

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 WHOLE-GRAIN BRUSCHETTA

Dried Tomatoes/arugula*/parmesan cheese* or cashew nut cheese \$6.800

AVOCADO TOAST* Avocado/ "criolla" (tomato* & onion*)/ coriander* \$7.200

MISO SOUP* ORGANIC \$5.800

TODAY'S SOUP ORGANIC \$7.600

BROWN RICE* PASTRY WITH SEASONAL VEGETABLES*
With chilli dip \$2.300

EXTRA WHOLE-GRAIN BREADBASKET ORGANIC \$1.900

*CERTIFIED ORGANIC INGREDIENTS



VEGAN
OPTIONAL



VEGAN
OPTIONAL



MAIN DISHES

TOFU

Homemade moustard/seasoned vegetables* /salad* ORGANIC \$13.600

QUINOA RISOTTO

Mushrooms / vegetables* /goat cheese \$13.700

PASTA

Pomodoro/ arugula/ parmesan cheese ORGANIC \$11.200

PASTA

Wok-sauteed vegetables*/ rawmesan/ arugula ORGANIC \$11.200

OYSTER MUSHROOMS

Spicy coconut cream/ mashed Potatoes*/ green leaves* \$15.000

INDIAN RICE

Spices/ raisins/cashew nuts/ chutney ORGANIC \$11.200

CHICKPEA CURRY

Vegetables*/ coconut milk/ brown rice*. Spicy. \$15.000

CRUNCHY YAMANI RICE PIZZA

Miso/arugula/ tomatoes ORGANIC \$11.200

CRUNCHY YAMANI RICE PIZZA

Onion/ olives/ cheese ORGANIC \$11.200

CERTIFIED ORGANIC INGREDIENTS



VEGAN
OPTIONAL



VEGAN
OPTIONAL



VEGAN
OPTIONAL

SALADS

COSMO

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

\$11.700



VEGAN
OPTIONAL

SEA SALAD

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

\$11.700



EARTH SALAD

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

\$11.700



VEGAN
OPTIONAL

LIFE SALAD

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

\$11.700



*CERTIFIED ORGANIC INGREDIENTS

RAW

TEMAKI

Aged cashew nut cheese/ vegetables*/ spicy sauce

\$11.700



RAW BURGER*

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

\$11.200



*CERTIFIED ORGANIC INGREDIENTS

DESSERTS

VEGAN COCONUT FLAN

Cream caramel

\$7.000



ROMEO Y JULIETA

Brie goat cheese/ quince jelly/ nuts*

\$7.000



VEGAN
OPTIONAL

RAW CHEESECAKE

Flax flour*/ cashew nuts/ red fruit

\$9.500



RAW CHOCOLATE CAKE

Almonds /raisins*/ Cashew mousse /cocoa / coconut

\$9.500



RAW TIRAMISÚ

Cocoa / coffee/cashew nuts /almonds

\$9.500



*CERTIFIED ORGANIC INGREDIENTS

BREAKFAST & TEA TIME

WHOLE-GRAIN BREAD TOASTS

with goatcheese and honey* or organic jelly*

ORGANIC

\$7.900



VEGAN
OPTIONAL

BIO DELICACIES

Muffins, Cookies (Check with waiter)



WHOLE-GRAIN BREAD SANDWICH

with tomatoes, arugula and goat brie cheese

ORGANIC

\$10.000



VEGAN
OPTIONAL

SCRAMBLED EGGS

with whole-grain bread toasts and avocado (Dine-in only)

\$8.500



YOGHURT WITH GRANOLA AND RED FRUITS

(Dine-in only)

\$8.500



VEGAN
OPTIONAL

*CERTIFIED ORGANIC INGREDIENTS

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

BEVERAGES

Mineral Water / Soda	\$1.700
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Natural Juices without sugar (1 or 2 fruits)	\$5.300 /\$6.300
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* Check available fruits with waiter

Bio Ginger Lemonade*	\$3.000
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Green Detox Juice	\$7.000
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Orange Juice with wheatgrass	\$7.200
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Orange and Beet Juice	\$6.400
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Bio Ginger Lemonade* Jar	\$5.000
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Red Fruit or Mango or Passion Fruit Jar	\$7.000
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*CERTIFIED ORGANIC INGREDIENTS

Gasified Kefir "Tierra Florida"	\$5.200
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Neptune Kombucha 300cc	
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Chinese effervescent tonic	\$3.700
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ORGANIC

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TO BE ADDED ON JUICES!

Wheatgrass bar	\$3.000
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Spirulina/ Ginger	\$1.200
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SOMETHING WARM...

House Tea	
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Ginger /cinnamon / orange	\$3.000
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Ban Cha	\$3.000
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Blend Bio	
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Marcela/ Melisa/ Mint/ Chamomile	\$3.000
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Chai	
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Black tea / ginger /cardamom /clove milk /cinnamon	\$3.000
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Lemon Ginger (with honey)	\$3.000
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TEAS

Mint	\$3.000
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Green	\$3.000
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Bleck	\$3.000
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Red	\$3.000
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Chamomile	\$3.000
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COFFEE

Premium Coffee	\$2.200
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Double Premium Coffee	\$3.000
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Fig Coffee	\$2.600
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Hawaiian Coffee	
Coffee /vegetable milk / coconut oil	\$2.600

Extra Veggie Milk	\$1000
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ORGANIC WINES

VINECOL WINERY (MÉDANOS)

Médanos Malbec	\$12.400
Médanos Cabernet Sauvignon	\$12.400
Médanos Malbec 375ml	\$8.700
Médanos Chardonnay 375ml	\$8.700
Médanos Extra Brut	\$14.900
Quinde Malbec (Sulfite free)	\$14.900
Santa Irene/ Vinecol Malbec	\$10.600
Santa Irene/ Vinecol Chardonnay	\$10.600

ERNESTO CATENA WINERY

Animal Malbec	\$16.000
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ALTOS LAS HORMIGAS WINERY

Colonia Las Liebres Cabernet Franc	\$15.000
Colonia Las Liebres Bonarda	\$15.000
Alto Las Hormigas Blanco	\$16.000
Glass of Wine	\$5.000

BEERS

Golden	\$5.300
Red	\$5.300
Dark	\$5.300

TABLE SERVICE \$1000 Includes glass of water or today s shot + whole-grain 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:

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☎ +54 9 11 6928-5046

✉ info@biorestaurant.com.ar



BIO CLASSICS

MILLET MEDALLION
with Wok-sauteed vegetables* or salad*

\$10.500



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

\$10.500



VEGAN
OPTIONAL

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

ORGANIC

\$10.500



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

\$10.500



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

\$11.700



SALAD, YAMANI OR CHOP SUEY
Extra Garnish

ORGANIC

\$3.000



EXTRA WHOLE-GRAIN BREADBASKET

ORGANIC

\$1.900



*CERTIFIED ORGANIC INGREDIENTS

ONLY AVAILABLE MONDAY TO FRIDAY AT MIDDAY

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organic ingredients of each dish, ask for
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