

• 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. \$145  
 64% Organic

**Bruschetta** Tomatoes and arugula. \$145  
 100% Organic



**Molten Polenta** with brie cheese and tomatoes chutney. With green salad. \$240  
 68% Organic \*Optional cashew nut cheese

**Mediterranean Quinoa** with dried tomatoes, goat cheese, nuts and dates. With green salad. \$240  
 78% Organic \*Optional cashew nut cheese

**Miso Soup** \$145  
 100% Organic

**Today's Soup** \$175  
 100% Organic

**Today's Pasty** with Whole - Grain Flour. \$50  
 100% Organic

**Today's Pasty** with Brown rice (without flour). \$50  
 100% Organic

**Mousterd Tofu** with seasoned vegetables and yamani. \$370  
 97% Organic

**Quinoa Risotto** with seasonal vegetables, mushrooms and slices of brie cheese (opt. vegan) \$420  
 85% Organic

**Whole grain Campo Claro Pasta** \$325  
 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. \$420  
 45% Organic

**Indian rice.** Yamani rice with coriander, masala, raisins and cashew nuts with seasonal fruit chutney on the side. \$420  
 93% Organic



**Green seitan curry.** with vegetables, coconut milk, with organic brown rice and rawmesan (spicy) \$420  
 83% Organic

**Whole wheat pizza** with arugula, olive paste and parmesan cheese (optional seeds cheese or rawmesan). \$325  
 100% Organic

**Arrozzeta.** Crunchy yamani pizza rice (without flour) with onion and olives or sauteed vegetables. \$325  
 100% Organic

**Salad, yamani, chop suey or quinoa.** Extra Garnish \$90

## ✿ salads ✿



## ✿ raw ✿

**Cosmo.** Green leaves mix, tomatoes, activated almonds, raisins, olives and goat cheese with citrus seasoning. \$350

🌱🌱🌱 79% Organic *\*Opt. cashew nut cheese*

**Bio Salad.** Over green leaves, roasted seasonal vegetables with croutons, parmesan cheese flakes and mustard vinaigrette. \$340

🌱 98% Organic *\*Opt. cashew nut cheese*



**Singapore.** Over green leaves, steamed vegetables, activated almonds, rice crunchy pasta and sesame citric dressing. \$350

🌱🌱🌱 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. \$360

🌱🌱🌱 75% Organic *\*Opt cashew nut cheese*

**Vietnamitan Soup** made of vegetables, coriander, onion, chili, coconut, nuts and almonds. \$240

🌱🌱🌱 60% Organic

**Life Salad.** Over green leaves, tomatoes, olives, activated almonds, activated squash seeds, seed sprouts and cashew nut cheese with citrus vinaigrette. \$340

🌱🌱🌱 88% Organic

**Temaki.** Raw vegetables on nori algae with spicy sauce and cashew nut cheese. \$325

🌱🌱🌱 100% Organic



**Essene Pizza** with cashew nut cheese, tomatoes, olives and sprouts. \$275

🌱🌱🌱 100% Organic

**Seed, Nut and Vegetable Burger** with ketchup raw, green leaves and sprouts. \$340

🌱🌱🌱 100% Organic

## desserts



## breakfast and tea time

**Apple Crumble** with ginger or sesame ice cream \$240  
 100% Organic

**Vegan coconut Flan** with “dulce sin leche” (jam without milk) \$175  
 95% Organic

**Sundae.** Ginger or sesame ice cream, oat snowflakes, almonds, raisins and red fruits. \$240  
 88% Organic

**Vigilant Dessert.** Goat Brie and quince jelly. \$190  
 50% Organic

**Raw Cheesecake** \$240  
 65% Organic

**Pure Chocolate Cake** with coconut sour cream (without sugar). \$240  
 40% Organic



**Raw Tiramisu.** Almonds, coffee, cocoa and cashew nuts mascarpone. \$240  
 82% Organic

**Cold raw cake.** Almonds and nuts base with chestnuts, organic cacao mousse and red fruits. \$240  
 94% Organic

**Homemade toasts** with goat cheese and honey or organic jelly. \$160  
 85% Organic

**Bio delicacies** (Muffins, Cookies). Check with waiter. \$160  
 85% Organic

**Whole wheat bread sandwich** with tomatoes, arugula and goat brie cheese. \$180  
 85% Organic



**Natural Yoghurt** with Granola and red fruits. \$180  
 85% Organic

\* From 10.30 to 11.30 hs and 17 to 19hs

## ✿ beverages ✿



## ✿ something warm... ✿

<b>Mineral Water</b>	\$80
<b>Natural Juices</b> without sugar <i>* Check available fruits with waiter</i>	\$165
<b>Bio Ginger</b> Glass	\$115
<b>Green Detox</b> Juice	\$165
<b>Orange Juice</b> with wheatgrass	\$210
<b>Orange and Beet</b> Juice	\$165
<b>Seasonal Fruits</b> Frozen	\$175
<b>Bio Ginger</b> Jar	\$240
<b>Red Fruit or Mango or Passion Fruit</b> Jar	\$275

*\*All fruits are organic*

## ✿ smoothies ✿

<b>Spring Vitamin</b> with raspberries, maca, linseeds and oat flakes	\$220
<b>With Apple</b> , almond milk, seeds and maca	\$220
<b>Lemon with sunflower</b> milk and cinnamon	\$205
<b>Vegetable Chocolate</b> milk	\$205
<b>Avocado and Mango</b> Smoothie	\$205

## ✿ ... to be added on juices! ✿

<b>Wheatgrass Shot</b>	\$100
<b>Maca</b>	\$42
<b>Sauvage Nutritional Yeast</b>	\$42
<b>Spirulina</b>	\$42
<b>Ginger</b>	\$42

<b>House Tea.</b> Ginger, cinnamon and orange.	\$80
<b>Ban Cha.</b> Rich in calcium, digestive invigorating and anti - fatigue.	\$80
<b>Bio Blend</b> (Super Digestive): mint, chamomile, Marcela and Melisa.	\$80
<b>Chai.</b> Black tea with ginger, cardamom, clove milk and cinnamon.	\$90
<b>Green Tea</b>	\$80
<b>Lemon Ginger.</b> Ginger, honey and lemon.	\$90

## ✿ teas ✿

<b>Mint</b>	\$80
<b>Green</b>	\$80
<b>Black</b>	\$80
<b>Lemon Verben</b>	\$80
<b>Red</b>	\$80
<b>Melisa</b>	\$80
<b>Chamomile</b>	\$80

## ✿ coffee ✿

<b>Organic</b> Coffee	\$80
<b>Fig</b> Coffee	\$90
<b>Hawaiian Coffee.</b> Organic Coffee with vegetable milk and coconut oil	\$90
<b>Extra Veggie Milk</b> for Tea or Coffee	\$30

## ✿ organic wines ✿



### VINECOL WINERY (MÉDANOS)

Médanos Malbec	\$440
Médanos Cabernet Sauvignon	\$440
Médanos Cabernet Sauvignon Rosé	\$415
Médanos Chardonnay	\$415
Médanos Malbec 375ml	\$265
Médanos Chardonnay 375ml	\$250
Médanos Extra Brut	\$480
Quinde Malbec	\$450
Santa Irene/ Vinecol Malbec	\$320

### ERNESTO CATENA WINERY

Animal Malbec	\$625
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### CALIGIORE WINERY

Malbec	\$415
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### CECCHIN FAMILY WINERY. BIODYNAMIC

Malbec	\$470
Syrah	\$470
Glass of Wine	\$170

## ✿ beers ✿

Antares Blonde	\$180
Antares Red	\$180
Antares Dark	\$180

### Table service

\$35

Includes glass of water or ginger lemonade shot + whole grain homemade bread or flax seed raw cookies + vegetable mayo.

*\* Not charged from Monday to Friday at midday.*

### BIO Restaurant

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

### Open Hours

Monday to Sunday from 10.30 am to 00 hs.

### Reservations and Take Away

Phone: (011) 4774-3880

info@biorestaurant.com.ar

