

• 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 \$340
Dried Tomatoes/arugula/parmesan cheese or cashew nut cheese
73,02% Organic

Charcuterie Board (Dine-in only) \$660
Pickles/ olives/ seasonal fruit/ chutney
61,15% Organic **Vegan optional**

Essene Bruschetta \$340
Raw seed crackers/ avocado/ kimchi/ baby sprouts
82,92% Organic

Avocado Toast \$340
Avocado/ "criolla" (tomato & onion)/ coriander
66,67% Organic

Miso Soup \$280
30% Organic

Today's Soup \$300
Organic

Brown Rice Pastry \$120
With chilli dip
81,63% Organic

Extra Sourdough Breadbasket \$110
Organic

Tofu
Homemade moustard/seasoned vegetables /Salad \$690
82,45% Organic

Quinoa Risotto \$780
Mushrooms / vegetables /goat cheese
20,78% Organic **Vegan optional**

Dried Gluten Free Pasta
Pomodoro/ arugula/ parmesan cheese \$610
41,18% Organic **Vegan optional**

Dried Gluten Free Pasta
Wok-sauteed vegetables/ rawmesan/ arugula \$610
53,85% Organic

Oyster Mushrooms
Spicy coconut cream/ Mashed Potatoes/ Fresh salad \$780
79,28% Organic

Indian rice
Spices/ raisins/cashew nuts/ chutney \$690
90,73% Organic

Arrozzeta (crunchy yamani rice pizza)
Onion/ olives/ cheese \$630
Organic **Vegan optional**

Arrozzeta (crunchy yamani rice pizza)
Miso/ arugula/ tomatoes \$630
Organic



Chickpea Curry
Vegetables/ coconut milk/ brown rice. Spicy. \$780
73,81% Organic



Cosmo

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

\$660

  76,52% Organic

Vegan optional

Sea Salad

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

\$660

   63,86% Organic

Earth Salad

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

\$690




  70% Organic

Vegan optional

Life Salad

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

\$680

   81.92 % Organic

Temaki

Aged cashew nut cheese/ vegetables / spicy sauce


\$590

   Organic

Essene Pizza

Aged vegan cheese/kimchi /arugula




\$580

   94,46% Organic

Raw Burger

Dried fruits /raw ketchup/cashew cream/today salad

\$650

   88,98% Organic

desserts



breakfast and tea time

Vegan coconut Flan \$400
Cream caramel
Organic

Romeo and Juliet \$400
Brie goat cheese/ quince jelly
4% Organic Vegan optional

Raw Cheesecake \$510
Flax flour/ cashew nuts/ red fruit
24,70% Organic

Raw Tiramisu \$510
Cocoa / coffee/cashew nuts /almonds
32,04% Organic

Raw Chocolate Cake \$510
Almonds /raisins / Cashew mousse /cocoa / coconut
52,63% Organic

Sourdough bread toasts with goatcheese and honey \$420
or organic jelly
Organic Vegan optional

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

Sourdough bread sandwich with tomatoes, \$500
arugula and goat brie cheese.
Organic Vegan optional

Scrambled eggs with sourdough bread toasts \$480
and avocado. (Dine-in only)
12,50 %Organic

Yoghurt with Granola and red fruits (Dine-in only) \$480
20% Organic Vegan optional

From 10.30 to 11.30 hs and 17 to 19hs

✿ beverages ✿



✿ something warm... ✿

Mineral Water	\$150
Natural Juices without sugar 500cc	\$310
<i>* Check available fruits with waiter</i>	
Bio Ginger 500cc	\$220
Green Detox Juice 500cc	\$310
Orange Juice with wheatgrass 500cc	\$410
Orange and Beet Juice 500cc	\$310
Seasonal Fruits Frozen 500cc	\$340
Bio Ginger Jar	\$430
Red Fruit or Mango or Passion Fruit Jar	\$500

**All fruits are organic*

✿ smoothies ✿

Spring Vitamin 500cc	
Raspberries / chia seeds /oat flakes	\$420
Apple Smoothie 500cc	
Almond milk/ seeds	\$420
Lemon Smoothie 500cc	
Sunflower milk /cinnamon	\$420
Vegetable Chocolate milk 500cc	\$420
Avocado and Mango Smoothie 500cc	\$420

✿ ... to be added on juices! ✿

Wheatgrass bar	\$180
Spirulina/ Ginger	\$90

House Tea	
Ginger /cinnamon / orange	\$150
Ban Cha	\$150
Bio Blend	
Marcela/ Melisa/ Mint/ Chamomile	\$150
Chai	
Black tea / ginger /cardamom /clove milk /cinnamon	\$150
Lemon Ginger (with honey)	\$150

✿ teas ✿

Mint	\$150
Green	\$150
Black	\$150
Red	\$150
Chamomile	\$150

✿ coffee ✿

Organic Premium Coffee	\$150
Double Organic Premium Coffee	\$200
Fig Coffee	\$170
Hawaiian Coffee	
Coffee /vegetable milk / coconut oil	\$170
Extra Veggie Milk	\$90

✿ organic wines ✿



✿ beers ✿

VINECOL WINERY (MÉDANOS)

Médanos Malbec	\$840
Médanos Cabernet Sauvignon	\$840
Médanos Cabernet Sauvignon Rosé	\$840
Médanos Chardonnay	\$840
Médanos Malbec 375ml	\$600
Médanos Chardonnay 375ml	\$600
Médanos Extra Brut	\$1080
Quinde Malbec (Sulfite free)	\$1080
Santa Irene/ Vinecol Malbec	\$680
Santa Irene/ Vinecol Chardonnay	\$680

ERNESTO CATENA WINERY

Animal Malbec	\$1200
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ALTOS LAS HORMIGAS WINERY

Colonia Las Liebres Malbec	\$1080
Colonia Las Liebres Bonarda	\$1080

Glass of Wine	\$340
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Antares Blonde	\$340
Antares Red	\$340
Antares Dark	\$340

Table service

Includes glass of water or today's shot + sourdough bread or flax seed raw cookies + vegetable mayo. \$60

* 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 \$500
with Wok-sauteed vegetables or salad.

   *Organic*


Seitan Schnitzel with cheese (optional) and green leaves. \$540

  *Organic*

Protein-rich Rice. Yamani rice with vegetable wok and tofu cubes. \$500

   *Organic*

Integral Burrito made of whole flour with vegetables and slices of seitan with chili sauce and green leaves. \$540

  *93,06% Organic*

Quinoa, vegetables and mushroom Burger \$600
with green salad or Wok-sauteed Vegetables

   *54,90% Organic*

Salad, yamani, chop suey or quinoa. Extra Garnish \$180

   *Organic*

Extra Sourdough Breadbasket \$110

  *Organic*

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

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