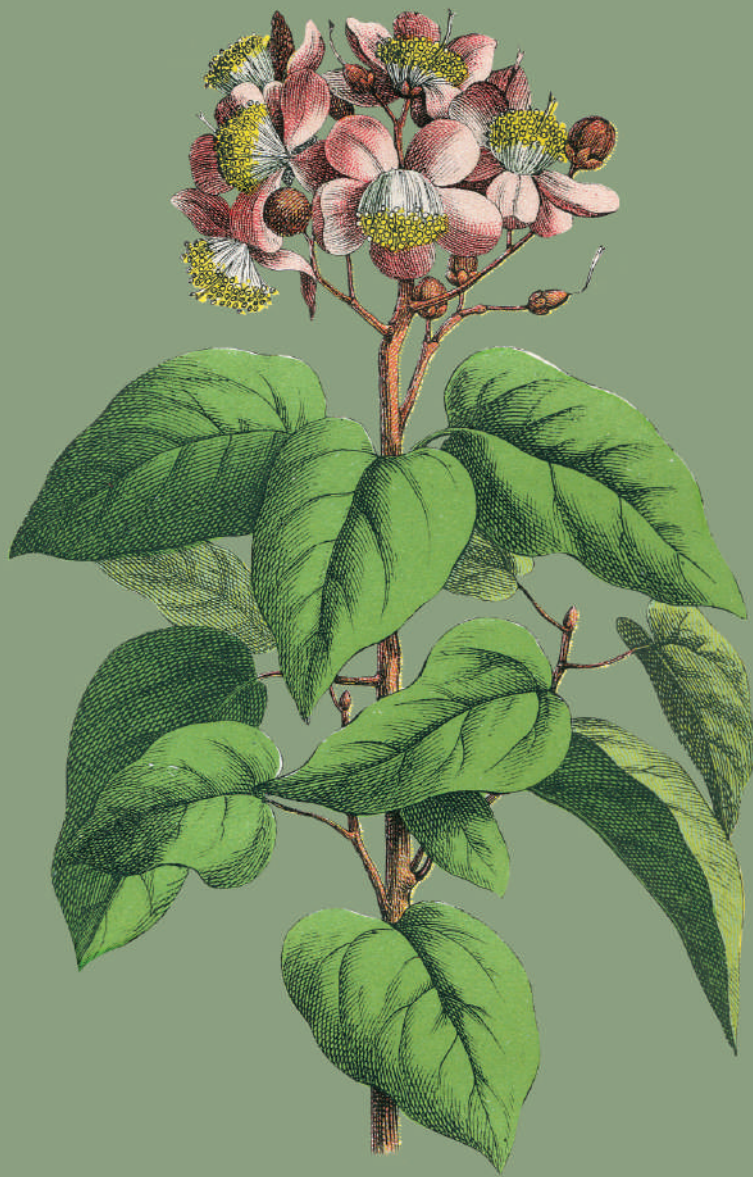




shake Café  
Firenze



**M E N U**

## ABOUT SHAKE CAFÈ...

An eco-conscious environment in Florence that welcomes cultural and dietary diversity with a focus on health and quality food regime.

Shake Café is consistent, from products to service, everything communicates the company's core values, emphasizes health, freshness, simplicity and speedy service; with respect to nature, ingredients, suppliers and people.

Shake offers healthy, clean and fresh food to locals and visitors in a friendly sustainable environment proposing proudly an alternative way of eating and drinking to a very traditional city.

Cristiano and Fanny are motivated to grow and spread the concept of sustainability, strongly committed to acting environmentally friendly from business policies to packaging, and are proud to say that all stores are green energy certified. As a licensed nutrition consultant, Fanny devotes admirable energy to creating healthy and balanced recipes, creative and tasty menus that will bring you closer to the pleasures of good, healthy and sometimes well deserved comfort food. Cristiano who invests a lot of his time on finding quality products, also personally goes to the fruit and vegetable market where he hand picks and choose fresh, seasonal fruits and vegetables several times a week.

## ABOUT SHAKE CAFÉ...

Un locale eco-consapevole a Firenze che accoglie le diversità culturali e dietetiche con un'attenzione particolare ad un regime alimentare sano e di qualità. Shake Cafè enfatizza la freschezza, la semplicità dei prodotti e la rapidità del servizio; il nostro benessere è direttamente collegato con quello dell'ambiente, facciamo scelte nel rispetto della natura, delle persone, nella selezione dei fornitori e degli ingredienti.

Shake offre cibo sano, naturale e fresco a residenti e visitatori in un contesto giovane e sostenibile, proponendo con orgoglio un menù alternativo all'offerta tradizionale presente in città.

Cristiano e Fanny sono motivati a far crescere e diffondere il concetto di sostenibilità, fortemente impegnati nell'agire nel rispetto dell'ambiente dalle policy commerciali al packaging e sono orgogliosi di affermare che tutti i negozi sono certificati a energia verde. Fanny, in qualità di consulente nutrizionista abilitata, dedica un'energia ammirevole alla creazione di ricette sane ed equilibrate, menù creativi e gustosi che vi avvicineranno ai piaceri della buona tavola salutare. Cristiano investe molto del suo tempo nella ricerca di prodotti di qualità, recandosi personalmente diverse volte alla settimana al mercato ortofrutticolo per selezionare frutta e verdura fresca e di stagione.



# TOAST

## **SMASHED AVOCADO TOAST (CLASSIC) | 9,00 euro (V)**

**smashed avocado con limone, germogli, semi misti e uovo fritto, pane integrale fatto in casa o pane rye (a scelta)**

freshly smashed avocado with a splash of lemon served with sprouts, mixed seeds and fried egg, with house-made wheat bread or rye bread

## **NORDIC SALMON TOAST | 12,00 euro**

**pane rye con salmone affumicato, cetrioli, spinaci e aneto&dijon dressing**

rye bread with smoked salmon, cucumber, spinach and dill&mustard dressing

# SWEET POTATO TOAST

## **SWEET POTATO TOAST | 9,00 euro (VG, DF, GF)**

**fetta di patata dolce tostata con burro di arachidi o burro di mandorla fatto in casa, banana e fragole a fette, scaglie di cocco e semi di chia**

sweet potato toast with peanut butter or almond butter, sliced strawberries and bananas sprinkled with coconut flakes and chia seeds

## **SWEET POTATO TOAST WITH SMASHED AVOCADO | 9,00 euro (VG, DF, GF)**

**fetta di patata dolce tostata con smashed avocado, limone, germogli e semi misti** ,50 euro

sweet potato toast with smashed avocado, lemon, sprouts and mixed seeds

# HOMEMADE BAGLES

## HAND-ROLLED BAGELS OF OUR OWN PRODUCTION

### **CLASSIC SALMON | 10,00 euro**

**con cream cheese, aneto e salmone affumicato**

cream cheese, dill and smoked salmon

### **BURRO DI ARACHIDI O DI MANDORLE FATTO IN CASA | 6,50 euro (VG, DF)**

**servito con banane & fragole a fette**

peanut spread or homemade almond butter with sliced banana & strawberry

### **CREAM CHEESE | 5,00 euro (V)**

**solo cream cheese**

cream cheese, just as simple as that

### **CREAM CHEESE, CETRIOLI, CIPOLLA ROSSA, POMODORO, ANETO, CAPPERI & LIMONE | 7 euro (V)**

cream cheese, cucumbers, red onion, tomatoes, dill, capers, squeezed lemon,

cracked pepper, sea salt and olive oil

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DF - senza latticini | dairy free

VG - vegano | vegan

V - vegetariano (latto-ovo-vegetariano) | vegetarian (lacto-ovo-vegetarian)

GF - preparato senza glutine ma non adatto a intolleranti | prepared without gluten but not suitable for celiac diseases

Per allergie rivolgersi al nostro personale | For allergies and food intolerances please refer to our staff.

# BOWLS

## **ASIAN BOWL | 11 euro (DF, V - option VG)**

**pak choi saltati, kimchi fermentato in casa, noodles, uovo sodo, cetrioli, super green mix, barbabietola cruda, granella di alga nori & semi tostati condito con olio di sesamo, ginger & semi di sesamo**

**Opzione vegan - sostituisci l'uovo con il tofu marinato**

sautéed pak choi, cucumber, house fermented kimchi, noodles, boiled egg, super green mix and raw beets. Sprinkled with toasted Nori algae & seeds and served with sesame seeds, ginger & sesame oil dressing

Vegan option - take out the egg and add marinated tofu

## **FALAFEL BOWL | 10 euro (V)**

**falafel fatti al forno, super green mix, farro, zucchine al forno, hummus di barbabietola, halloumi grigliata, cetrioli e pomodori secchi**

**servito con dukka e vinaigrette di limone, menta, prezzemolo e basilico**

oven baked falafel, farro, super green mix, roasted zucchine, beet root hummus, grilled halloumi, cucumbers and sun-dried tomatoes served with dukka sprinkle and herby lemon vinaigrette

## **PROTEIN POWER BOWL | 10,50 euro**

**pollo bio grigliato con rosmarino, quinoa, super green mix, patate dolci al forno, zucchine a julienne crude, hummus di barbabietola, feta con erbe e crostini servito con harissa & tahini dressing**

organic chicken roasted with rosemary, quinoa, super green mix, roasted sweet potatoes, raw zucchini, beet root hummus, herbed feta cheese and crostini served with harissa & tahini dressing

## **HARISSA CHICKPEAS BOWL | 10 euro (VG, GF)**

**ceci tostati con harissa, patate dolci al forno, ravanelli a fette, super green mix, tofu marinato, quinoa, anacardi tostati, carote a julienne servito con green goddess dressing (coriander, tahini, lemon, ginger)**

harissa roasted chickpeas, roasted sweet potatoes, sliced radish, super green mix, marinated tofu, quinoa, toasted cashews and shredded carrots served with green goddess dressing (tahini, coriandolo, limone, ginger)

## **Supergreen mix**

spinaci | spinach • cavolo nero | kale • germogli | sprouts • rucola | rucola • cavolo viola | cabbage

Don't forget our salad bar  
where you can make your own bowl!

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# WRAPS

## **CAESAR | 7 euro**

**pollo biologico grigliato al rosmarino, caesar dressing classico, parmigiano, insalata**  
organic grilled chicken with rosemary, classic caesar dressing, lettuce and parmesan

## **SPICY FAJITA | 7 euro**

**pollo biologico grigliato al rosmarino, guacamole, fagioli, salsa rossa piccante, formaggio, insalata**  
organic grilled chicken with rosemary, guacamole, spicy red sauce, beans, cheese, lettuce

## **FALAFEL WRAP | 7 euro (VG, DF)**

**falafel fatti al forno, cipolla fresca, barbabietole a julienne, super green mix, hummus di barbabietola e vinaigrette di limone, prezzemolo, basilico e menta**  
oven baked falafel, fresh onion, raw beets, super green mix, red beet hummus and herby lemon vinaigrette

## **BEET HUMMUS WRAP | 7 euro (VG, DF)**

**hummus di barbabietola con verdure al forno, super green mix, dukka, pomodori secchi, zucchine crude e dressing harissa & tahini**  
beet root hummus wrap with roasted seasonal veggies, super green mix, dukka, sun-dried tomatoes, raw zucchini and harissa & tahini drizzle

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# SMOOTHIES BOWLS

## **ACAI SMOOTHI BOWL | 8 euro**

**polpa di acai frozen, banane e more frozen, miele, acqua di cocco o latte**

frozen pure acai pulp, frozen banana and blackberries, honey, coconut water or milk

## **GREEN | 8 euro**

**spinaci, banana, avocado, mango, ananas, cavolo nero e latte di mandorla**

spinach, frozen banana, avocado, almond milk, mango, pineapple and kale

## **BERRY GLOWING COLLAGEN | 8,50 euro**

**banana frozen, mirtilli, lamponi, collagen vegano, acqua di cocco,**

**burro di mandorla fatto in casa e limone**

frozen banana, blueberries, raspberries, vegan collagen, coconut water,

house made almond butter and lemon

## **CHOC BANANA NICE CREAM BOWL | 8 euro**

**banana, datteri, cacao, proteine vegane, latte di avena e scaglie di cioccolato fondente**

frozen banana, dates, cacao, plant based proteins, oat milk and dark chocolate flakes

### topping

**granola fatta in casa biologica**

organic homemade granola

**cocco**

coconut

**frutta fresca**

fresh fruit

**semi di chia**

chia seeds

**mandorle**

almonds

# GRANOLA BOWL 6,50 euro

**yoghurt bowl con Granola bio fatta in casa & frutta secca**

yoghurt bowl with homemade Granola & fresh fruit

**cambia a yoghurt greco o yoghurt di cocco vegan + 1 euro**

swap yoghurt for greek yoghurt or plant-based coconut yoghurt + 1 euro

# DRINKS

From freshly made juices & smoothies to classic coffees or wellness lattes we work hard to make your choice as special as possible, making sure to use only natural ingredients & unique super food.

Vi proponiamo fresche centrifughe & smoothies nutrienti, una caffetteria classica o wellness lattes, bevande accattivanti e innovative in quanto il nostro obiettivo principale è fornire una scelta assolutamente speciale usando solo ingredienti naturali e unici, ricercati e di qualità.

## CENTRIFUGHE | FRESH JUICE 6 | 9 euro

### 1 | TROPICALE

**ananas, fragole, arancia, mela**

pineapple, strawberry, orange, apple

**vitamins&minerals | refreshing | antioxidants**

### 2 | BOOST

**carota, arancia, limone, zenzero**

carrot, orange, lemon, ginger

**vitamins&minerals | immune system | antioxidants**

### 3 | KEEP IT SIMPLE

**sedano, mela, limone, zenzero**

celery, apple, lemon, ginger

**detoxing | reduce bloating | anti-inflammatory**

### 4 | FACE-TIME

**prezzemolo, cavolo nero, cetrioli, mela, ananas, limone, ginger**

parsley, kale, cucumber, apple, pineapple, lemon, ginger

**skin cleanse | vitamin C | immune system**

### 5 | REJUVENATE

**sedano, uva, mela, zenzero, finocchio**

celery, grape, apple, ginger, fennel

**digestion boost | skin glow | immune system**

### 6 | CLEANSE

**sedano**

celery juice

**boost hydration | reduce inflammation | rich in vitamin A,C,K**

## ELIXIR SHOTS 3 euro

### 1 | RADICE DI ZENZERO SPREMUTO

SQUEEZED GINGER ROOT

### 2 | ZENZERO, LIMONE E PEPE DI CAYENNE

SQUEEZED GINGER ROOT, LEMON AND CAYENNE PEPPER

### 3 | RADICE DI ZENZERO MIELE E ACETO DI MELA

SQUEEZED GINGER, HONEY AND APPLE CIDER VINEGAR

# SMOOTHIES 6|9 euro

## 1 | FRUITY

**yoghurt, polpa di mango, ananas, banana, ghiaccio**

yoghurt, mango, pineapple, banana, ice

**energizing | fiber-rich | digestion**

## 2 | COFFEE SHAKE

**caffè freddo, latte di mandorla, banana, datteri, ghiaccio**

splash of ice coffee, almond milk, banane, dates, ice

**fiber | potassium | energizing**

## 3 | GLOWING GREEN

**spinaci, banana, mango, datteri, latte di avena, ghiaccio**

dates, spinach, banana, mango, oat milk, ice

**magnesium&potassium | fiber | vitamins&minerals**

## 4 | ACTIVE BREEZE

**banana, lampone, burro di arachidi, miele, cacao, latte di mandorla, ghiaccio**

banana, raspberries, peanut butter, honey, chocolate powder, almond milk, ice

**fiber-rich | proteins | antioxidants**

## 5 | GRANOLA BREAKFAST

**latte di avena, banana, granola bio fatto in casa, more, ghiaccio**

banana, oat milk, homemade granola, blackberries, ice

**healthy fatty acids | fiber-rich | antioxidants**

## 6 | CHOCOLATE ALMOND BUTTER BERRY SMOOTHIE

**acqua di cocco, semi di chia, cacao, mirtilli, sciroppo d'acero,**

**burro di mandorla fatto in casa, ghiaccio**

coconut water, chia seeds, cacao, blueberries, maple syrup,

homemade almond butter, ice

**antioxidants | omega 3 | hydrating**

**superfood**  
add-on +0,50 euro

**spirulina**  
**semi di chia**  
chia seeds  
**maca**

**superfood**  
add-on +1 euro

**proteine vegane**  
plant based protein  
**burro di arachidi fatto in casa**  
home made peanut butter  
**burro di mandorla fatto in casa**  
home made almond butter  
**granola fatta in casa biologica**  
organic home made granola  
**sciroppo d'acero**  
maple syrup

**superfood**  
add-on +2 euro

**scambia yoghurt o latte**  
**per yoghurt di cocco vegano**  
swap the yoghurt or milk for  
vegan coconut yogurt



# SPECIALTY SMOOTHIES

## **1 | COLLAGEN BOOST | 7 euro**

**latte di mandorla, burro di mandorla, proteine di collagene, cocco, banana, maca & ghiaccio**

almond milk, almond butter, collagen powder, shredded coconut, banana, maca & and ice

**skin beneficial | vitamin, mineral & fiber rich | energy**

## **2 | OMEGA 3 | 7 euro**

**acqua di cocco, semi di chia e di lino, banana, spinaci, ananas, olio di canapa biologico & ghiaccio**

coconut water, flaxseed and chia seed blend, banana, spinach, pineapple, organic hemp oil & ice

**high in omega 3 & 6 fatty acids | brain health | vitamins, minerals & fiber rich**

## **3 | CASHEW MORNING SHAKE | 7 euro**

**anacardi crudi, avena, datteri, semi di chia, cacao crudo, sciroppo d'acero, latte di avena & ghiaccio**

raw cashew, rolled oats, dates, chia seeds, raw cacao, maple syrup, oat milk & ice

**fiber & protein rich | antioxidant | omega 3**

## **4 | MANGO LASSI | 7,50 euro**

**yoghurt di cocco, acqua di cocco, golden milk spezie, mango & ghiaccio**

coconut yoghurt, coconut water, golden milk spice mix, mango & ice

**immune system | anti-inflammatory | probiotic**

# CAFFETERIA

<b>espresso</b>	1,30 euro
<b>decaffeinato</b>	1,30 euro
<b>macchiato</b>	1,30 euro
<b>flat white</b>	3,00 euro
<b>caffè ginseng • orzo</b>	1,50 euro
<b>cappuccino</b>	1,50   2,50   3,50 euro
<b>caffelatte</b>	1,50   2,50   3,50 euro
<b>vanilla latte con sciroppo di vaniglia fatto in casa</b> with house-made vanilla syrup	3,00   4,00   5,00 euro
<b>mochaccino • espresso, gocce di cioccolato, cacao, latte montato</b> espresso shot, chocolate chips, cacao, whipped milk of choice	3,00   4,00   5,00 euro
<b>caffè americano</b>	1,50   2,50   3,50 euro
<b>drip caffè</b>	1,50   2,50   3,50 euro
<b>ICED COFFEE DRINKS</b>	
<b>iced cold brew coffee con caramello o sciroppo di vaniglia fatto in casa</b> with caramel or with house-made vanilla syrup	3,50   4,50 euro
<b>iced chai</b>	3,50   4,50 euro
<b>iced dirty chai</b>	4,00   5,00 euro
<b>iced matcha latte</b>	3,50   4,50 euro
<b>WELLNESS LATTES</b>	
<b>chai latte</b>	3,50   4,50   5,50 euro
<b>dirty chai</b>	4,50   5,50   6,50 euro
<b>mushroom latte • mix di funghi in polvere, espresso shot, raw cacao, sciroppo d'acero, cannella, sale marino e pepe cayenne</b> reishi blend, shot of espresso, maple syrup, raw cacao, cinnamon, sea salt, cayenne <b>reduce stress   energizing   enhance immune system   detoxing</b>	3,50   4,50   5,50 euro
<b>matcha latte</b> <b>boost metabolism   detoxifying   antioxidant</b>	3,50   4,50   5,50 euro
<b>golden milk con il nostro blend di curcuma e cannella</b> made with house-made golden spice mix <b>anti-inflammatory   boosts immunity</b>	3,50   4,50   5,50 euro
<b>tisane biologiche   organic herbal tea</b>	3,00 euro

vegan milk options: + 0,50 cent (almond, coconut and oat)  
add extra shot espresso + 1 euro



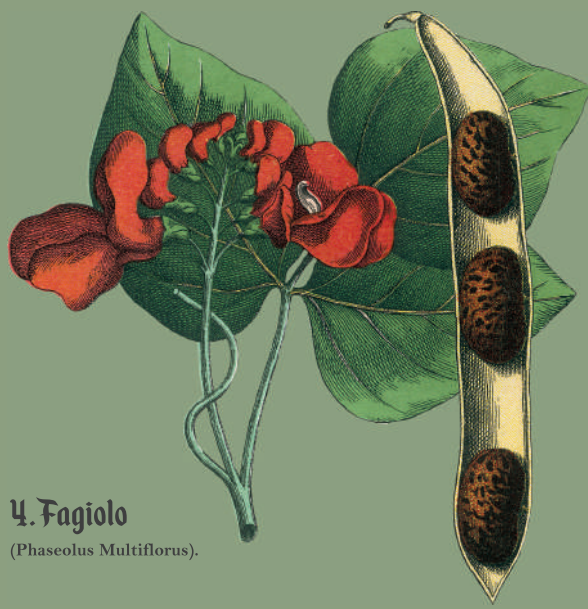
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**5. Fragola**  
(*Fragaria Vesca*).



**4. Fagiolo**  
(*Phaseolus Multiflorus*).



**1. Menta**  
(*Mentha Crispa*).



**3. Basilico**  
(*Ocimum Basilicum*).



**6. Limone**  
(*Psidium Pomiferum*).



**8. Mora**  
(*Rubus Fruticosus*).



**10. Origano**  
(*Origanum Vulgare*).



**12. Melissa**  
(*Melissa Officialis*).