

• PALERMO - BUENOS AIRES



about our menu...



Bio is the first certified organic restaurant of Argentina. On our menu you will find two types of dishes: those categorized as Organic have been prepared with certified organic ingredients in a range that varies between 95%-100%.

Those dishes whose certified organic ingredients do not reach 95%, are categorized on the menu according to the percentage of organic certification they reach. Ingredients that do not have an organic seal, are chosen by BIO with the greatest responsibility and awareness: they are not transgenic, do not contain pesticides or additives but have not yet been certified as organic, under Argentine standards.

If you want to know more about the organic ingredients of each dish, ask for the Complementary Menu and we'll get it to your table



ORGANIC



NO WHEAT



VEGAN



Mushrooms sourdough bread Bruschetta \$220
Dried Tomatoes/arugula/parmesan cheese or cashew nut cheese
🌱 🌱 73,02% Organic

Charcuterie Board \$480
Pickles/olives/seasonal fruit/chutney
🌱 🌱 61,15% Organic *Vegan optional*

Essene Bruschetta \$230
Avocado/Kimchi/Baby sprouts
🌱 🌱 🌱 82,92% Organic

Miso Soup \$190
🌱 🌱 🌱 30% Organic

Today's Soup \$210
🌱 🌱 🌱 Organic

Brown Rice Pastry
With chilli dip \$75
🌱 🌱 🌱 81,63% Organic

Extra Sourdough Breadbasket \$80
🌱 🌱 Organic

Tofu
Homemade moustard/seasoned vegetables /Salad \$500
🌱 🌱 🌱 82,45% Organic

Quinoa Risotto \$580
Mushrooms / vegetables /goat cheese
🌱 🌱 20,78% Organic *Vegan optional*

Dried Gluten Free Pasta
Pomodoro/ arugula / parmesan cheese \$430
🌱 🌱 41,18% Organic *Vegan optional*

Dried Gluten Free Pasta
Wok-sauteed vegetables / rawmesan /arugula \$430
🌱 🌱 🌱 53,85% Organic

Oyster Mushrooms
Spicy coconut cream / Mashed Potatoes/Fresh salad \$580
🌱 🌱 🌱 79,28% Organic

Indian rice
Spices/raisins/ cashew nuts/ chutney \$520
🌱 🌱 🌱 90,73% Organic

Arrozzeta (crunchy yamani rice pizza)
Onion/olives /cheese \$430
🌱 🌱 Organic *Vegan optional*

Arrozzeta (crunchy yamani rice pizza)
Miso/arugula /tomatoes \$430
🌱 🌱 🌱 Organic

Chickpea Curry
Vegetables/coconut milk/brown rice. Spicy. \$580
🌱 🌱 🌱 73,81% Organic

✿ salads ✿



✿ raw ✿

Cosmo

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

\$460

76,52% Organic

Vegan optional

Sea Salad

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

\$480

63,86% Organic

Earth Salad

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

\$480

70% Organic

Vegan optional

Vietnamitan Soup

Coriander/sunflower seeds/ almonds/ coconut /chilli

\$330

70,10% Organic

Temaki

Aged cashew nut cheese/ vegetables / spicy sauce

\$430

Organic

Essene Pizza

Aged vegan cheese/kimchi /arugula

\$400

94,46% Organic

Raw Burger

Dried fruits /raw ketchup/cashew cream/today salad

\$450

88,98% Organic

desserts



breakfast and tea time

Vegan coconut Flan \$250

Cream caramel

Organic

Romeo and Juliet \$280

Brie goat cheese/ quince jelly

4% Organic Vegan optional

Raw Cheesecake \$360

Flax flour/ cashew nuts/ red fruit

24,70% Organic

Raw Tiramisu \$360

Cocoa / coffee/cashew nuts /almonds

32,04% Organic

Raw Chocolate Cake \$360

Almonds /raisins / Cashew mousse /cocoa / coconut

52,63% Organic

Vegan Ice Cream \$250

With seasonal fruits

36,17% Organic

Sourdough bread toasts with goatcheese and honey \$250
or organic jelly.

Organic Vegan optional

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

Sourdough bread sandwich with tomatoes, \$300
arugula and goat brie cheese.

Organic Vegan optional

Scrambled eggs with sourdough bread toasts \$320
and avocado.

12,50 %Organic

Yoghurt with Granola and red fruits. \$240

20% Organic Vegan optional

* From 10.30 to 11.30 hs and 17 to 19hs

✿ beverages ✿



✿ something warm... ✿

Mineral Water	\$100
Natural Juices without sugar	\$220
<i>* Check available fruits with waiter</i>	
Bio Ginger Glass	\$150
Green Detox Juice	\$220
Orange Juice with wheatgrass	\$280
Orange and Beet Juice	\$220
Seasonal Fruits Frozen	\$230
Bio Ginger Jar	\$320
Red Fruit or Mango or Passion Fruit Jar	\$370

**All fruits are organic*

✿ smoothies ✿

Spring Vitamin Raspberries /maca /linseeds /oat flakes	\$290
Apple Smoothie Almond milk/ seeds /maca	\$290
Lemon Smoothie Sunflower milk /cinnamon	\$290
Vegetable Chocolate milk	\$290
Avocado and Mango Smoothie	\$290

✿ ... to be added on juices! ✿

Wheatgrass bar	\$130
Maca/ Spirulina/ Ginger	\$60

House Tea Ginger /cinnamon / orange	\$100
Ban Cha	\$100
Bio Blend Marcela/ Melisa/ Mint/ Chamomile	\$100
Chai Black tea / ginger /cardamom /clove milk /cinnamon	\$115
Lemon Ginger (with honey)	\$115

✿ teas ✿

Mint	\$100
Green	\$100
Black	\$100
Red	\$100
Chamomile	\$100

✿ coffee ✿

Organic Premium Coffee	\$100
Double Organic Premium Coffee	\$140
Fig Coffee	\$120
Hawaiian Coffee Coffee /vegetable milk / coconut oil	\$120
Extra Veggie Milk	\$40

✿ organic wines ✿



VINECOL WINERY (MÉDANOS)

Médanos Malbec	\$590
Médanos Cabernet Sauvignon	\$590
Médanos Cabernet Sauvignon Rosé	\$550
Médanos Chardonnay	\$550
Médanos Malbec 375ml	\$350
Médanos Chardonnay 375ml	\$330
Médanos Extra Brut	\$630
Quinde Malbec	\$600
Santa Irene/ Vinocol Malbec	\$430
Santa Irene/ Vinocol Chardonnay	\$430

ERNESTO CATENA WINERY

Animal Malbec	\$800
----------------------	-------

ALTOS LAS HORMIGAS WINERY

Colonia Las Liebres	\$860
----------------------------	-------

LA LA LA WINERY

La la la Malbec	\$600
------------------------	-------



CECCHIN FAMILY WINERY. BIODYNAMIC

Malbec	\$620
Syrah	\$620
Glass of Wine	\$220

✿ beers ✿

Antares Blonde	\$230
Antares Red	\$230
Antares Dark	\$230

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.

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



✿ bio classics ✿

Millet or Lentil Medallion \$330
with Wok-sauteed vegetables or salad.

🌱🌱🌱 Organic

Seitan Schnitzel with cheese (optional) and green leaves. \$370

🌱🌱 Organic

Protein-rich Rice. Yamani rice with vegetable wok and tofu cubes. \$340

🌱🌱🌱 Organic

Integral Burrito made of whole flour with vegetables and slices of seitan with chili sauce and green leaves. \$370

🌱🌱 93,06% Organic

Today's cake with green salad. \$340

🌱🌱 Organic

Quinoa, vegetables and mushroom Burger with green salad or Wok-sauteed Vegetables \$390

🌱🌱🌱 54,90% Organic

Salad, yamani, chop suey or quinoa. Extra Garnish \$110

🌱🌱🌱 Organic

Extra Sourdough Breadbasket \$80

🌱🌱 Organic

**Only available Monday to Friday at midday
If you want to know more about the organic ingredients of each dish,
ask for the Complementary Menu and we'll get it to your table.*



✿ bio classics ✿

Millet or Lentil Medallion \$330
with Wok-sauteed vegetables or salad.

🌱🌱🌱 Organic

Seitan Schnitzel with cheese (optional) and green leaves. \$370

🌱🌱 Organic

Protein-rich Rice. Yamani rice with vegetable wok and tofu cubes. \$340

🌱🌱🌱 Organic

Integral Burrito made of whole flour with vegetables and slices of seitan with chili sauce and green leaves. \$370

🌱🌱 93,06% Organic

Today's cake with green salad. \$340

🌱🌱 Organic

Quinoa, vegetables and mushroom Burger with green salad or Wok-sauteed Vegetables \$390

🌱🌱🌱 54,90% Organic

Salad, yamani, chop suey or quinoa. Extra Garnish \$110

🌱🌱🌱 Organic

Extra Sourdough Breadbasket \$80

🌱🌱 Organic

**Only available Monday to Friday at midday
If you want to know more about the organic ingredients of each dish,
ask for the Complementary Menu and we'll get it to your table.*