. Almonds, coffee, cocoa and cashew nuts mascarpone. \$175
 82% Organic

Cold raw cake. Almonds and nuts base with chestnuts, organic cacao mousse and red fruits. \$175
 94% Organic

Homemade toasts with goat cheese and honey or organic jelly. \$110
 85% Organic

Bio delicacies (Muffins, Cookies). Check with waiter. \$110
 85% Organic

Whole wheat bread sandwich with tomatoes, arugula and goat brie cheese. \$130
 85% Organic



Natural Yoghurt with Granola and red fruits. \$130
 85% Organic

* From 10 to 11.30 hs and 17 to 19hs

✿ beverages ✿



✿ something warm... ✿

Mineral Water	\$60
Natural Juices without sugar <i>* Check available fruits with waiter</i>	\$110
Bio Ginger Glass	\$80
Green Detox Juice	\$110
Orange Juice with wheatgrass	\$150
Orange and Beet Juice	\$115
Seasonal Fruits Frozen	\$125
Bio Ginger Jar	\$175
Red Fruit or Mango or Passion Fruit Jar	\$200

**All fruits are organic*

✿ smoothies ✿

Spring Vitamin with raspberries, maca, linseeds and oat flakes	\$155
With Apple , almond milk, seeds and maca	\$155
Lemon with sunflower milk and cinnamon	\$145
Vegetable Chocolate milk	\$145
Avocado and Mango Smoothie	\$145

✿ ... to be added on juices! ✿

Wheatgrass Shot	\$70
Maca	\$30
Sauvage Nutritional Yeast	\$30
Spirulina	\$30
Ginger	\$30

House Tea. Ginger, cinnamon and orange.	\$60
Ban Cha. Rich in calcium, digestive invigorating and anti - fatigue.	\$60
Bio Blend (Super Digestive): mint, chamomile, Marcela and Melisa.	\$60
Chai. Black tea with ginger, cardamom, clove milk and cinnamon.	\$65
Green Tea	\$60
Lemon Ginger. Ginger, honey and lemon.	\$65

✿ teas ✿

Mint	\$60
Green	\$60
Black	\$60
Lemon Verben	\$60
Red	\$60
Melisa	\$60
Chamomile	\$60

✿ coffee ✿

Organic Coffee	\$60
Fig Coffee	\$65
Hawaiian Coffee. Organic Coffee with vegetable milk and coconut oil	\$65
Extra Veggie Milk for Tea or Coffee	\$20

✿ organic wines ✿



VINECOL WINERY (MÉDANOS)

Médanos Malbec	\$320
Médanos Cabernet Sauvignon	\$320
Médanos Cabernet Sauvignon Rosé	\$300
Médanos Chardonnay	\$300
Médanos Malbec 375ml	\$190
Médanos Chardonnay 375ml	\$180
Médanos Extra Brut	\$350
Quinde Malbec	\$330
Santa Irene/ Vinecol Malbec	\$230

ERNESTO CATENA WINERY

Animal Malbec	\$450
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CALIGIORE WINERY

Malbec	\$300
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CECCHIN FAMILY WINERY. BIODYNAMIC

Malbec	\$330
Syrah	\$330
Glass of Wine	\$115



FINCA DINAMIA WINERY

Dinamia Malbec	\$510
Buenalma Malbec	\$300

✿ beers ✿

Antares Blonde	\$130
Antares Red	\$130
Antares Dark	\$130

Table service	\$25
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** Not charged from Monday to Friday at midday.*

BIO Restaurant

Humboldt 2192 esquina Guatemala.
CABA, Buenos Aires, Argentina.

Open Hours

Monday to Sunday from 10 am to 00 hs.

Reservations and Take Away

Phone: (011) 4774-3880

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