

• 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

starters



main dishes

Mushrooms sourdough bread Bruschetta \$280
Dried Tomatoes/arugula/parmesan cheese or cashew nut cheese

73,02% Organic

Charcuterie Board (Dine-in only) \$550
Pickles/ olives/ seasonal fruit/ chutney

61,15% Organic Vegan optional

Essene Bruschetta \$280
Raw seed crackers/ avocado/ kimchi/ baby sprouts

82,92% Organic

Avocado Toast \$280
Avocado/ "criolla" (tomato & onion)/ coriander

66,67% Organic

Miso Soup \$230

30% Organic

Today's Soup \$260

Organic

Brown Rice Pastry \$100
With chilli dip

81,63% Organic

Extra Sourdough Breadbasket \$100

Organic

Tofu

Homemade moustard/seasoned vegetables /Salad \$590

82,45% Organic

Quinoa Risotto \$650

Mushrooms / vegetables /goat cheese

20,78% Organic Vegan optional

Dried Gluten Free Pasta

Pomodoro/ arugula/ parmesan cheese \$510

41,18% Organic Vegan optional

Dried Gluten Free Pasta

Wok-sauteed vegetables/ rawmesan/ arugula \$510

53,85% Organic

Oyster Mushrooms

Spicy coconut cream/ Mashed Potatoes/ Fresh salad \$650

79,28% Organic

Indian rice

Spices/ raisins/cashew nuts/ chutney \$590

90,73% Organic

Arrozzeta (crunchy yamani rice pizza)

Onion/ olives/ cheese \$520

Organic Vegan optional

Arrozzeta (crunchy yamani rice pizza)

Miso/ arugula/ tomatoes \$520

Organic

Chickpea Curry

Vegetables/ coconut milk/ brown rice. Spicy. \$650

73,81% Organic

✿ salads ✿



✿ raw ✿

Cosmo

Green leaves / raisins/ olives/ dried tomatoes/
almonds /goat cheese \$550

76,52% Organic

Vegan optional

Sea Salad

Green leaves /celery/ coriander/ avocado/ cucumber/
algae croquettes/ activated seeds \$550

63,86% Organic

Earth Salad

Avocado cream/ mushrooms /tubercles/ seeds /
sauerkraut/ cheese \$570

70% Organic

Vegan optional

Life Salad

Green salad/ tomatoes/ olives/ almonds/
activated squash seeds/ seed sprouts/
cashew nut cheese/ citrus vinaigrette \$570

81.92 % Organic

Temaki

Aged cashew nut cheese/ vegetables / spicy sauce \$510

Organic

Essene Pizza

Aged vegan cheese/kimchi /arugula \$480

94,46% Organic

Raw Burger

Dried fruits /raw ketchup/cashew cream/today salad \$540

88,98% Organic

desserts



breakfast and tea time

Vegan coconut Flan \$330
Cream caramel
Organic

Romeo and Juliet \$330
Brie goat cheese/ quince jelly
4% Organic Vegan optional

Raw Cheesecake \$430
Flax flour/ cashew nuts/ red fruit
24,70% Organic

Raw Tiramisu \$430
Cocoa / coffee/cashew nuts /almonds
32,04% Organic

Raw Chocolate Cake \$430
Almonds /raisins / Cashew mousse /cocoa / coconut
52,63% Organic

Sourdough bread toasts with goatcheese and honey \$350
or organic jelly
Organic Vegan optional

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

Sourdough bread sandwich with tomatoes, \$420
arugula and goat brie cheese.
Organic Vegan optional

Scrambled eggs with sourdough bread toasts \$400
and avocado. (Dine-in only)
12,50 %Organic

Yoghurt with Granola and red fruits (Dine-in only) \$400
20% Organic Vegan optional

From 10.30 to 11.30 hs and 17 to 19hs

✿ beverages ✿



✿ something warm... ✿

Mineral Water	\$120
Natural Juices without sugar 500cc	\$260
<i>* Check available fruits with waiter</i>	
Bio Ginger 500cc	\$180
Green Detox Juice 500cc	\$260
Orange Juice with wheatgrass 500cc	\$340
Orange and Beet Juice 500cc	\$260
Seasonal Fruits Frozen 500cc	\$280
Bio Ginger Jar	\$360
Red Fruit or Mango or Passion Fruit Jar	\$420

**All fruits are organic*

✿ smoothies ✿

Spring Vitamin 500cc	
Raspberries / chia seeds /oat flakes	\$350
Apple Smoothie 500cc	
Almond milk/ seeds	\$350
Lemon Smoothie 500cc	
Sunflower milk /cinnamon	\$350
Vegetable Chocolate milk 500cc	\$350
Avocado and Mango Smoothie 500cc	\$350

✿ ... to be added on juices! ✿

Wheatgrass bar	\$150
Spirulina/ Ginger	\$70

House Tea	
Ginger /cinnamon / orange	\$120
Ban Cha	\$120
Bio Blend	
Marcela/ Melisa/ Mint/ Chamomile	\$120
Chai	
Black tea / ginger /cardamom /clove milk /cinnamon	\$120
Lemon Ginger (with honey)	\$120

✿ teas ✿

Mint	\$120
Green	\$120
Black	\$120
Red	\$120
Chamomile	\$120

✿ coffee ✿

Organic Premium Coffee	\$120
Double Organic Premium Coffee	\$160
Fig Coffee	\$140
Hawaiian Coffee	
Coffee /vegetable milk / coconut oil	\$140
Extra Veggie Milk	\$80

✿ organic wines ✿



✿ beers ✿

VINECOL WINERY (MÉDANOS)

Médanos Malbec	\$700
Médanos Cabernet Sauvignon	\$700
Médanos Cabernet Sauvignon Rosé	\$700
Médanos Chardonnay	\$700
Médanos Malbec 375ml	\$500
Médanos Chardonnay 375ml	\$500
Médanos Extra Brut	\$900
Quinde Malbec (Sulfite free)	\$900
Santa Irene/ Vinocol Malbec	\$560
Santa Irene/ Vinocol Chardonnay	\$560

ERNESTO CATENA WINERY

Animal Malbec	\$995
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ALTOS LAS HORMIGAS WINERY

Colonia Las Liebres Malbec	\$900
Colonia Las Liebres Bonarda	\$900

Glass of Wine	\$280
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Antares Blonde	\$280
Antares Red	\$280
Antares Dark	\$280

Table service

Includes glass of water or today's shot + sourdough bread or flax seed raw cookies + vegetable mayo.

\$50

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

BIO Restaurant

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CABA, Buenos Aires, Argentina.

Reservations and Take Away

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✿ bio classics ✿

Millet Schnitzels \$420
with Wok-sauteed vegetables or salad.

   *Organic*



Seitan Schnitzel with cheese (optional) and green leaves. \$450

  *Organic*

Protein-rich Rice. Yamani rice with vegetable wok and tofu cubes. \$420

   *Organic*

Integral Burrito made of whole flour with vegetables and slices of seitan with chili sauce and green leaves. \$450

  *93,06% Organic*

Quinoa, vegetables and mushroom Burger \$500
with green salad or Wok-sauteed Vegetables

   *54,90% Organic*

Salad, yamani, chop suey or quinoa. Extra Garnish \$150

   *Organic*

Extra Sourdough Breadbasket \$100

  *Organic*

****Only available Monday to Friday at midday***

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