

INWARD

CONSCIOUS EATING

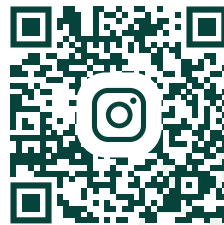
The Way Nature Intends

100% Artisanal
Plant-made
In-house
Whole
Natural

0% Gluten
Dairy
Refined Sugar
Sugar Substitutes (Stevia..)
Artificial Sweeteners (Aspartame..)
Refined Flours
Unnecessary Oils (Sunflower, Palm, Castor, Soy, Margarine...)
Additives/Preservatives/Artificial Colors
Gums/Fillers/Emulsifiers

We do Organic
Ethical Trade

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



SCAN ME

INWARD RECIPROCATES
TO THE PLANET



As members of 1% for the Planet, we commit to giving back a portion of our revenue to support environmental causes dedicated to conserving natural resources, forests, and wildlife - and to connecting communities with Nature for sustainable, holistic well-being.

Wifi: Inward22
Login: yourgutlovesplants

- 🌿 We partner with “Agritable” for organic, GMO free, pesticide free, fair trade and locally grown vegetables, leafy greens, herbs, and fruits
- 🌿 Our food is fully whole plant-based, dairy-free, gluten-free, and refined sugar free
- 🌿 Nuts & seeds make up a large portion of our cuisine
- 🌿 We only use Himalayan salt
- 🌿 We only use dates from Deyma
- 🌿 Our pseudograins (quinoa, buckwheat), superfoods & adaptogens are all certified organic
- 🌿 Our live milk, live cheese, sprouted gluten-free flours, sprouted gluten free crackers, dressings, and fermented drinks are all house-made from scratch
- 🌿 Prior to use, our pseudo grains have been activated and our nuts & seeds have been sprouted and gently dehydrated for optimal nutrient absorption
- 🌿 Our concept is primarily “Raw”, meaning that we offer whole, unprocessed foods that use fewer natural resources, all the while deploying natural fermentation and low temperature dehydration methods that preserve the vitality of micronutrients and enhance macronutrients’ bioavailability for a gentler digestion
- 🌿 We make food in small batches for the sake of sustainability

SHARING IS LOVING

Snack and to share

Jolly Cow Cheese **Raw!**

33.5

Selection of our artisan, cultured, aged, and dairy-free cheese* made from sprouted and fermented cashew & sunflower seeds, and seasoned with organic fresh herbs & organic peppercorn, served with sprouted and low temp dehydrated nut & seed crackers, date caramel, and organic sprouts

***Our living cheese is 100 % sprouted nut & seed based. It contains no starches, gums, fillers, or oils!**

• 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!** **Best Seller**

37.5

Soft textured low temp dehydrated pattie made with vegetables, herbs, sprouted & low temp dehydrated pumpkin seeds and sprouted & low temp dehydrated sunflower seeds, served with salad, red cabbage, button mushroom, sprouted hummus, house sauerkraut, organic alfalfa sprouts, two crispy sprouted and low temp dehydrated sunflower and almond flatbreads, orange and extra virgin olive oil-based dressing

• Allergens: Sesame. Flax.

Quinoa & Greens

39.5

Activated organic white quinoa, steamed spinach, steamed broccoli, house kimchi, fermented cauliflower, arugula, low temp dehydrated tamari and organic maple syrup eggplant, raw sprouted cashew curry cream, fermented tahini sauce

- Allergens: Gluten-free soy

Fritter (Deconstructed dish)

Raw!

Best Seller

44.5

(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 extra virgin olive oil-based dressing, house lacto-fermented pikliz, organic coconut sugar - organic Madagascar vanilla candied sprouted & low temp dehydrated pumpkin seeds

- Allergens: Flax

Pad Thai (Uncooked Dish)

29.5

(This dish is not for takeout)

Mung bean noodles, zucchini noodles, carrot noodles, sprouted almond orange sauce, sprouted & low temp dehydrated tamari almonds, fresh mint

Add on: Cooked white beans 4.5

Organic Dashi/Koshin Shiitake mushroom 5.5

Organic seaweed (organic nori, organic codium, organic sea lettuce) 5.5

Extra: Sprouted almond orange sauce 6.5

- Allergens: Gluten-free soy

Soothing Soup

24

(This dish is not for takeout)

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

- Allergens: Flax. Sesame

Live Falafel Wrap

Raw!

Best Seller

41.5

Soft textured and 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, sprouted cashew aioli, zucchini, cucumber, salad, fermented artichoke hearts, fermented root vegetables, fermented onion, cherry tomato, extra virgin olive oil, fresh herbs, capers, house dressing

- Allergens: Flax. Sesame

Probiotic Reuben Sandwich

Raw!

46

(This dish is not for takeout)

Low temp dehydrated sprouted lentil, zucchini, spinach, and herb pattie, served with a malleable and low temp dehydrated & soft textured bread made with house kimchi, seeds, and root vegetables, raw fermented harissa sauce made with 100 % sprouted & fermented sunflower seeds, organic house caraway kraut, low temp dehydrated organic sweet corn and seed crackers, tomato, organic mung bean sprouts, organic alfalfa sprouts, za'atar

- Allergens: Flax. Sesame

ADD-ONS

Low Temp Dehydrated Flatbreads/Crackers Raw! (Made with sprouted nuts & seeds)	<u>2/cracker</u>
House Yangbaechu Kimchi Raw!	<u>4.5</u>
House Sauerkraut Raw!	<u>4.5</u>
House Lacto-Fermented Pickliz	<u>4.5</u>
Artisanal Harissa with Extra Virgin Olive Oil	<u>4</u>
1/2 Avocado	<u>5</u>

SWEET TOOTH

Nutrient, fiber and live enzyme packed desserts & sweet dishes that are **100 % made with sprouted nuts, seeds, pseudograins, organic coconut, fresh fruits, and organic superfoods**

Fresh date/organic maple syrup/organic coconut sugar-sweetened

Organic Cacao Brownie Raw! Best Seller	<u>17.5</u>
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No-bake, flourless, salted, and 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, rose buds

Zing Cake Raw! Best Seller	<u>22.5</u>
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No bake, flourless, and citrus-y cake that is high in copper & calcium

What's inside?

Sprouted cashew, sprouted sunflower seeds, fresh orange, organic raw camu powder, coconut, organic coconut oil, date, date sugar, rose buds

Pumpkin Spice Tart & Fermented Cashew Cream Raw!	<u>24</u>
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No-bake, flourless, and anti-inflammatory tart that has digestion-enhancing properties

What's inside?

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

Organic Caramel & Tamari Dark Chocolate Truffle	<u>13.5/Truffle</u>
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Zinc-fortified tamari-chocolate* and caramel ganache truffle

Made with just 8 ingredients! (no thickeners, no emulsifiers)

Organic raw cacao, organic Criollo cacao butter, organic maple syrup, organic coconut sugar, roasted sesame butter, organic coconut oil, tamari, organic Madagascan vanilla, organic sprouted buckwheat, Himalayan salt

***Our chocolate is tempered**

• Allergens: Gluten-free soy

Organic Buckwheat & Organic Matcha Pancakes

40

(This sweet dish is not served between 12 pm and 3:30 pm)

(Can be shared)

(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 Madagascar vanilla sauce, cultured cashew & coconut yogurt, fresh seasonal fruit, fresh date, sprouted & low temp dehydrated hazelnut, organic sprouts, organic cinnamon, organic date seed "coffee" powder

*Batter is made to order

LIFE FORCE DRINKS 330 ml

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

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

(Drinks are not for takeout)

Inner Healer

15.5

Medium sweet, aromatized smoothie with immune-boosting qualities

Seasonal fruit, fresh fennel, fresh ginger, lemon, celery, dried fig, date, nutmeg, a touch of plant-based probiotic

Green Ethos

18.5

Revitalizing and rich in vitamin C

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

Muscle & Brain

25

Prebiotic & probiotic enhanced, easily digestible protein and omega 3's shake

Organic sea moss, raw sprouted almond butter, organic raw cacao, organic chia, flaxseed, date, banana, organic cinnamon, a touch of plant-based probiotic, raw sprouted almond milk

ORGANIC PROBIOTIC DRINKS 350 ml

(Drinks are not for takeout)

ORGANIC KOMBUCHA **Raw!**

16.5

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

Our kombucha is fed organic tea and organic raw/unrefined sugar in the pre-fermentation process

Please ask for the flavor of the day!

ORGANIC WATER KEFIR **Raw!**

16.5

Revitalizing, fermented, and slightly sweet tonic that is rich in organic acids, live enzymes, and B vitamins, including B12

Our water kefir is fed organic raw/unrefined sugar in the pre-fermentation process

Please ask for the flavor of the day!

ADAPTOGENIC LATTÉS 350 - 400 ml

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

Made with organic adaptogens/superfoods

Enjoyed at 43°C or cold

(Adaptogenic lattés are not for takeout)

Blue Magik! **Raw!** 23

An immune boosting drink that has anti-aging properties

Organic blue algae, organic amla, organic cardamom, date, raw sprouted almond milk

Chill Choc' **Raw!** **Best Seller** 23

Stress reducing & hormone balancing drink

Organic raw cacao, organic ashwaganda, organic cinnamon, date, raw sprouted almond milk

Ceremonial Ujicha Matcha & Collagen **Raw!** **Best Seller** 25

Naturally rejuvenating and restorative drink that's skin nourishing

Organic ceremonial Ujicha matcha, organic collagen booster blend*, date, raw sprouted almond milk

***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**

Ube & Lavender **Raw!** 25

Anthocyanin-dense & gut microbiome promoting drink

Organic ube, organic lavender, organic mesquite, date, raw sprouted milk

Decaf Coffee & Mushroom **Raw!** **Best Seller** 25

Drink that reinforces body natural defenses

Organic decaf* coffee, organic chaga, organic Madagascan vanilla powder, 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**

Chai Masala **Raw!** 23

An aromatic blend of healing and stimulating spices

Organic cinnamon, organic ginger, organic cardamom, organic clove, organic fennel, organic black pepper, date, raw sprouted almond milk

Arabian Charm 23

Caffeine-free cleansing drink

Organic carob, organic maca, organic Madagascan vanilla, date, raw sprouted almond milk

ORGANIC HOT HERBAL TEAS

Aromatic organic herb & spice based infusions

Our house-made mix is filled in biodegradable tea pockets

(Herbal teas are not for takeout)

In Tune Immune 9.5

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

Calm-ade 9.5

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

Organic Green Roobios 10.5

Digestion booster and electrolyte rich tea
Organic green roobios leaves from South Africa

Organic Green Yerba Maté 10.5

Calm stimulant that is packed with antioxidants and minerals
Organic roasted green maté

Hedgerow Herb Co. Organic Blend 12

Inflammation-reducing and immune-enhancing
Organic linden, organic elderberry, organic lemon balm, organic holy basil, organic echinacea

SPRING WATER

1L 3.5

JUST FOR KIDDOS!

The Raw Platter 26

Sprouted hummus, cultured cashew cheese, carrot, cucumber, sprouted & low temp dehydrated crackers, sprouted and low temp dehydrated walnut or almond

• Allergens: Flax

'G for Green' Drink 330 ml 14

(Drink is not for takeout)

Seasonal fruits, date, lemon, spinach

'C for Cacao' Drink 330 ml 15

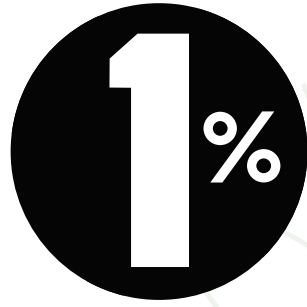
(Drink is not for takeout)

(Either warmed at 43°C or cold)

Organic raw cacao, date, 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 ♥




**FOR THE
PLANET®**

— MEMBER —

- WHOLE •
- RAW •
- LIVING •
- GUT GENTLE •
- ECO KIND •





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