

· PALERMO - BUENOS AIRES



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. \$95

64% Organic

Bruschetta Tomatoes and arugula. \$95

100% Organic



Molten Polenta with brie cheese and tomatoes chutney. With green salad. \$160

68% Organic *Optional cashew nut cheese

Mediterranean Quinoa with tomatoes, goat cheese, nuts and dates. With green salad. \$160

100% Organic *Optional cashew nut cheese

Miso Soup \$95

100% Organic

Today's Soup \$115

100% Organic

Today's Pasty with Whole - Grain Flour. \$30

100% Organic

Today's Pasty with Brown rice (without flour). \$30

100% Organic

Mousterd Tofu with seasoned vegetables and yamani. \$245

97% Organic

Quinoa Risotto with seasonal vegetables, mushrooms and slices of brie cheese (opt. vegan) \$270

85% Organic

Whole grain Campo Claro Pasta \$215

With tomatoes, arugula and parmesan cheese (opt.)
With chop suey, nuts and rawmesan.

100% Organic

Bahiana Mushrooms. Variety of mushrooms wok with chilies, coconut milk and brown rice timbale. \$335

50% Organic

Indian rice. Yamani rice with coriander, masala, raisins and cashew nuts with seasonal fruit chutney on the side. \$270

93% Organic



Green Seitan. Curry with vegetables, coconut milk, with organic brown rice and rawmesan (spicy) \$270

83% Organic

Whole wheat pizza with arugula, olive paste and parmesan cheese (optional seeds cheese or rawmesan). \$215

100% Organic

Arrozzeta. Crunchy yamani pizza rice (without flour) with onion and olives or sauteed vegetables. \$215

100% Organic

Salad, yamani, chop suey or quinoa Extra Garnish \$60

✿ salads ✿



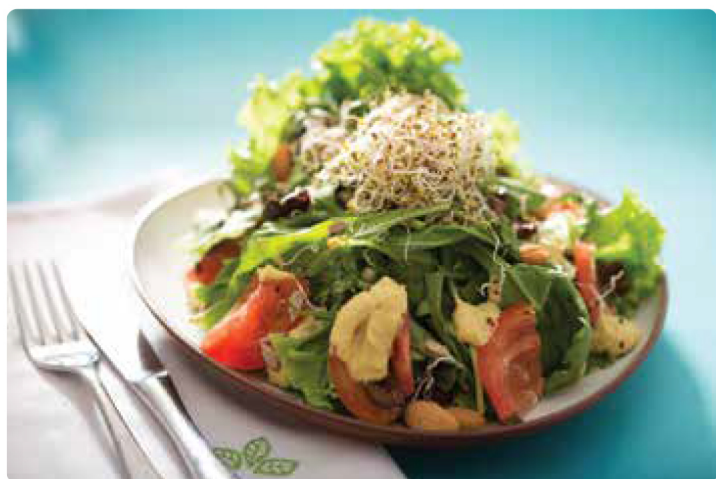
✿ raw ✿

Cosmo. Green leaves mix, tomatoes, activated almonds, raisins, olives and goat cheese with citrus seasoning. \$220

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

Bio Salad. Over green leaves, roasted seasonal vegetables with croutons, parmesan cheese flakes and mustard vinaigrette. \$215

🌱 98% Organic *Opt. cashew nut cheese



Singapore. Over green leaves, steamed vegetables, activated almonds, rice crunchy pasta and sesame citric dressing. \$220

🌱🌱🌱 92% Organic

Quinoa Salad. Green leaves mix, steamed apples and pumpkins, quinoa flakes, nuts and brie goat cheese. \$220

🌱🌱 84% Organic *Opt. cashew nut cheese

Vietnamitan Soup made of vegetables, coriander, onion, chili, coconut, nuts and almonds. \$150

🌱🌱🌱 60% Organic

Life Salad. Over green leaves, tomatoes, olives, activated almonds, activated squash seeds, seed sprouts and cashew nut cheese with citrus vinaigrette. \$220

🌱🌱🌱 88% Organic

Temaki. Raw vegetables on nori algae with spicy sauce and cashew nut cheese. \$210

🌱🌱🌱 100% Organic



Essene Pizza with cashew nut cheese, tomatoes, olives and sprouts. \$180

🌱🌱🌱 100% Organic

Seasonal vegetables raw Noodles with dried tomatoes sauce and nut pesto. \$225

🌱🌱🌱 100% Organic

Seed, Nut and Vegetable Burger with ketchup raw, green leaves and sprouts. \$225

🌱🌱🌱 100% Organic

desserts



breakfast and tea time

Apple Crumble with ginger or sesame ice cream \$160
 100% Organic

Vegan coconut Flan with "dulce sin leche" (jam without milk) \$115
 95% Organic

Sundae. Ginger or sesame ice cream, oat snowflakes, almonds, raisins and red fruits. \$160
 88% Organic

Vigilant Dessert. Goat Brie and quince jelly. \$120
 50% Organic

Raw Cheesecake \$160
 65% Organic

Seasonal fruit jelly Agar agar \$120
 100% Organic



Raw Tiramisu. Almonds, coffee, cocoa and cashew nuts mascarpone. \$160
 82% Organic

Cold raw cake. Almonds and nuts base with chestnuts, organic cacao mousse and red fruits. \$160
 94% Organic

Homemade toasts with goat cheese and honey or organic jelly. \$100
 85% Organic

Bio delicacies (Muffins, Cookies). Check with waiter. \$115
 85% Organic

Whole wheat bread sandwich with tomatoes, arugula and goat brie cheese. \$115
 85% Organic



Natural Yoghurt with Granola and red fruits. \$115
 85% Organic

* From 10 to 11.30 hs and 17 to 19hs

✿ beverages ✿



✿ something warm... ✿

Mineral Water AlunCo	\$55
Natural Juices without sugar	\$100
<i>* Check available fruits with waiter</i>	
Bio Ginger Glass	\$70
Green Detox Juice	\$100
Orange Juice with wheatgrass	\$135
Orange and Beet Juice	\$105
Seasonal Fruits Frozen	\$115
Bio Ginger Jar	\$160
Red Fruit or Mango or Passion Fruit Jar	\$180

**All fruits are organic*

✿ smoothies ✿

Spring Vitamin with raspberries, maca, linseeds and oat flakes	\$140
With Apple , almond milk, seeds and maca	\$140
Lemon with sunflower milk and cinnamon	\$130
Vegetable Chocolate milk	\$130

✿ ... to be added on juices! ✿

Wheatgrass Shot	\$60
Maca	\$27
Sauvage Nutritional Yeast	\$27
Spirulina	\$27
Ginger	\$27

House Tea. Ginger, cinnamon and orange.	\$55
Ban Cha. Rich in calcium, digestive invigorating and anti - fatigue.	\$55
Bio Blend (Super Digestive): mint, chamomile, Marcela and Melisa.	\$55
Chai. Black tea with ginger, cardamom, clove milk and cinnamon.	\$60
Green Tea	\$55
Lemon Ginger. Ginger, honey and lemon.	\$60

✿ teas ✿

Mint	\$55
Green	\$55
Black	\$55
Lemon Verben	\$55
Red	\$55
Melisa	\$55
Chamomile	\$55

✿ coffee ✿

Organic Coffee	\$55
Fig Coffee	\$60
Hawaiian Coffee. Organic Coffee with vegetable milk and coconut oil	\$60
Extra Veggie Milk for Tea or Coffee	\$18

✿ organic wines ✿



VINECOL WINERY (MÉDANOS)

Médanos Malbec	\$270
Médanos Cabernet Sauvignon	\$270
Médanos Cabernet Sauvignon Rosé	\$265
Médanos Chardonnay	\$265
Médanos Malbec 375ml	\$170
Médanos Chardonnay 375ml	\$160
Médanos Extra Brut	\$315
Quinde Malbec	\$295
Santa Irene/ Vinecol Malbec	\$200

ERNESTO CATENA WINERY

Animal Malbec	\$410
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CALIGIORE WINERY

Malbec	\$245
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CECCHIN FAMILY WINERY. BIODYNAMIC

Malbec	\$300
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Syrah	\$300
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Glass of Wine	\$105
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FINCA DINAMIA WINERY

Dinamia Malbec	\$465
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Buenalma Malbec	\$265
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✿ beers ✿

Antares Blonde	\$115
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Antares Red	\$115
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Antares Dark	\$115
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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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