

**INWARD**  
CONSCIOUS EATING

The Way Nature Intends

**100%** Artisanal  
Plant-made  
In-house  
Whole  
Natural

**0%** Gluten  
Dairy  
Refined Sugar  
Sugar substitutes  
Artificial Sweeteners  
Refined flours  
Hydrogenated or Partially Hydrogenated Oils  
(Palm, Castor, Soy, Margarine...)  
Additives/Preservatives/Artificial Colors

If you desire to know more about our vision,  
type in [inward.tn](http://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 milk, cheese, sprouted gluten-free flours, dressings, and kombucha are all house-made from scratch
- 🌿 Prior to use, our pseudo grains have been activated, and our nuts & seeds have been sprouted and gently dried for better nutrient absorption
- 🌿 We make food in small batches for the sake of sustainability

## SHARING IS LOVING

Snacks, bites, and to share

### Jolly Cow Cheese **Raw!** 28.5

Selection of our artisan, cultured, and dairy-free cheese made from sprouted and fermented cashew & sunflower seeds, served with sprouted nut & seed crackers, 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!** 30

Soft textured low temp 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 low temp dehydrated sunflower and almond flatbreads, citrus and olive oil-based dressing

- Allergens: Almond. Flax

### Old Soul 33.5

Activated quinoa, steamed spinach, steamed broccoli, house kimchi, arugula, avocado, raw sprouted cashew curry cream, fermented tahini sauce

### Mediterranean Thrill 30.5

Baked sprouted green lentil balls, raw cauliflower rice, fennel salad, roasted eggplant, raw romesco sauce made with sprouted almond, raw fermented harissa sauce made with sprouted sunflower seeds, organic sprouts, lemon vinaigrette

- Allergens: Almond. Flax

## Soothing Soup

(This dish is not for takeout)

18.5

Pumpkin, carrot, and potato soup, sprouted and cultured cashew cream, olive oil, served with two low temp dehydrated crackers

- Allergens: Flax. Sesame

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

37

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

- Allergens: Flax. Sesame

## Pad Thai (Uncooked Dish) **Raw!**

28

(This dish is not for takeout)

Bean noodles, zucchini noodles, carrot noodles, sprouted almond orange sauce, sprouted & dehydrated tamari almonds, fresh mint

**Add on:** Cooked beans 4.5

- Allergens: Gluten-free soy

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

39.5

(This dish is not for takeout)

Low temp dehydrated & soft textured fritter made with sprouted garbanzo, spinach, seeds, and organic nutritional yeast, topped with cultured cashew yogurt, avocado relish, arugula, cherry tomato, citrus and olive oil-based dressing, lacto-fermented pickliz, organic coconut sugar - organic vanilla candied sprouted & low temp dehydrated pumpkin seeds

- Allergens: Flax

## EXTRAS

### Low Temp dehydrated Flatbreads/Crackers **Raw!** 1.7/piece

Made with sprouted nuts & seeds

### Yangbaechu Kimchi **Raw!** 4

### Sauerkraut **Raw!** 4

## SWEET TOOTH

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

Date/organic maple syrup sweetened

### Organic Cacao Brownie **Raw!** 12.5

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

### Zing Cake **Raw!** 17

No bake, citrus-y cake that is high in copper & calcium

What's inside?

Sprouted cashew, sprouted sunflower seeds, fresh orange, organic coconut oil, date, date sugar

### Pumpkin Spice Tart & Fermented Cashew Cream **Raw!** 18.5

No-bake, anti-inflammatory tart that has digestion-enhancing properties

What's inside?

Sprouted & cultured cashew, sprouted walnut, flax seed, coconut, raw pumpkin, organic vanilla, cinnamon, nutmeg, clove, fresh ginger, organic coconut oil, organic maple syrup, date

### Organic Chocolate Bonbons 10.5

Three crunchy dark chocolate bonbons

**Made with just 7 ingredients! (no emulsifiers, no oils)**

Organic raw cacao, organic cacao butter, organic maple syrup, organic coconut sugar, organic sprouted buckwheat, organic peppermint extract, Himalayan salt

### Organic Buckwheat & Organic Matcha Pancakes 37.5

**(This sweet dish is not served between 12pm and 3pm)**

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 & low temp dehydrated hazelnut, organic date seed "coffee" powder

## LIFE FORCE 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

### Inner Healer

Medium sweet, aromatized smoothie with immune-boosting qualities  
Apple, fennel, fresh ginger, lemon, celery, dried fig, date, nutmeg, a touch of plant-based probiotic

13

### Green Ethos

Revitalizing drink that is rich in vitamin C  
Mango, pineapple, banana, date, chard, coconut, alkaline water

16.5

### Muscle & Brain

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

16.5

## KOMBUCHA 350ml **Raw!**

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!

13.5

## WARM ADAPTOGENIC/SUPERFOOD LATTÉS 350 - 400 ml

Living lattés that normalize and balance the body, providing calm energy

Made with organic adaptogens/superfoods

Enjoyed at 43°C

### Blue Magik! **Raw!**

An immune boosting drink that has anti-aging properties  
Organic blue algae, organic amla, cardamom, date, raw sprouted almond milk

16

### Chill Choc' **Raw!**

Stress reducing & hormone balancing drink  
Organic raw cacao, organic ashwaganda, cinnamon, date, raw sprouted almond milk

16

### Matcha & Collagen **Raw!**

Naturally rejuvenating and restorative drink that's skin nourishing  
Organic matcha, organic collagen booster blend\*, date, raw sprouted almond milk

17.5

\*Organic Goji Berry, Organic Acerola Extract, Organic Tremella Mushroom, Organic Bamboo Extract, Organic Sweet Potato, Organic Rose Hips, Organic Beet, Organic Cranberry, Organic Raspberry, Organic Sea Buckthorn, Organic Jerusalem Artichoke, Organic Sacha Inchi, Organic yellow Pea, Organic Pumpkin Seeds, Organic Sunflower Seeds

## Decaf Coffee & Mushroom

Drink that reinforces body natural defenses  
Organic decaf\* coffee, organic chaga, date, raw sprouted almond milk

\*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.

17.5

## Chai Masala

An aromatic blend of healing and stimulating spices  
Cinnamon, ginger, cardamom, clove, fennel, black pepper, date, raw sprouted almond milk

16

## Arabian Charm

Caffeine-free cleansing drink  
Organic carob, organic maca, organic vanilla, date, sprouted almond milk

16

## HOT HERBAL TEAS

Aromatic herb & spice based infusions

**Our house-made mix is filled in biodegradable tea pockets**

## In Tune Immune

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

6.5

## Calm-ade

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

6.5



## 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

• Allergens: Flax.

'G for Green' Drink 300 ml

10

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 and/or heated 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 •



