

# 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 \$5.000

### CHARCUTERIE BOARD (DINE-IN ONLY)

Pickles\*/olives\*/fruit\*/chutney\*/nuts\*/raisins\*/almonds \$8.900

### ESSENE BRUSCHETTA

Raw seed crackers/ avocado/ kimchi\*/ baby sprouts \$5.000

AVOCADO TOAST\* Avocado/ "criolla" (tomato\* & onion\*)/ coriander\* \$5.300

MISO SOUP\* ORGANIC \$4.300

TODAY'S SOUP ORGANIC \$5.600

BROWN RICE\* PASTRY WITH SEASONAL VEGETABLES\*  
With chilli dip \$1.900

EXTRA SOURDOUGH BREADBASKET ORGANIC \$1.400

\*CERTIFIED ORGANIC INGREDIENTS



VEGAN  
OPTIONAL



VEGAN  
OPTIONAL



## MAIN DISHES

### TOFU

Homemade moustard/seasoned vegetables\* /salad\* ORGANIC \$10.100

### QUINOA RISOTTO

Mushrooms / vegetables\* /goat cheese \$10.200

### PASTA

Pomodoro/ arugula/ parmesan cheese ORGANIC \$8.300

### PASTA

Wok-sauteed vegetables\*/ rawmesan/ arugula ORGANIC \$8.300

### OYSTER MUSHROOMS

Spicy coconut cream/ mashed Potatoes\*/ green leaves\* \$11.100

### INDIAN RICE

Spices/ raisins/cashew nuts/ chutney ORGANIC \$8.300

### CHICKPEA CURRY

Vegetables\*/ coconut milk/ brown rice\*. Spicy. \$10.500

### ARROZZETTA (crunchy yamani rice pizza)

Miso/arugula/ tomatoes ORGANIC \$8.300

### \*ARROZZETTA (crunchy yamani rice pizza)

Onion/ olives/ cheese ORGANIC \$8.300

CERTIFIED ORGANIC INGREDIENTS



VEGAN  
OPTIONAL



VEGAN  
OPTIONAL



VEGAN  
OPTIONAL

## SALADS

### COSMO

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

\$8.000



VEGAN  
OPTIONAL

### SEA SALAD

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

\$8.000



### EARTH SALAD

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

\$8.000



VEGAN  
OPTIONAL

### LIFE SALAD

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

\$8.000



\*CERTIFIED ORGANIC INGREDIENTS

## RAW

### TEMAKI

Aged cashew nut cheese/ vegetables\*/ spicy sauce

\$8.000



### ESSENE PIZZA\*

Aged vegan cheese/ kimchi /arugula\*

\$8.000



### RAW BURGER\*

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

\$8.300



\*CERTIFIED ORGANIC INGREDIENTS

## DESSERTS

### VEGAN COCONUT FLAN

Cream caramel

\$5.200



### ROMEO Y JULIETA

Brie goat cheese/ quince jelly/ nuts\*

\$5.200



VEGAN  
OPTIONAL

### RAW CHEESECAKE

Flax flour\*/ cashew nuts/ red fruit

\$7.000



### RAW CHOCOLATE CAKE

Almonds /raisins\*/ Cashew mousse /cocoa / coconut

\$7.000



### RAW TIRAMISÚ

Cocoa / coffee/cashew nuts /almonds

\$7.000



\*CERTIFIED ORGANIC INGREDIENTS

## BREAKFAST & TEA TIME

### SOURDOUGH BREAD\* TOASTS

with goatcheese and honey\* or organic jelly\*

ORGANIC

\$5.800



VEGAN  
OPTIONAL

### BIO DELICACIES

Muffins, Cookies (Check with waiter)



### SOURDOUGH BREAD SANDWICH

with tomatoes, arugula and goat brie cheese

ORGANIC

\$7.400



VEGAN  
OPTIONAL

### SCRAMBLED EGGS

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

\$6.300



### YOGHURT WITH GRANOLA AND RED FRUITS

(Dine-in only)

\$6.300



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

## BEVERAGES

Mineral Water	\$1.400
Natural Juices without sugar 500cc	\$4.700
* Check available fruits with waiter	
Bio Ginger Lemonade* 500cc	\$2.200
Green Detox Juice 500cc	\$5.200
Orange Juice with wheatgrass 500cc	\$5.300
Orange and Beet Juice 500cc	\$4.700
Bio Ginger Lemonade* Jar	\$3.700
Red Fruit or Mango or Passion Fruit Jar	\$5.200

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Gasified Kefir "Tierra Florida" 500cc	\$3.800
Neptune Kombucha 300cc	
Chinese effervescent tonic	\$2.700
Coloreada Soda	\$2.000

## TO BE ADDED ON JUICES!

Wheatgrass bar	\$2.200
Spirulina/ Ginger	\$900

## SOMETHING WARM...

House Tea	
Ginger /cinnamon / orange	\$2.200
Ban Cha	\$2.200
Blend Bio	
Marcela/ Melisa/ Mint/ Chamomile	\$2.200
Chai	
Black tea / ginger /cardamom /clove milk /cinnamon	\$2.200
Lemon Ginger (with honey)	\$2.200

## TEAS

Mint	\$2.200
Green	\$2.200
Bleck	\$2.200
Red	\$2.200
Chamomile	\$2.200

## COFFEE

Premium Coffee	\$1.500
Double Premium Coffee	\$2.200
Fig Coffee	\$1.900
Hawaiian Coffee	
Coffee /vegetable milk / coconut oil	\$1.900
Extra Veggie Milk	\$700

## ORGANIC WINES

### VINECOL WINERY (MÉDANOS)

Médanos Malbec	\$9.200
Médanos Cabernet Sauvignon	\$9.200
Médanos Cabernet Sauvignon Rosé	\$9.200
Médanos Chardonnay	\$9.200
Médanos Malbec 375ml	\$6.400
Médanos Chardonnay 375ml	\$6.400
Médanos Extra Brut	\$11.000
Quinde Malbec (Sulfite free)	\$11.000
Santa Irene/ Vinecol Malbec	\$7.800
Santa Irene/ Vinecol Chardonnay	\$7.800

### ERNESTO CATENA WINERY

Animal Malbec	\$11.900
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### ALTOS LAS HORMIGAS WINERY

Colonia Las Liebres Cabernet Franc	\$11.000
Colonia Las Liebres Bonarda	\$11.000
Alto Las Hormigas Blanco	\$11.900
Glass of Wine	\$3.700

## BEERS

Golden	\$3.900
Red	\$3.900
Dark	\$3.900

TABLE SERVICE \$700 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\*

\$7.800



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

\$7.800



VEGAN  
OPTIONAL

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

**ORGANIC**

\$7.800



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

\$7.800



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

\$8.000



SALAD, YAMANI OR CHOP SUEY  
Extra Garnish

**ORGANIC**

\$1.500



EXTRA SOURDOUGH BREADBASKET

**ORGANIC**

\$1.300



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ONLY AVAILABLE MONDAY TO FRIDAY AT MIDDAY

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and we'll get it to your table.

