

INWARD

CONSCIOUS EATING

The Way Nature Intends

100% Artisanal
Plant-made
Whole
Natural
In-house

0% Gluten
Dairy
Refined sugar
Sugar substitutes
Artificial sweeteners
Refined flours
Hydrogenated oils (palm oil, margarine..)
Additives/Preservatives

If you desire to know more about our vision,
type in inward.tn and please ..take your time 😊



SCAN ME

- 🌿 Our food is fully whole plant-based, dairy-free, and refined sugar free
- 🌿 Nuts & seeds make up a large portion of our cuisine
- 🌿 We only use Himalayan salt
- 🌿 Our sprouted milk, sprouted & cultured cheese, sprouted gluten-free flours, dressings, and kombucha are all house-made
- 🌿 Prior to use, our pseudo grains have been activated, and our nuts & seeds have been sprouted and gently dehydrated for optimal nutrient absorption
- 🌿 We make food in small batches for the sake of sustainability

SHARING IS LOVING

Bites & to Share

Jolly Cow Cheese **Raw!**

26.5

Selection of our artisan, cultured, and dairy-free cheese;
Two slices of Thai spice sprouted cashew cheese, one slice of peppercorn-encrusted sprouted sunflower seed cheese, sprouted and dehydrated crackers, fresh date caramel

- Allergens: Almond. Flax. Sesame

NOURISH MY CELLS

Main Dishes (can also be shared 😊)

(Dishes take at least 20 min to make)

Jungle Burger (Deconstructed dish) **Raw!**

27.5

Soft textured dehydrated pattie made with vegetables, herbs, sprouted pumpkin seeds and sprouted sunflower seeds, served with salad mix, mushroom, sprouted hummus, sauerkraut, organic alfalfa sprouts, two crispy sprouted and dehydrated sunflower and almond flatbreads, citrus and olive oil-based dressing

- Allergens: Sesame. Flax

Socca Crepe

33

Crepe made with sprouted garbanzo, filled with roasted eggplant, roasted pepper, oven roasted garlic and rosemary tomato, oven baked sprouted green lentils, steamed chard, steamed broccoli, and harissa purée, fermented beets

- Allergens: Flax

Live Falafel Wrap (Deconstructed dish) **Raw!**

35

Soft textured dehydrated falafel made with sprouted garbanzo & sprouted almond, served on a dehydrated malleable flatbread made with sprouted organic buckwheat & sprouted almond, sprouted & cultured cashew sour cream, sprouted & cultured cashew aioli, zucchini, cucumber, salad, fermented root vegetables, fermented onion, cherry tomato, olive oil, fresh herbs, capers, house dressing

- Allergens: Flax. Sesame

Seaweed & Noodle Salad

37

(This dish is not for takeout)

Raw zucchini noodles, beans, bean noodles, mekabu algae, nori algae, blanched spinach, cucumber, carrot, served with raw sauce made with ginger, sesame, sprouted almond, and kimchi, topped with black tahini sauce, organic sprouts, fresh herbs, fresh apple

Living Pizza **Raw!**

29.5

(This dish is not for takeout)

Dehydrated thin and crispy crust made with vegetables, kimchi, and seeds, topped with date-sweetened dried tomato & herb sauce, almond ricotta, arugula, lettuce, marinated carrot, tomato, organic sprouts, sprouted and dehydrated tamari almonds, lemon vinaigrette, capers, and rose buds

• Allergens: Flax. Gluten-free soy

Fritter Wrap (Deconstructed dish) **Raw!**

38

(This dish is not for takeout)

Dehydrated soft textured fritter made with sprouted garbanzo, spinach, seeds, and organic nutritional yeast, topped with avocado relish, arugula, cultured cashew yogurt, tomato, citrus and olive oil-based dressing, and lacto-fermented pickles, organic coconut sugar - organic vanilla candied and sprouted pumpkin seeds

• Allergens: Flax

EXTRAS

Dehydrated Flatbreads/Crackers **Raw!**

1.5/piece

Made with 100 % sprouted nuts & seeds

Yangbaechu Kimchi **Raw!**

3.5

Sauerkraut **Raw!**

3.5

SWEET TOOTH

Fiber and live enzyme packed desserts & sweet dishes that are 100 % made with sprouted nuts, seeds, pseudograins, fresh fruits, and organic superfoods.

Date/organic maple syrup sweetened

Organic Cacao Brownie **Raw!**

11.5

No-bake, salted, magnesium & omega-3's rich brownie

What's inside?

Sprouted walnut, sprouted almond, sprouted cashew, organic raw cacao, organic coconut oil, date, date sugar, Himalayan salt

Lemon Custard, Organic Acai Berry, & Organic Sea Moss Tart **Raw!**

17

No-bake tart that's brimming with prebiotics, minerals and vitamins

What's inside?

Sprouted cashew, flaxseed, roasted sesame, coconut, fresh lemon, organic raw sea moss, organic acai powder, organic coconut oil, date, date sugar

Organic Decaffeinated Mocha, Cultured Cashew Cream, & Sprouted Almond Cake **Raw!**

18.5

How about a probiotic enhanced and coffee flavored, yet decaf & acid free cake?

We use decaf brands that decaffeinate coffee through the Swiss Water® Process. This highly safe and chemical free method gently removes caffeine without compromising the flavor nor the quality of coffee.

What's inside?

Sprouted & cultured cashew, sprouted almond, coconut, organic decaffeinated coffee, organic raw cacao, organic lucuma, organic maca, organic carob, organic vanilla, organic cacao butter, organic coconut oil, organic maple syrup, date sugar, organic date seed "coffee" powder

Organic Buckwheat & Organic Matcha Pancakes

35

(This sweet dish is not served between 12 pm and 2:30 pm)

(This dish is not for takeout)

Sweet dish that is rich in alkalizing protein, chlorophyll, and probiotics

Organic sprouted buckwheat and organic matcha pancakes, served with raw orange & organic maple syrup/organic vanilla sauce, cultured cashew & coconut yogurt, fresh apple, fresh date, sprouted & dehydrated hazelnut, organic date seed "coffee" powder

LIFE FORCE COLD DRINKS 300ml

Electrolyte-rich, fiber-dense, nutritious, and just made

(It's best to drink within 15 min to enjoy the live vitamins, minerals, and enzymes)

Spice C'

12.5

Medium sweet, aromatized with immune-boosting qualities

Apple, date, dried fig, lemon, cucumber, celery, fresh ginger, nutmeg, a touch of plant-based probiotic

Green Ethos

15.5

Revitalizing and rich in vitamin C

Mango, pineapple, date, banana, chard, coconut, alkaline water

Muscle & Brain

15.5

Easily digestible protein and omega 3's shake

Date, banana, raw sprouted almond butter, flaxseed, chia, organic raw cacao, cinnamon, a touch of plant-based probiotic, raw sprouted almond milk

KOMBUCHA 350ml **Raw!**

12.5

Refreshing, fermented, and slightly sweet tea that is naturally dense in living enzymes, probiotics, and vitamins C & B

Our kombucha is fed organic raw/unrefined sugar in the pre-fermentation process
Please ask for the flavor of the day!

ADAPTOGENIC LATTÉS 350 - 400 ml

Drinks that normalize and balance the body, providing calm energy

Made with sprouted almond milk & organic adaptogens. Sweetened with fresh dates
Enjoyed at 43°C or cold

Chai Masala **Raw!**

13.5

An aromatic blend of healing and stimulating spices
Cinnamon, ginger, cardamom, clove, fennel, black pepper

Blue Magik! **Raw!**

13.5

An immune boosting drink that has anti-aging properties
Organic blue algae, organic amla, cardamom

Chill Choc' **Raw!**

13.5

Stress reducing & hormone balancing drink
Organic raw cacao, organic ashwaganda, cinnamon

Arabian Charm **Raw!**

13.5

Caffeine-free cleansing drink
Organic carob, organic maca, organic vanilla

HOT HERBAL TEAS

Aromatic herb & spice based infusions

(Our house-made mix is filled in biodegradable tea pockets)

In Tune Immune

6.5

Detoxifying and vitamin C fueled tea
Dried mint leaves, hibiscus, rose bud

Calm-ade

6.5

pH re-balancer tea
Verbena, fennel, lavender, cardamom



WATER

1L bottle

3.5

JUST FOR KIDDOS!

The Raw Platter

19.5

Sprouted hummus, cultured cashew cheese, carrot, cucumber, sprouted & dehydrated flatbreads, sprouted walnut or almond

'G for Green' Drink **300 ml**

9

Apple, date, lemon, spinach

'C for Cacao' Drink **300 ml**

11.5

(Either warmed at 43°C or cold)

Date, organic raw cacao, raw sprouted almond milk

Raw!

100% Raw: Food that is not cooked, unprocessed, unrefined, and has not been dehydrated above 47°C to preserve the vitality of enzymes and nutrients.

Please inform us about your allergies. Thank you ♥



• WHOLE •

• RAW •

• LIVING •

• GUT GENTLE •

• ECO KIND •