

Sugar
FREE

100% VEGAN

MADE WITH
LOVE ♡

DAIRY
GLUTEN
SUGAR
FREE

FROM PLANT BASED
BIO PRODUCTS



anthema
Bio Products Made With Love



MENNOY



www.anthema.gr



JUICES COLD PRESSED

	400ml	500ml
Detoxify & hydrate Carrot, Beetroot, Apple, Lemon, Ginger, Cucumber or Orange	4.60	5.80
Purple cloud Apple, Pear, Pineapple, Chokeberries	4.60	5.80
Empowering Celery, Apple, Lemon, Parsley, Rocket Spinach or Kale	5.00	6.30
Red passion Pomegranate, Apple, Orange, Peppermint, Passion Fruit	5.00	6.30
Aronia C-force Orange, Grapefruit, Pineapple, Chokeberries	4.60	5.80
Orange up Orange, Lime, Ginger	4.60	5.80
Scent full Apple, Pineapple, Ginger, Peppermint	4.60	5.80



JUICES with KOMBUCHA

	400ml	500ml
Citrus-K Orange, lime, ginger, white Kombucha	5.50	6.90
Harmonious Apple, pear, pineapple, chokeberry, red Kombucha	5.70	7.10
Fit Blend Apple, pineapple, ginger, peppermint, white Kombucha	5.50	6.90
Red orange Pomegranate, apple, orange, peppermint, passion fruit, red Kombucha	5.70	7.10
Lemon mint Lemon, agave nectar, cucumber peppermint, white Kombucha	5.70	7.10
Vitamin C-innamon Orange, peppermint, Cinnamon & agave nectar, white Kombucha	5.70	7.10

KOMBUCHA



Kombucha with berries & mint Living fermented tea scented with berries & peppermint	330ml	5.30
Kombucha with verbena, lemon & pink pepper Living fermented tea scented with verbena, lemon & pink pepper	5.30	



SMOOTHIES

	400ml	500ml
Ema in love Pineapple, Passion Fruit, Apple, Cranberries, Coconut Blossom sugar	6.00	7.50
Rose-A-colada Oat Milk, Banana, Strawberry, Almond Butter, Vanilla Bourbon	6.00	7.50
Calcium boost Black Sesame Tahini, Banana, Oat Milk, Yacon	5.60	7.10
Super green Almond Milk, Banana, Matcha tea, Spinach or Kale, Pear, Apple, Spirulina, Xylitol	6.00	7.50
Peruvian Coconut Milk, Pineapple, Banana, Strawberry, Hazelnut Praline, Lucuma	5.60	7.10
Antoine Strawberry, Blackberry, Raspberry, Apple, Coconut Milk & Yogurt	5.60	7.10
Choco lact Oat Milk, Hazelnut Praline, Banana	5.60	7.10

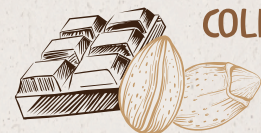


PROTEIN SMOOTHIES



	400ml	500ml
Banana nana Chocolate Oat Milk, Banana, Pea Protein	5.60	7.10
Mocha Oat Milk, Pea Protein, Cacao RAW powder, Vanilla Espresso, Banana, Coconut blossom sugar	6.00	7.50
Matcha Almond Milk, Hemp Protein Vanilla, Coconut Blossom Sugar, Matcha Tea	6.00	7.50

ALMOND DRINKS



COLD or HOT

Chocolate Almond drink with cacao, coconut blossom sugar, vanilla	400ml	4.80
Matcha latte with Organic Matcha tea	4.90	
Natural with organic Almonds 15% content	4.50	

TEA COLD **HOMEMADE** 330ml

Mountain Tea with Lemon 4.60
With tium, siderite (mountain), verbena, pink pepper, lemon, agave nectar

Hibiscus with Pineapple Tea 4.60
With hibiscus, cinnamon, orange, sea buckthorn, lemon, withania, agave nectar



ORGANIC TEA **YOGI TEA** 400ml

Licorice 3.50
Licorice Blend (38%), Cinnamon (32%), Orange Peel (8%), Ginger (5%), Cardamom (4%), roasted radish, cloves, orange oil, black pepper & vanilla extract

Alkaline
Blend of lemongrass, St. John's wort, dandelion (11%), nettle (7%), mint, lavender flowers (4%), fennel, wild carrot, linden blossoms, alfa alfa, parsley

Matcha Lemon
Green tea (55%), Tencha 43%, Sencha 10%, Matcha 2%, dried lime (9%), liquorice, lemongrass (9%), mint, black pepper, lemon juice (3%), guarana, lemon oil, verbena, lemon zest, ginger

Wellbeing
Blend of licorice (26%), cinnamon (17%), burdock root, ginger, dandelion (7%), fennel, anise (3%), cedar apples, coriander, cardamom, black pepper, parsley, sage, cloves, turmeric

Throat Comfort
Blend of licorice (32%), fennel (23%), cinnamon, orange zest, ginger, thyme (4%), barbascio, orange oil, lemon oil, cardamom, black pepper, cloves, turmeric

Women`s Energy
Hibiscus blend (38%), licorice, mint, raspberry leaves, black pepper, angelica root extract, cinnamon, ginger, cardamom, cloves

Green Balance
green tea (70%), elderflower, lemongrass (8%), mint (4%), natural flavor, kombucha, verbena

HOMEMADE **SOFT DRINKS** *add Natural Sparkling water +1,00

Lemon-aid* 4.50 5.60
with Agave, Cucumber & Peppermint

Pineapple-aid *Chios mastic +0,50 5.70 7.20
with Lemon, Peppermint, Bi-Carb Soda, Mastic Chi&Matcha tea +0,60

Ginger-aid* 5.00 6.30
with Lime & Xylitol

Date-or-aid (HOT) 5.00
with Coconut Milk, Coconut Blossom Sugar & Vanilla

BOTANICAL **DRINKS** **MOLY** THE MYTHIC ANTIDOTE 400ml

Night cup 4.00
blend of: Ironwort, Passion flower, Virginian skullcap, Hops, Lavender, Ashwagandha, Licorice

Detox
blend of: Ironwort, Dandelion, Schisandra berries, Chickweed, Turmeric, Stevia,

Love
blend of: Ironwort, Ashwagandha, Maca, Spearmint, Nettle, White mulberry.

Defence
blend of: Ironwort, Roselle, Chinese milkvetch, Ginger, Reishi, Licorice, Pennyroyal

Energy
blend of: Ironwort, Ginkgo, Rosemary, Licorice, Reishi, Cardamon

Digestion
blend of: Ironwort, Dittany of Crete, Chamomile, Fennel seeds, Magnolia berries, Carob, Liquorice, Ginger.

Harmony
blend of: Ironwort, Lemon balm, Virginian skullcap, Damask rose, Licorice, Ashwagandha

Silhouette
blend of: Ironwort, Lemon vervain, Cleavers, Lemon, Schisandra berries, Ceylon cinnamon, Cassia cinnamon

BARS	
Chocolate bar 2.20 Corn Flakes whole Granola Deluxe	
Date bar 2.40 Chia Nuts Cacao Powder	
Yacon protein bar 2.70 Almond Protein Pea Maca Cinnamon	
Cereal bar 2.40 Tahini Cacao	
Oat bar 2.20 Citrus fruits Nuts	

COFFEE with organic Almond & Oat Milk

Bio	100% Arabica
Espresso	1.50
Espresso Macchiato	1.80
Espresso Double	2.10
Cappuccino	2.80
Cappuccino latte	3.00
Freddo espresso	2.40
Freddo cappuccino	2.80



Sweeteners: Xylitol, Coconut Blossom Sugar, Agave Nectar. Decafeine is also an option.

BREAKFAST

*with Granola Deluxe or Chocolate or Apple Cinnamon+1,10
*with wholemeal Corn Flakes +0,60

Coconut yogurt banana peanut bowl 5.50
Wholemeal corn flakes, coconut yogurt, banana, peanut butter with karite, ceylon cinnamon, dried figs.

Strawberry Porridge & Yacon 6.00
Banana, strawberry, oat, hazelnut, medjool dates, yacon syrup, coconut yogurt, almond, vanilla, protein almond butter

Chia bowl 6.50
Chia seeds, raisins, figs, cranberry, mandarin flakes, goji berries, coconut flakes, almonds, sunflower seeds, agave or maple syrup & the Granola of your choice

Fruit salad 5.50
Fruits in season, coated with sunflower seeds, dressed with chia seeds & infused with coconut blossom sugar or yacon syrup.

Banana bowl* 5.50
Almond drink of your choice, agave or yacon, banana, cacao nibs.

Pineapple bowl* 5.50
Almond drink of your choice, agave or yacon, pineapple, raisins, cinamon & chia.



SUPERFOOD SMOOTHIE BOWL

With Granola

Avocado with banana & almond milk or coconut milk! per piece / 7.50

Pair it with:

Protein full on hemp Protein, Pea Protein, Bao Bap & Astragalus
Mind blower Acai berry, Guarana, Maca, Lucuma, Banana, Ashwagandga, Aronia

Body power Pea Protein, Maca, Lucuma, Spirulina

Always me Chia seeds, Acai Berry, Maca, Chokeberry, Rasperry, Blueberry



COOKIES

Almond praline / 2 pcs 2.00
With cocoa mass & sunflower protein

Aronia vanilla / 2 pcs 2.10
With oats & chocolate

Coconut peanut butter / 2 pcs 2.00
With coconut, oats & Keylan cinnamon

Almond with tahini & black or brown sesame / 2 pcs 2.00
With coconut blossom sugar & black or brown sesame

GRANOLA

Granola deluxe / 350gr 7.50
Νιφάδες βρώμης, αμύγδαλα, σταφίδες ξανθές, σταφίδες μαύρες, νέκταρ αγαύης, σιγαμέλιαιο, καρύδα, καρύδια pecan, ηλιόσπορος, κολοκυθόσπορος & cranberries

Granola σοκολάτας / 350gr 7.50
Νιφάδες βρώμης, φαγόπυρο, σιρόπι ρυζιου, νέκταρ αγαύης, καρύδια, ζαχαρη ανθέων καρύδας, σιγαμέλιαιο, νιφάδες καρύδας, κακάο σκόνη, λιναρόσπορος χρυσός, αμυγδαλέλιαιο & ελαιόλαδο ψυχρής εκθλιψης

Granola apple cinnamon / 350gr 7.50
Νιφάδες βρώμης, μήλο, ηλιέλαιο ψυχρής εκθλιψης, καρύδια pecan, σταφίδες, ζάχαρη ανθέων καρύδας, κανέλα Κεϋλάνης & νέκταρ αγαύης

NUTRITIONAL FORMULAS

Turmeric with ginseng & cardamom / 310gr 21.00
Turmeric, apple cider vinegar, orange, lemon, cardamom, Siberian ginseng, maca & black pepper

Black tahini with superfoods / 310gr 23.50
Black sesame seeds, agave nectar, aronia, noni, sesame oil, carob honey, cranberries, goji berries, cold-pressed almond oil, sea buckthorn, golden flaxseed, cardamom, maca, siberian ginsgen, spirulina, reishi, rosehip, withania & tribulus terrestris.

ALMOND MILK

Natural taste 1lt 5.50
With agave & Ceylon cinnamon 6.00
Chocolate with praline 6.50
Protein with maca 6.90

MAKE YOUR OWN SLICE OF BREAD

Create your own slice of bread by choosing an ingredient from each column!

1.10 / slice

- 1** +0.70 / ingredient
- Almond butter
 - Whole grain tahini
 - Black tahini
 - Almond protein
 - Hazelnut praline
 - Almond praline
 - Cashew butter
 - Hazelnut butter
 - Peanut butter

- 2** +0.60 / ingredient
- Agave
 - Xylitol
 - Carob honey
 - Coconut sugar
 - Fruit sauce with xylitol
 - Yacon syrup
 - Maple Syrup

- 3** +0.50 / ingredient
- Cranberries
 - Dates
 - Dried figs
 - Goji berries
 - Aronia berries
 - Cornflakes
 - Granola deluxe
 - Chocolate granola
 - Apple cinnamon granola



MAIN DISHES

Beetroot & Avocado Wrap

Tortilla gluten free, beetroot burger with ginger, walnuts & sunflower seeds. Avocado with lime, seasonal salad with raspberry vinaigrette, almond cheese with peppermint & B12. Served with mayo & organic chips. **9.50**

Vegan Burritos in a bean trilogy with lentil mince

Tortilla gluten free, mince from marinated lentils | coriander | sweated leek. Avocado with lime, corn, beans, seasonal quinoa based salad, vegan spread cheese with B12 & a spicy tomato sauce. Accompanied by a sour & sweet tomato jam & organic chips. **9.50**

Vegan Burger with Carrot & Chickpea Falafel

Beetroot Bun, chickpea falafel & carrot, aromatic tomato jam, cheddar with B12, mushrooms, caramelized onions, tomato, rocket, hazelnut cheese with basil & nutritional yeast with B12. Served with mayo & fresh air fried potatoes. **9.00**

Vegan Protein Bean Burger with Sweet Potato & Quinoa

Tomato Bun, roasted sweet potato quinoa & triple bean paddy, basil pesto, tomato aromatic jam, mozzarella vegan cheese with B12, fermented cabbage, caramelized onions. Accompanied with mayo & fresh air fried potatoes. **9.50**

Tacos with Grey Hummus & Mushroom meatless Gyros

Tortilla gluten free, hummus with black sesame tahini, mushroom meatless gyros, fresh rocket, cherry tomatoes sauteed with a herbal mix, crunchy onion. Served with a lime wedge & tomato jam spiced with Jalapeño pepper dusted with acai. **9.50**

Spicy

Spicy

SALADS

Triple quinoa legume

Quinoa tricolore, Aduki | Kidney | black beans in a raspberry & pear vinaigrette. Crunchy seasonal salad, creamy vegan cheese & caramelized walnuts with coconut blossom sugar. **9.50**



Leafy avocado citrus

Creamed avocado | juice of oranges & grapefruit. Leafy green mixed salad, almonds, pink aromatic pepper, golden linseed, sunflower seeds, raisins. Avocado vinaigrette. **9.00**

add a gluten free bread of your choice



- beetroot bun **2.00**
- tomato bun **2.00**
- multi-seeded slice **1.00**

PANINI & SIDES

Hummus Panino Rustica

Grey Hummus, mushrooms, tomato, rocket, nutritional yeast & B12. **5.00**

Tempeh Ciabattino

Tempeh from chickpeas, mushrooms, tomato, lettuce, mayo, black sesame. **5.50**

Pesto Baguette

White creamy cheese, pesto basil almond based, tomato, rocket, pink pepper. **5.00**

Make-a-Toast

Homemade gluten free bread with double vegan cheddar or mozzarella. Accompanied by tomato, lettuce & homemade mayo. **6.50**

Portion of Potatoes

Organic freshly cooked air fried potatoes accompanied by homemade mayo. **6.00**

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WINE ORGANIC

150ml Glass **6,00**

White

Roditis, Xinomavro, Moschato
Aromas of citrus, white flowers, apple & salt. Crisp body

Red

Syrah, Limnion, Xinomavro
Rich body, fresh aromas of red fruit, coffee tomato & mint.

Rose

Syrah, Limnion, Xinomavro
Intense tannins with aromas of wild red raspberries & tomatoes.



BEER

330ml Bottle **5,50**

Nisos All-Day

Gluten Free & Organic
White flowers, jasmine, elderberry, white peach, roses, cereal, almond



SWEETS



*add VEGAN Ice Cream Vanilla or Chocolate Flavor +2,50

Tiramisu vegan & gluten free With oat savoiardi vegan mascarpone coffee 100% Arabica	5.00
Mocha Mousse & Hazelnut With hazelnut organic espresso raw cacao powder	4.50
Mousse Sweet Potato Orange With roasted sweet potato carob orange essence	4.50
Tart in Season* With buckwheat & cacao or ginger base compote of seasonal fruits with Xylitol	6.00
Chocolate Cake with Hazelnut* With sugar free couverture Hazelnuts & Creamed Coconut	4.50
Mango cake With xylitol & chocolate & hazelnut base. Served with mango coulis	5.00
Cake gluten free With white almond frosting, cashew & shea butter	27.00
Profiterole Gluten free choux with cashew cream, chocolate ganache & crunchy roasted almond fillet	5.00
Snickers Cake Caramel from cocoa butter, peanut butter chocolate Ganache, cacao bisc uit	5.00



Cashew & lemon cheesecake With lime jelly, agar agar & lime zest	5.00
Chocolate mousse & almond milk With hemp seeds, chia, mint & sour cherry aftertaste	4.50
Bourbon vanilla cake With white almond cream & dried apricot	5.00
Avocado, lime & cashews cake* With whole crushed lime, cashew cream, lime jelly coating with agar - agar & xylitol	5.00

NUT BUTTERS

Almond / 310gr	9.20
Cashew / 310gr	9.00
Hazelnut / 310gr	8.50
Peanut butter / 310gr	6.10
Almond protein with maca / 330gr	10.70
Whole wheat tahini / 310gr	6.00
Whole grain black tahini / 310gr	9.00

SUPER NUTS & MIXES

Trail Mix 250gr (cashews, chocolate, sunflower seeds, pumpkin seeds, almonds, cranberry, hazelnut)	5.50
Superfood Nut Mix 250gr (cacao nibs, chokeberries, almonds, cashews, cranberry, goji berries, sea buckthorn)	5.50
Deluxe Mix 250gr (cashews, macademia, pecan, almonds, cranberry, coconut, pistachio, apple)	5.90
Almonds Activated with paprika & nutritional yeast with B12 250gr	6.10
Almonds Activated with nutritional yeast with B12 250gr	6.20
Chia bowl mix 190gr	6.60



HEALTHY BITES

*add VEGAN Ice Cream Vanilla or Chocolate Flavor +2,50

Bars with Peanut Butter & Couverture* with Almond & date caramel	3.50
Dates stuffed with Protein Peanut Butter salted caramel & tonka	3.60 /100gr
Dates Stuffed with Almond Butter couverture & mandarin	3.60 /100gr
Dates Stuffed with Hazelnut Praline couverture & coffee	3.60 /100gr
Fig Truffles with Pistachio cashews & fleur de sel	0.90
Brownies Double Chocolate with hazelnut & a double chocolate layer	3.50
Protein Cinnamon Brownies chocolate based with almonds, pea & sunflower proteins 17gr Protein per piece	2.50



Coconut Sticks Chocolate Coated / per piece with Virgin Coconut oil & Maple syrup	1.10
Date Truffles with almond flour, orange & a light bitter almond aftertaste, coated in cocoa coconut almond.	0.60
Brownie alive by chocolate With yacon syrup, almond & virgin coconut oil	3.50

PRALINES



Pralicious Bitter / 320gr 8.80



Pralicious Milky / 320gr 9.40

ICE CREAM

Chocolate ice cream With almond milk & fair trade cocoa (200gr)	6.30
Vanilla bourbon ice cream With almond milk and organic bourbon vanilla (200gr)	6.50
Mocha ice cream With almond milk and organic 100% arabica espresso (200gr)	7.10
Vanilla & chocolate ice cream With almond milk, cocoa and vanilla bourbon (200gr)	6.50
Vanilla & chocolate ice cream With almond milk, cocoa and vanilla bourbon (kg)	30.00

Toppings +0,60

- Hazelnut Diced
- Almond Diced
- Yacon Syrup
- Agave Nectar
- Maple Syrup
- Granola Raw
- Cranberries
- Fruit Coulis with Xylitol



MADE WITH LOVE
FROM PLANT BASED
RAW PRODUCTS



CATERING

We can take up your catering, bussiness meetings & parties. For special menu & prices please ask for the Chef.

BIRTHDAY CAKE

We can make your birthday cake free from gluten, sugar, lactose | casein or other animal ingredients.



DETOXIFY & HYDRATE

Wednesdays at AntheMa are dedicated in detoxification & hydration with RAW fruits & veggies.



Enjoy all our Smoothies & Juices.

@antheMa_bioproducts

In case of allergy or intolerance in any ingredient, please inform our staff sufficiently.
The almond milk and nut butters that are used in our drinks and savory dishes are of our own production.

Juices, Smoothies & Soft Drinks are being served in Bamboo 400ml glass or 500ml PET bottle.
In all our salads and food, between other ingredients, we use Organic Extra Virgin Olive Oil.

The consumer is not obliged to pay, if he/she does not receive the legal receipt/invoice.

Our shop has complaint forms at your disposal.
Prices are subject to change without notice & include all legal taxes.