

# 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  
Unnecessary Oils (Palm, Castor, Soy, Margarine...)  
Additives/Preservatives/Artificial Colors  
Gums/Fillers/Emulsifiers

If you desire to know more about our vision,  
type in [inward.tn](http://inward.tn) and please ..take your time 😊



SCAN ME

INWARD RECIPROCATES  
TO THE PLANET



- 🌿 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
- 🌿 Our live milk, live cheese, sprouted gluten-free flours, 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

Snacks, bites, and to share

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

32.5

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, 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**

34.5

Soft textured low temp dehydrated pattie made with vegetables, herbs, sprouted pumpkin seeds and sprouted sunflower seeds, served with salad, red cabbage, 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: Almond. Flax

Fritter (Deconstructed dish) **Raw!** **Best Seller** 43.5

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, lacto-fermented pikliz, organic coconut sugar - organic Madagascar vanilla candied sprouted & low temp dehydrated pumpkin seeds

- Allergens: Flax

Organic Seaweed & Noodle Salad 43.5

**(This dish is not for takeout)**

Raw zucchini noodles, beans, bean noodles, organic algae (organic sea lettuce, organic wakame, organic nori) blanched spinach, cucumber, carrot, served with raw fermented sauce made with ginger, sesame, sprouted almond, and house kimchi, topped with black tahini sauce made from organic black sesame, organic sprouts, fresh herbs, fresh fruit

- Allergens: Gluten-free soy

Live Falafel Wrap (Deconstructed dish) **Raw!** **Best Seller** 39.5

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, extra virgin olive oil, fresh herbs, capers, house dressing

- Allergens: Flax. Sesame

Probiotic Reuben Sandwich **Raw!** 44.5

**(This dish is not for takeout)**

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

- Allergens: Flax. Sesame

## ADD-ONS

Low Temp dehydrated Flatbreads/Crackers **Raw!** 2/cracker

Made with sprouted nuts & seeds

House Yangbaechu Kimchi **Raw!** 4.5

House Sauerkraut **Raw!** 4.5

Steamed Broccoli with Extra Virgin Olive Oil 5.5

## 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** 14.5

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

Organic Lemon Custard, Acai Berry, & Sea Moss Tart **Raw!** 19.5

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

**What's inside ?**

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

Organic Berry Sundae **Raw!** 26.5

Nutritive and fiber dense living ice cream\*, served with organic sprouted buckwheat & sprouted hazelnut crumble, fermented strawberry reduction sauce

**\*No dextrose, no gums, no fillers, or emulsifiers used!**

**What's inside ?**

Sprouted cashew, organic coconut, organic berry, fresh date, organic sprouted buckwheat, sprouted hazelnut, fresh ginger, organic maple syrup, organic coconut sugar, organic passion fruit extract, organic Madagascar vanilla, organic lucuma, organic maca, organic mesquite, fresh mint, Himalayan salt

Organic Buckwheat & Organic Matcha Pancakes 40

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

**(Can be shared)**

**(Not for takout)**

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 date seed "coffee" powder

**\*Batter is made to order**

## 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)**

**(Drinks are not for takeout)**

### Spice C'

Light, medium sweet, aromatized with immune-boosting qualities

Seasonal fruits, date, lemon, cucumber, celery, fresh ginger, nutmeg, a touch of plant-based probiotic

13.5

### Green Ethos

Revitalizing and rich in vitamin C

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

17.5

### Muscle & Brain

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, cinnamon, a touch of plant-based probiotic, raw sprouted almond milk

21.5

## ORGANIC PROBIOTIC DRINKS 350ml

**(Drinks are not for takeout)**

### ORGANIC KOMBUCHA **Raw!**

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!

16

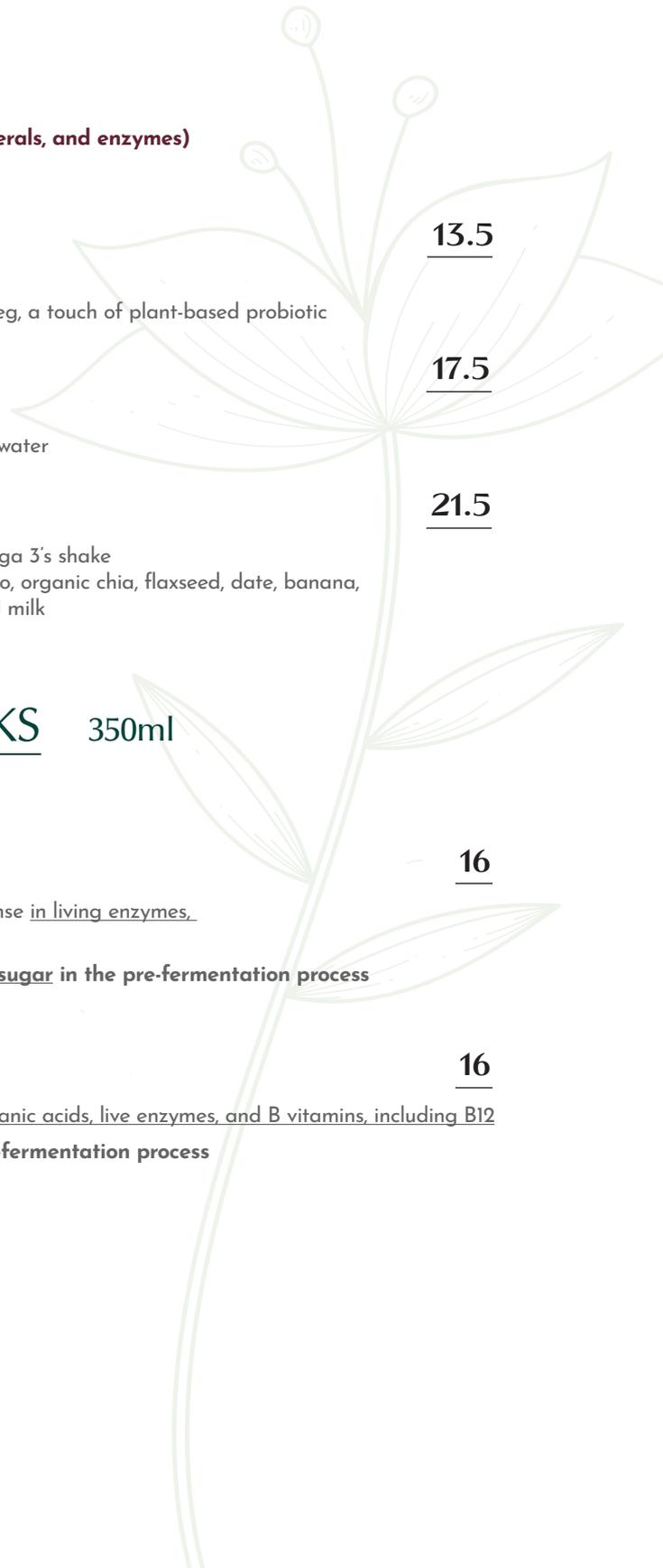
### ORGANIC WATER KEFIR **Raw!**

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!

16



# ADAPTOGENIC LATTÉS 350 - 400 ML

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

Made with organic adaptogens/superfoods

Enjoyed cold or at 43°C

**(Lattés are not for takeout)**

Blue Magik! **Raw!** 18.5

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

Chill Choc' **Raw!** 18.5

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

Matcha & Collagen **Raw!** 20.5

Naturally rejuvenating and restorative drink that's skin nourishing  
Organic 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**

Decaf Coffee & Mushroom **Raw!** 20.5

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**

Chai Masala **Raw!** 18.5

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

Arabian Charm **Raw!** 18.5

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

# HOT HERBAL TEAS

Aromatic herb & spice based infusions

Our house-made mix is filled in biodegradable tea pockets

(Herbal teas are not for takeout)

## 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

## Organic Green Rooibos

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

9.5

# WATER

1L bottle

3.5

# JUST FOR KIDDOS!

## The Raw Platter

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

• Allergens: Flax.

21.5

'G for Green' Drink 300 ml

Seasonal fruits, date, lemon, spinach

11.5

'C for Cacao' Drink 300 ml

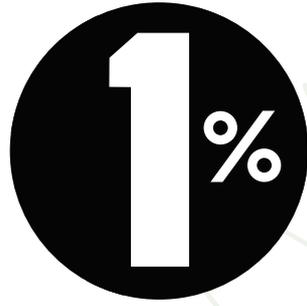
(Either warmed at 43°C or cold)

Date, organic raw cacao, raw sprouted almond milk

12.5

**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 —

**INWARD RECIPROCATES  
TO THE PLANET.**

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



