

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



VEGAN
OPTIONAL

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



VEGAN
OPTIONAL

MISO SOUP* ORGANIC



TODAY'S SOUP ORGANIC



BROWN RICE* PASTRY WITH SEASONAL VEGETABLES*

With chilli dip



EXTRA WHOLE-GRAIN BREADBASKET ORGANIC



*CERTIFIED ORGANIC INGREDIENTS

MAIN DISHES

TOFU

Homemade moustard/seasoned vegetables* /salad* ORGANIC



QUINOA RISOTTO

Mushrooms / vegetables* /goat cheese



VEGAN
OPTIONAL

PASTA

Pomodoro/ arugula/ parmesan cheese ORGANIC



VEGAN
OPTIONAL

PASTA

Wok-sauteed vegetables*/ rawmesan/ arugula ORGANIC



OYSTER MUSHROOMS

Spicy coconut cream/ mashed Potatoes*/ green leaves*



INDIAN RICE

Spices/ raisins/cashew nuts/ chutney ORGANIC



CHICKPEA CURRY

Vegetables*/ coconut milk/ brown rice*. Spicy.



CRUNCHY YAMANI RICE PIZZA

Miso/arugula/ tomatoes ORGANIC



CRUNCHY YAMANI RICE PIZZA

Onion/ olives/ cheese ORGANIC



VEGAN
OPTIONAL

CERTIFIED ORGANIC INGREDIENTS

SALADS

COSMO

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



VEGAN
OPTIONAL

SEA SALAD

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



VEGAN
OPTIONAL

EARTH SALAD

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



VEGAN
OPTIONAL

LIFE SALAD

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



*CERTIFIED ORGANIC INGREDIENTS

RAW

TEMAKI

Aged cashew nut cheese/ vegetables*/ spicy sauce



RAW BURGER*

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



*CERTIFIED ORGANIC INGREDIENTS

DESSERTS

VEGAN COCONUT FLAN

Cream caramel



ROMEO Y JULIETA

Brie goat cheese/ quince jelly/ nuts*



VEGAN
OPTIONAL

RAW CHEESECAKE

Flax flour*/ cashew nuts/ red fruit



RAW CHOCOLATE CAKE

Almonds /raisins*/ Cashew mousse /cocoa / coconut



RAW TIRAMISÚ

Cocoa / coffee/cashew nuts /almonds



*CERTIFIED ORGANIC INGREDIENTS

BREAKFAST & TEA TIME

WHOLE-GRAIN BREAD TOASTS

with goatcheese and honey* or organic jelly*

ORGANIC



VEGAN
OPTIONAL

BIO DELICACIES

Muffins, Cookies (Check with waiter)



WHOLE-GRAIN BREAD SANDWICH

with tomatoes, arugula and goat brie cheese

ORGANIC



VEGAN
OPTIONAL

SCRAMBLED EGGS

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



YOGHURT WITH GRANOLA AND RED FRUITS

(Dine-in only)



VEGAN
OPTIONAL

*CERTIFIED ORGANIC INGREDIENTS

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

BEVERAGES

Mineral Water / Soda

Natural Juices without sugar (1 or 2 fruits)

* Check available fruits with waiter

Bio Ginger Lemonade*

Green Detox Juice

Orange Juice with wheatgrass

Orange and Beet Juice

Bio Ginger Lemonade* Jar

Red Fruit or Mango or Passion Fruit Jar

*CERTIFIED ORGANIC INGREDIENTS

Gasified Kefir "Tierra Florida"

Neptune Kombucha 300cc

Chinese effervescent tonic

ORGANIC

ORGANIC

ORGANIC

TO BE ADDED ON JUICES!

Wheatgrass bar

Spirulina/ Ginger

SOMETHING WARM...

House Tea

Ginger /cinnamon / orange

Ban Cha

Blend Bio

Marcela/ Melisa/ Mint/ Chamomile

Chai

Black tea / ginger /cardamom /clove milk /cinnamon

Lemon Ginger (with honey)

TEAS

Mint

Green

Bleck

Red

Chamomile

COFFEE

Premium Coffee

Double Premium Coffee

Fig Coffee

Hawaiian Coffee

Coffee /vegetable milk / coconut oil

Extra Veggie Milk

ORGANIC WINES

VINECOL WINERY (MÉDANOS)

Médanos Malbec

Médanos Cabernet Sauvignon

Médanos Malbec 375ml

Médanos Chardonnay 375ml

Médanos Extra Brut

Quinde Malbec (Sulfite free)

Santa Irene/ Vinecol Malbec

Santa Irene/ Vinecol Chardonnay

ERNESTO CATENA WINERY

Animal Malbec

ALTOS LAS HORMIGAS WINERY

Colonia Las Liebres Cabernet Franc

Colonia Las Liebres Bonarda

Alto Las Hormigas Blanco

Glass of Wine

BEERS

Golden

Red

Dark

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:

☎ (011) 4774-3880

☎ +54 9 11 6928-5046

✉ info@biorestaurant.com.ar



BIO CLASSICS

MILLET MEDALLION
with Wok-sauteed vegetables* or salad*



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



VEGAN
OPTIONAL

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

ORGANIC



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

ORGANIC



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



SALAD, YAMANI OR CHOP SUEY
Extra Garnish

ORGANIC



EXTRA WHOLE-GRAIN BREADBASKET

ORGANIC



*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.

