

**INWARD**  
CONSCIOUS EATING

The Way Nature Intends

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

**0%** Gluten  
Dairy  
Refined Sugar (White, Brown)  
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](http://inward.tn) and please ..take your time 😊



SCAN ME

INWARD RECIPROCATES  
TO THE PLANET



As certified 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

Wifi: Flybox\_48F2  
Login: mhhttd9frevv

- 🌿 We partner with “Agritable” for organic, GMO free, pesticide free, fair trade and locally grown vegetables, leafy greens, mushrooms, 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 butter, live cheese, sprouted gluten-free flours, sprouted gluten-free crackers, gluten-free sourdough bread, 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

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### Bites and to share

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#### Jolly Cow Cheese Raw! 38.5

Selection of our artisan, cultured, aged, and dairy-free cheese\* of the day, made from sprouted and fermented cashew, almond, and sunflower seeds, seasoned with organic fresh herbs, organic peppercorn, and edible ash, 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: Flax. Sesame

## NOURISH MY CELLS

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### Main Dishes (can also be shared ☺)

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(Dishes take at least 20 min to make)

#### Jungle Burger (Deconstructed dish) Raw! Best Seller 43.5

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 organic extra virgin olive oil-based dressing, rose bud

• Allergens: Sesame. Flax

Fritter (Deconstructed dish) **Raw!** **Best Seller** 49.5

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 organic 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

Organic Seaweed & Noodle Salad 49.5

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

Raw zucchini noodles, beans, mung bean noodles, organic algae (organic sea lettuce, organic codium, 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, fresh herbs, fresh fruit, organic extra virgin olive oil

**Add on:** Organic Dashi/Koshin Shiitake mushroom 7

- Allergens: Gluten-free soy

Live Falafel Wrap (Deconstructed dish) **Raw!** **Best Seller** 47.5

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 & fermented cashew aioli, zucchini, cucumber, salad, fermented artichoke hearts, fermented root vegetables, fermented onion, cherry tomato, organic extra virgin olive oil, herbs, capers, house dressing

- Allergens: Flax. Sesame

Sourdough English Muffins 56.5

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

Three toasted artisanal English muffins\* made with organic millet, organic Camargue brown rice, and organic buckwheat, using our house sourdough culture\* and dairy-free cultured butter, topped with sprouted almond ricotta, avocado mash, raw fermented artisanal harissa sauce made with 100 % sprouted sunflower seeds, tomato, organic house caraway kraut, low temp dehydrated organic sweet corn and seed crackers, organic alfalfa sprouts, organic mung bean sprouts, cilantro, organic smoked paprika, organic coriander seeds, za'atar, organic extra virgin olive and herb oil

\*Our sourdough starter is organic buckwheat-based

\*Our English muffin dough is made without commercial yeast or gums

- Allergens: Cashew. Flax

## ADD-ONS

Low Temp Dehydrated Flatbreads/Crackers **Raw!** 2/cracker  
made with sprouted nuts & seeds

House Yangbaechu Kimchi **Raw!** 5.5

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|--|-----|
| House Sauerkraut <b>Raw!</b>                                 | 5.5 |
| House Lacto-Fermented Pickliz <b>Raw!</b>                    | 5.5 |
| Artisanal Smoked Harissa with Organic Extra Virgin Olive Oil | 4   |

## SWEET TOOTH

Nutrient, fiber and live enzyme packed desserts & sweet dishes that are 100 % made with sprouted nuts, seeds, organic pseudograins, organic coconut, fresh fruits, and organic superfoods  
 Fresh date/organic maple syrup/organic coconut sugar-sweetened

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|--|------|
| Organic Cacao Brownie & Vanilla Bean Coconut Whip <b>Raw!</b> <b>Best Seller</b> | 22.5 |
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No-bake, flourless, salted, and magnesium & omega-3's rich brownie

### What's inside?

Sprouted and low temp dehydrated walnut, sprouted and low temp dehydrated almond, sprouted cashew, organic raw cacao, organic coconut cream, organic Madagascar vanilla bean, organic coconut oil, date, date sugar, organic coconut sugar, Himalayan salt, organic raspberry powder, organic camu camu powder, organic Calendula flower petals

|  |      |
|--|------|
| Organic Horchata Chocolate Chip & Berry Sundae <b>Raw!</b> | 37.5 |
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**(Can be shared)**

**(Not for takout)**

Sprouted cashew-based, nutritive and fiber dense living ice cream\*, served with organic sprouted and low temp dehydrated buckwheat & sprouted hazelnut crumble, low temp dehydrated chewy chocolate chips made with sprouted cashew, fermented strawberry reduction sauce

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

### What's inside?

Sprouted cashew, organic coconut, organic strawberry, fresh date, organic sprouted buckwheat, sprouted hazelnut, fresh ginger, organic maple syrup, organic coconut sugar, organic passion fruit extract, organic raw cacao, organic Madagascar vanilla extract, organic lucuma, organic maca, organic mesquite, organic Ceylon cinnamon, organic clove, organic nutmeg, fresh mint, rose buds, Himalayan salt

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|---|----|
| Organic Buckwheat & Organic Matcha Pancakes | 44 |
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**(This sweet dish is not served between 12 pm and 3:30 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 Ceylon cinnamon, organic date seed "coffee" powder

\*Batter is made to order

## LIFE FORCE COLD DRINKS 330ml

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

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(It's best to drink within 15 min to enjoy the live vitamins, minerals, and enzymes)  
(Drinks are not for takeout)

### Spice C'

19

Light, medium sweet, aromatized with immune-boosting qualities

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

### Green Ethos

24

Revitalizing and rich in vitamin C

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

### Muscle & Brain

29

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

## ORGANIC PROBIOTIC DRINKS 350ml

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(Drinks are not for takeout)

### ORGANIC KOMBUCHA **Raw!**

17.5

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 Japanese Bancha green tea, organic Chinese Keemun black tea, and organic raw/unrefined sugar in the pre-fermentation process

Please ask for the flavor of the day!

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

17.5

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!**

26.5

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**

26.5

Stress reducing & hormone balancing drink

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

## Ceremonial Ujicha Matcha & Collagen **Best Seller**

28.5

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!**

28.5

Anthocyanin-dense & gut microbiome promoting drink

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

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

28.5

Drink that reinforces body natural defenses

Organic 100% Arabica decaf\* coffee, organic chaga, organic Madagascar 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!**

26.5

An aromatic blend of healing and stimulating spices

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

## Arabian Charm **Raw!**

26.5

Cleansing and mood-boosting drink

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

# ORGANIC HOT HERBAL TEAS

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Aromatic organic herb & spice based infusions

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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, organic hibiscus, rose buds

13

## Calm-ade

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

13

## Organic Green Rooibos

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

13

## Organic Green Yerba Maté

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

13

## Hedgerow Herb Co. Organic Blend

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

16

# SPRING WATER

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1L

3.5

# JUST FOR KIDDOS!

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## The Raw Platter

28

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 330ml 18

**(Drink is not for takeout)**

Seasonal fruits, date, lemon, Spinach

'C for Cacao' Drink 330ml 20

**(Either warmed at 43°C or cold)**

**(Drink is not for takeout)**

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 ♥



