

Bio

SOMOS
ORGÁNICOS

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%.

Dishes that do not have the Organic nomenclature have an asterisk in the certified organic ingredients according to Argentine standards.

Ingredients that do not have 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, for various reasons.

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.



STARTERS

MUSHROOMS SOURDOUGH BREAD* BRUSCHETTA

Dried Tomatoes/arugula*/parmesan cheese* or cashew nut cheese \$2800

CHARCUTERIE BOARD (DINE-IN ONLY)

Pickles*/olives*/fruit*/chutney*/nuts*/raisins*/almonds \$4900

ESSENE BRUSCHETTA

Raw seed crackers/ avocado/ kimchi*/ baby sprouts \$2800

AVOCADO TOAST* Avocado/ "criolla" (tomato* & onion*)/ coriander* \$2850

MISO SOUP* ORGANIC \$2450

TODAY'S SOUP ORGANIC \$3100

BROWN RICE* PASTRY WITH SEASONAL VEGETABLES*

With chilli dip \$1100

EXTRA SOURDOUGH BREADBASKET ORGANIC \$800

*CERTIFIED ORGANIC INGREDIENTS



VEGAN
OPTIONAL



VEGAN
OPTIONAL



MAIN DISHES

TOFU

Homemade moustard/seasoned vegetables* /salad* ORGANIC \$6300

QUINOA RISOTTO

Mushrooms / vegetables* /goat cheese \$6300

PASTA

Pomodoro/ arugula/ parmesan cheese ORGANIC \$5100

PASTA

Wok-sauteed vegetables*/ rawmesan/ arugula ORGANIC \$5100

OYSTER MUSHROOMS

Spicy coconut cream/ mashed Potatoes*/ green leaves* \$6900

INDIAN RICE

Spices/ raisins/cashew nuts/ chutney ORGANIC \$5400

CHICKPEA CURRY

Vegetables*/ coconut milk/ brown rice*. Spicy. \$6500

ARROZZETTA (crunchy yamani rice pizza)

Miso/arugula/ tomatoes ORGANIC \$5100

*ARROZZETTA (crunchy yamani rice pizza)

Onion/ olives/ cheese ORGANIC \$5100

CERTIFIED ORGANIC INGREDIENTS



VEGAN
OPTIONAL



VEGAN
OPTIONAL



VEGAN
OPTIONAL

SALADS

COSMO

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

\$4900



VEGAN
OPTIONAL

SEA SALAD

Green leaves* /celery*/ coriander*/ avocado/ cucumber*/
algae croquettes/ activated seed

\$4900



EARTH SALAD

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

\$4900



VEGAN
OPTIONAL

LIFE SALAD

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

\$4900



*CERTIFIED ORGANIC INGREDIENTS

RAW

TEMAKI

Aged cashew nut cheese/ vegetables*/ spicy sauce

\$4900



ESSENE PIZZA*

Aged vegan cheese/ kimchi /arugula*

\$4900



RAW BURGER*

Dried fruits*/ raw ketchup/ cashew cream/ today's salad*

\$5100



*CERTIFIED ORGANIC INGREDIENTS

DESSERTS

VEGAN COCONUT FLAN

Cream caramel

\$3200



ROMEO Y JULIETA

Brie goat cheese/ quince jelly/ nuts*

\$3200



VEGAN
OPTIONAL

RAW CHEESECAKE

Flax flour*/ cashew nuts/ red fruit

\$3900



RAW CHOCOLATE CAKE

Almonds /raisins*/ Cashew mousse /cocoa / coconut

\$3900



RAW TIRAMISÚ

Cocoa / coffee/cashew nuts /almonds

\$3900



*CERTIFIED ORGANIC INGREDIENTS

BREAKFAST & TEA TIME

SOURDOUGH BREAD* TOASTS

with goatcheese and honey* or organic jelly*

ORGANIC

\$3500



VEGAN
OPTIONAL

BIO DELICACIES

Muffins, Cookies (Check with waiter)



SOURDOUGH BREAD SANDWICH

with tomatoes, arugula and goat brie cheese

ORGANIC

\$4500



VEGAN
OPTIONAL

SCRAMBLED EGGS

with sourdough bread* toasts and avocado (Dine-in only)

\$3800



YOGHURT WITH GRANOLA AND RED FRUITS

(Dine-in only)

\$3800



VEGAN
OPTIONAL

*CERTIFIED ORGANIC INGREDIENTS

From 10.30 to 11.30 am
and from 17 to 19 pm.

BEVERAGES

Mineral Water	\$800
Natural Juices without sugar 500cc	\$2800
* Check available fruits with waiter	
Bio Ginger Lemonade* 500cc	\$1300
Green Detox Juice 500cc	\$3150
Orange Juice with wheatgrass 500cc	\$3250
Orange and Beet Juice 500cc	\$2800
Bio Ginger Lemonade* Jar	\$2250
Red Fruit or Mango or Passion Fruit Jar	\$3200

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*CERTIFIED ORGANIC INGREDIENTS

Gasified Kefir "Tierra Florida" 500cc	\$2300
Neptune Kombucha 300cc	
Chinese effervescent tonic	\$1600
Coloreada Soda	\$1200

TO BE ADDED ON JUICES!

Wheatgrass bar	\$1250
Spirulina/ Ginger	\$560

SOMETHING WARM...

House Tea	
Ginger /cinnamon / orange	\$1300
Ban Cha	\$1300
Blend Bio	
Marcela/ Melisa/ Mint/ Chamomile	\$1300
Chai	
Black tea / ginger /cardamom /clove milk /cinnamon	\$1300
Lemon Ginger (with honey)	\$1300

TEAS

Mint	\$1300
Green	\$1300
Bleck	\$1300
Red	\$1300
Chamomile	\$1300

COFFEE

Premium Coffee	\$900
Double Premium Coffee	\$1300
Fig Coffee	\$1100
Hawaiian Coffee	
Coffee /vegetable milk / coconut oil	\$1100
Extra Veggie Milk	\$400

ORGANIC WINES

VINECOL WINERY (MÉDANOS)

Médanos Malbec	\$5600
Médanos Cabernet Sauvignon	\$5600
Médanos Cabernet Sauvignon Rosé	\$5600
Médanos Chardonnay	\$5600
Médanos Malbec 375ml	\$3900
Médanos Chardonnay 375ml	\$3900
Médanos Extra Brut	\$6600
Quinde Malbec (Sulfite free)	\$6600
Santa Irene/ Vinecol Malbec	\$4800
Santa Irene/ Vinecol Chardonnay	\$4800

ERNESTO CATENA WINERY

Animal Malbec	\$7300
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ALTOS LAS HORMIGAS WINERY

Colonia Las Liebres Cabernet Franc	\$6600
Colonia Las Liebres Bonarda	\$6600
Glass of Wine	\$2200

BEERS

Golden	\$2400
Red	\$2400
Dark	\$2400

TABLE SERVICE \$350 Includes glass of water or today's shot + sourdough bread or flax seed raw cookies + vegetable mayo.

* Not charged from Monday to Friday at midday.



BIO Restaurant

Humboldt 2192
CABA, Buenos Aires, Argentina.

RESERVATIONS AND TAKE AWAY:

☎ (011) 4774-3880

☎ +54 9 11 6928-5046

✉ info@biorestaurant.com.ar



BIO CLASSICS

MILLET MEDALLION
with Wok-sauteed vegetables* or salad*

\$4750



SEITAN SCHNITZEL **ORGANIC**
with Wok-sauteed vegetables or salad.

\$4750



VEGAN
OPTIONAL

PROTEIN-RICH RICE
Yamani rice* with vegetable wok* and tofu cubes

ORGANIC

\$4750



INTEGRAL BURRITO* MADE OF WHOLE FLOUR **ORGANIC**
with vegetables* slices of tofu with chili sauce and green leaves*

\$4750



QUINOA, VEGETABLES* AND MUSHROOM BURGER
with green salad* or Wok-sauteed Vegetables*

\$4900



SALAD, YAMANI OR CHOP SUEY
Extra Garnish

ORGANIC

\$950



EXTRA SOURDOUGH BREADBASKET

ORGANIC

\$800



*CERTIFIED ORGANIC INGREDIENTS

ONLY AVAILABLE MONDAY TO FRIDAY AT MIDDAY

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organic ingredients of each dish, ask for
the Complementary Menu
and we'll get it to your table.

