

• PALERMO - BUENOS AIRES



about our menu...



Bio is the first organic restaurant of Argentina. 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

Mushrooms sourdough bread Bruschetta \$170
Dried Tomatoes/arugula/parmesan cheese or cashew nut cheese
🌱 🌱 🌱 70,36% Organic

Vegan Charcuterie Board \$350
Pickles/olives/seasonal fruit/chutney
🌱 🌱 🌱 61,15% Organic

Essene Bruschetta \$200
Avocado/Kimchi/Baby sprouts
🌱 🌱 🌱 82,92% Organic

Miso Soup \$170
🌱 🌱 🌱 100% Organic

Today's Soup \$190
🌱 🌱 🌱 98,57% Organic

Brown Rice Pastry
With chilli dip \$55
🌱 🌱 🌱 81,63% Organic

Tofu
Homemade moustard/seasoned vegetables /Salad \$430
🌱 🌱 🌱 82,45% Organic

Quinoa Risotto \$500
Mushrooms / vegetables /goat cheese
🌱 🌱 20,78% Organic Vegan optional

Whole grain Pasta
Pomodoro/ arugula / parmesan cheese \$375
🌱 100% Organic Vegan optional

Whole grain Pasta
Wok-sauteed vegetables / rawmesan /arugula \$375
🌱 🌱 92,86% Organic

Oyster Mushrooms
Spicy coconut cream / Mashed Potatoes/Fresh salad \$500
🌱 🌱 🌱 79,28% Organic

Indian rice
Spices/raisins/ cashew nuts/ chutney \$490
🌱 🌱 🌱 90,73% Organic

Arrozzeta (crunchy yamani rice pizza)
Onion/olives /cheese \$370
🌱 🌱 100% Organic Vegan optional

Arrozzeta (crunchy yamani rice pizza)
Miso/arugula /tomatoes \$370
🌱 🌱 🌱 100% Organic

✿ salads ✿



✿ raw ✿

Cosmo

Green leaves / raisins/ olives/ dried tomatoes/
almonds /goat cheese

\$400

  76,52% Organic

Vegan optional

Sea Salad

Green leaves /celery/ coriander/ avocado/ cucumber/
algae croquettes/ activated seeds

\$420

   63,86% Organic

Earth Salad

Avocado cream/ mushrooms /tubercles/ seeds /
sauerkraut/ cheese

\$420

  64,71% Organic

Vegan optional

Vietnamitan Soup

Coriander/sunflower seeds/ almonds/ coconut /chilli

\$290

   70,10% Organic

Temaki

Aged cashew nut cheese/ vegetables / spicy sauce

\$370

   92,11% Organic

Essene Pizza

Aged vegan cheese/kimchi /arugula


\$350

   94,46% Organic

Burguer

Dried fruits /raw ketchup/cashew cream/today salad

\$390

   88,98% Organic

desserts



breakfast and tea time

**Vegan coconut Flan/
Cream caramel** \$200
☘️ ☘️ ☘️ 95,24% Organic

Romeo and Juliet
Brie goat cheese/ quince jelly \$220
☘️ ☘️ 4% Organic

Raw Cheesecake
Flax flour/ cashew nuts/ red fruit \$290
☘️ ☘️ ☘️ 24,70% Organic

Raw Tiramisu \$310
Cocoa / coffee/cashew nuts /almonds
☘️ ☘️ ☘️ 32,04% Organic

Chocolate raw cake \$310
Almonds /raisins / Cashew mousse /cocoa / coconut
☘️ ☘️ ☘️ 52,63% Organic

Sourdough bread toasts with goatcheese and honey \$190
or organic jelly.
☘️ 100% Organic Vegan optional

Bio delicacies (Muffins, Cookies). Check with waiter.
☘️ ☘️

Sourdough bread sandwich with tomatoes, \$210
arugula and goat brie cheese.
☘️ 90,48% Organic Vegan optional

Scrambled eggs with sourdough bread toasts \$190
and avocado.
☘️ 69,57% Organic

Yoghurt with Granola and red fruits. \$210
☘️ 20% Organic Vegan optional

* From 10.30 to 11.30 hs and 17 to 19hs

✿ beverages ✿



✿ something warm... ✿

Mineral Water	\$90
Natural Juices without sugar	\$190
<i>* Check available fruits with waiter</i>	
Bio Ginger Glass	\$130
Green Detox Juice	\$190
Orange Juice with wheatgrass	\$240
Orange and Beet Juice	\$190
Seasonal Fruits Frozen	\$200
Bio Ginger Jar	\$280
Red Fruit or Mango or Passion Fruit Jar	\$320

**All fruits are organic*

✿ smoothies ✿

Spring Vitamin Raspberries /maca /linseeds /oat flakes	\$250
Apple Smoothie Almond milk/ seeds /maca	\$250
Lemon Smoothie Sunflower milk /cinnamon	\$250
Vegetable Chocolate milk	\$250
Avocado and Mango Smoothie	\$250

✿ ... to be added on juices! ✿

Wheatgrass bar	\$115
Maca/ Spirulina/ Ginger	\$50

House Tea Ginger /cinnamon / orange	\$90
Ban Cha	\$90
Bio Blend Marcela/ Melisa/ Mint/ Chamomile	\$90
Chai Black tea / ginger /cardamom /clove milk /cinnamon	\$100
Lemon Ginger (with honey)	\$100

✿ teas ✿

Mint	\$90
Green	\$90
Black	\$90
Red	\$90
Chamomile	\$90

✿ coffee ✿

Organic Premium Coffee.	\$90
Fig Coffee	\$100
Hawaiian Coffee Coffee /vegetable milk / coconut oil	\$100
Extra Veggie Milk	\$35

✿ organic wines ✿



VINECOL WINERY (MÉDANOS)

Médanos Malbec	\$510
Médanos Cabernet Sauvignon	\$510
Médanos Cabernet Sauvignon Rosé	\$480
Médanos Chardonnay	\$480
Médanos Malbec 375ml	\$305
Médanos Chardonnay 375ml	\$290
Médanos Extra Brut	\$550
Quinde Malbec	\$520
Santa Irene/ Vinecol Malbec	\$370
Santa Irene/ Vinecol Chardonnay	\$370

ERNESTO CATENA WINERY

Animal Malbec	\$700
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ALTOS LAS HORMIGAS WINERY

Colonia Las Liebres	\$750
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LA LA LA WINERY

La la la Malbec	\$520
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CECCHIN FAMILY WINERY. BIODYNAMIC

Malbec	\$540
Syrah	\$540
Glass of Wine	\$190

✿ beers ✿

Antares Blonde	\$200
Antares Red	\$200
Antares Dark	\$200

Table service

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

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

\$40

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

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