

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	\$3700		
CHARCUTERIE BOARD (DINE-IN ONLY)			
Pickles*/olives*/fruit*/chutney*/nuts*/raisins*/almonds	\$6400		
ESSENE BRUSCHETTA			
Raw seed crackers/ avocado/ kimchi*/ baby sprouts	\$3700		
AVOCADO TOAST* Avocado/ "criolla" (tomato* & onion*)/ coriander*	\$3800		
MISO SOUP* ORGANIC	\$3100		
TODAY'S SOUP ORGANIC	\$4000		
BROWN RICE* PASTRY WITH SEASONAL VEGETABLES*			
With chilli dip	\$1400		
EXTRA SOURDOUGH BREADBASKET ORGANIC	\$1000		

*CERTIFIED ORGANIC INGREDIENTS



VEGAN
OPTIONAL

VEGAN
OPTIONAL

MAIN DISHES

TOFU			
Homemade moustard/seasoned vegetables* /salad* ORGANIC	\$8100		
QUINOA RISOTTO			
Mushrooms / vegetables* /goat cheese	\$8200		
PASTA			
Pomodoro/ arugula/ parmesan cheese ORGANIC	\$6600		
PASTA			
Wok-sauteed vegetables*/ rawmesan/ arugula ORGANIC	\$6600		
OYSTER MUSHROOMS			
Spicy coconut cream/ mashed Potatoes*/ green leaves*	\$8900		
INDIAN RICE			
Spices/ raisins/cashew nuts/ chutney ORGANIC	\$6700		
CHICKPEA CURRY			
Vegetables*/ coconut milk/ brown rice*. Spicy.	\$8400		
ARROZZETTA (crunchy yamani rice pizza)			
Miso/arugula/ tomatoes ORGANIC	\$6600		
*ARROZZETTA (crunchy yamani rice pizza)			
Onion/ olives/ cheese ORGANIC	\$6600		

CERTIFIED ORGANIC INGREDIENTS



VEGAN
OPTIONAL

VEGAN
OPTIONAL

VEGAN
OPTIONAL

SALADS

COSMO

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

\$6400



VEGAN
OPTIONAL

SEA SALAD

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

\$6400



EARTH SALAD

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

\$6400



VEGAN
OPTIONAL

LIFE SALAD

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

\$6400



*CERTIFIED ORGANIC INGREDIENTS

RAW

TEMAKI

Aged cashew nut cheese/ vegetables*/ spicy sauce

\$6400



ESSENE PIZZA*

Aged vegan cheese/ kimchi /arugula*

\$6400



RAW BURGER*

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

\$6600



*CERTIFIED ORGANIC INGREDIENTS

DESSERTS

VEGAN COCONUT FLAN

Cream caramel

\$4100



ROMEO Y JULIETA

Brie goat cheese/ quince jelly/ nuts*

\$4100



VEGAN
OPTIONAL

RAW CHEESECAKE

Flax flour*/ cashew nuts/ red fruit

\$5000



RAW CHOCOLATE CAKE

Almonds /raisins*/ Cashew mousse /cocoa / coconut

\$5000



RAW TIRAMISÚ

Cocoa / coffee/cashew nuts /almonds

\$5000



*CERTIFIED ORGANIC INGREDIENTS

BREAKFAST & TEA TIME

SOURDOUGH BREAD* TOASTS

with goatcheese and honey* or organic jelly*

ORGANIC

\$4600



VEGAN
OPTIONAL

BIO DELICACIES

Muffins, Cookies (Check with waiter)



SOURDOUGH BREAD SANDWICH

with tomatoes, arugula and goat brie cheese

ORGANIC

\$5900



VEGAN
OPTIONAL

SCRAMBLED EGGS

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

\$5000



YOGHURT WITH GRANOLA AND RED FRUITS

(Dine-in only)

\$5000



VEGAN
OPTIONAL

*CERTIFIED ORGANIC INGREDIENTS

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

BEVERAGES

Mineral Water	\$1100
Natural Juices without sugar 500cc	\$3700
* Check available fruits with waiter	
Bio Ginger Lemonade* 500cc	\$1700
Green Detox Juice 500cc	\$4100
Orange Juice with wheatgrass 500cc	\$4200
Orange and Beet Juice 500cc	\$3700
Bio Ginger Lemonade* Jar	\$2900
Red Fruit or Mango or Passion Fruit Jar	\$4100

ORGANIC

ORGANIC

ORGANIC

*CERTIFIED ORGANIC INGREDIENTS

Gasified Kefir "Tierra Florida" 500cc	\$3000
Neptune Kombucha 300cc	
Chinese effervescent tonic	\$2100
Coloreada Soda	\$1600

TO BE ADDED ON JUICES!

Wheatgrass bar	\$1700
Spirulina/ Ginger	\$700

SOMETHING WARM...

House Tea	
Ginger /cinnamon / orange	\$1700
Ban Cha	\$1700
Blend Bio	
Marcela/ Melisa/ Mint/ Chamomile	\$1700
Chai	
Black tea / ginger /cardamom /clove milk /cinnamon	\$1700
Lemon Ginger (with honey)	\$1700

TEAS

Mint	\$1700
Green	\$1700
Bleck	\$1700
Red	\$1700
Chamomile	\$1700

COFFEE

Premium Coffee	\$1200
Double Premium Coffee	\$1700
Fig Coffee	\$1500
Hawaiian Coffee	
Coffee /vegetable milk / coconut oil	\$1500
Extra Veggie Milk	\$500

ORGANIC WINES

VINECOL WINERY (MÉDANOS)

Médanos Malbec	\$7300
Médanos Cabernet Sauvignon	\$7300
Médanos Cabernet Sauvignon Rosé	\$7300
Médanos Chardonnay	\$7300
Médanos Malbec 375ml	\$5100
Médanos Chardonnay 375ml	\$5100
Médanos Extra Brut	\$8600
Quinde Malbec (Sulfite free)	\$8600
Santa Irene/ Vinecol Malbec	\$6200
Santa Irene/ Vinecol Chardonnay	\$6200

ERNESTO CATENA WINERY

Animal Malbec	\$9500
---------------	--------

ALTOS LAS HORMIGAS WINERY

Colonia Las Liebres Cabernet Franc	\$8600
Colonia Las Liebres Bonarda	\$8600
Alto Las Hormigas Blanco	\$9500
Glass of Wine	\$2900

BEERS

Golden	\$3100
Red	\$3100
Dark	\$3100

TABLE SERVICE \$500 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*

\$6200



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

\$6200



VEGAN
OPTIONAL

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

ORGANIC

\$6200



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

\$6200



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

\$6400



SALAD, YAMANI OR CHOP SUEY
Extra Garnish

ORGANIC

\$1200



EXTRA SOURDOUGH BREADBASKET

ORGANIC

\$1000



*CERTIFIED ORGANIC INGREDIENTS

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.

