

GLUTEN
SUGAR **FREE**

anthema
Gluten Free Products

**MADE WITH
LOVE** ♥

**Sugar
FREE**

M E N U

BETTER INGREDIENTS

BETTER LIVING

www.anthema.gr

JUICES COLD PRESSED

Detoxify & hydrate

Carrot, Beetroot, Apple, Lemon, Ginger, Cucumber or Orange

400ml 500ml

4.20 5.20

Purple cloud

Apple, Pear, Pineapple, Chokeberries

4.40 5.20

Empowering

Celery, Apple, Lemon, Parsley, Rocket Spinach or Kale

4.50 5.50

Red passion

Pomegranate, Apple, Orange, Peppermint, Passion Fruit

4.40 5.50

Aronia C-force

Orange, Grapefruit, Pineapple, Chokeberries

4.40 5.40

Orange up

Orange, Lime, Ginger

4.20 5.20

Scent full

Apple, Pineapple, Ginger, Peppermint

4.20 5.20



JUICES with KOMBUCHA

400ml 500ml

Citrus-K

Orange, lime, ginger, white Kombucha

4.80 5.80

Harmonious

Apple, pear, pineapple, chokeberry, red Kombucha

5.00 5.90

Fit Blend

Apple, pineapple, ginger, peppermint, white Kombucha

4.80 5.90

Red orange

Pomegranate, apple, orange, peppermint, passion fruit, red Kombucha

5.00 5.90

Lemon mint

Lemon, agave nectar, cucumber peppermint, white Kombucha

5.00 6.00

Vitamin C-innamon

Orange, peppermint, Cinnamon & agave nectar, white Kombucha

5.00 6.00

KOMBUCHA



330ml

Kombucha with berries & mint

Living fermented tea scented with berries & peppermint

5.30

Kombucha with verbena, lemon & pink pepper

Living fermented tea scented with verbena, lemon & pink pepper

5.30

PROTEIN SMOOTHIES



400ml 500ml

Banana|nana

Chocolate Almond Milk, Banana, Pea Protein

5.10 6.10

Mocha

Oat Milk, Pea Protein, Cacao RAW powder, Vanilla Espresso, Banana, Coconut blossom sugar

5.20 6.50

Matcha

Almond Milk, Hemp Protein Vanilla, Coconut Blossom Sugar, Matcha Tea

5.20 6.50

ALMOND DRINKS



COLD or HOT

400ml

Chocolate

Almond drink with cacao, coconut blossom sugar, vanilla

4.50

Matcha latte

with Organic Matcha tea

4.90

Natural

with organic Almonds 15% content

4.00



400ml 500ml

Ema in love

Pineapple, Passion Fruit, Apple, Cranberries, Coconut Blossom sugar

5.20 6.20

Rose-A-colada

Oat Milk, Banana, Strawberry, Almond Butter, Vanilla Bourbon

5.20 6.20

Calcium boost

Black Sesame Tahini, Banana, Oat Milk, Yacon

4.90 5.90

Super green

Almond Milk, Banana, Matcha tea, Spinach or Kale, Pear, Apple, Spirulina, Xylitol

5.20 6.20

Peruvian

Coconut Milk, Pineapple, Banana, Strawberry, Hazelnut Praline, Lucuma

4.90 5.90

Antoine

Strawberry, Blackberry, Raspberry, Apple, Coconut Milk & Yogurt

4.90 5.90

Choco lact

Oat Milk, Hazelnut Praline, Banana



4.90 5.90

EST.  1924

CONTE

COFFEE ROASTERS



SOFT COOKIES

Chocolate	1.50
Hazelnut Chocolate	
Cranberry Chocolate	
Bitter Almond	
Cinnamon	

με βάση το Αλεύρι Ρυζιού, Άμυλο Καλαμποκιού, Νέκταρ Αγάης, Ζάχαρη ανθέων καρύδας, Κεχρί.



BARS

Date bar Chia Nuts Cacao Powder	1.90
Yacon protein bar Almond Protein Pea Maca Cinnamon	1.90
Cereal bar Tahini Cacao	1.90



TEA COLD HOMEMADE

250ml

Various Tastes

Please ask the staff to show you the available tastes

3.50

NUTRITIONAL FORMULAS



GOLDEN ELIXIR / 210gr Turmeric, blue agave nectar, apple cider vinegar, orange, lemon, cardamom, Siberian ginseng, maca & black pepper	14.00
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POWER BLEND / 210gr Black sesame seeds, blue agave nectar, reishi, rosehip, rodiola, tribulus, moringa, maca, lucuma, ginseng, ashwagandha, bao bab, cinnamon, cardamom, goji berries, aronia, black cumin, yacon syrup, carob syrup.	16.00
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COFFEE

Espresso	1.50
Espresso Macchiato	1.80
Espresso Διπλό	2.10
Cappuccino	2.80
Cappuccino latte	3.00
Freddo espresso	2.40
Freddo cappuccino	2.80

Sweeteners: Xylitol, Coconut Blossom Sugar, Agave Nectar.
Milk: Almond or Oat.

HOMEMADE SOFT DRINKS

*add Natural Sparkling water +1,00

400ml 500ml

Lemon-aid* with Agave, Cucumber & Peppermint	3.90	4.90
Pineapple-aid with Lemon, Peppermint, Bi-Carb Soda, Mastic Chios	*Chios mastic +0,50 *Matcha tea +0,60	5.00 6.00
Ginger-aid* with Lime & Xylitol		4.40 5.50

Date-or-aid ? (HOT) with Coconut Milk, Coconut Blossom Sugar & Vanilla	4.90
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COLD

BOTANICAL DRINKS



4.00 / 400ml

Night cup 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.
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Defence blend of: Ironwort, Roselle, Chinese milkvetch, Ginger, Reishi, Licorice, Pennyroyal
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Energy blend of: Ironwort, Ginkgo, Rosemary, Licorice, Reishi, Cardamon

Digestion blend of: Ironwort, Dittany of Crete, Chamomile, Fennel seeds, Magnolia berries, Carob, Liquorice, Ginger.
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Harmony blend of: Ironwort, Lemon balm, Virginian skullcap, Damask rose, Licorice, Ashwagandha
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Silhouette blend of: Ironwort, Lemon vervain, Cleavers, Lemon, Schisandra berries, Ceylon cinnamon, Cassia cinnamon

BREAKFAST

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

Coconut yogurt banana peanut bowl 6.50
Wholemeal corn flakes, coconut yogurt, banana, peanut butter with karite, ceylon cinnamon, dried figs.

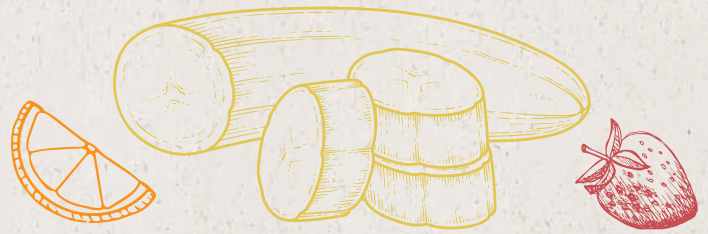
Strawberry Porridge & Yacon 6.00
Banana, strawberry, oat, hazelnut, medjool dates, yacon syrup, coconut yogurt, almond, vanilla, protein almond butter

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 6.50
almond | coconut | oat milk

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, Raspberry, Blueberry

PANINI & SIDES

Hummus Panino Rustica 4.00
Grey Hummus, mushrooms, tomato, rocket, nutritional yeast & B12.

Tempeh Ciabattino 5.00
Tempeh from chickpeas, mushrooms, tomato, lettuce, mayo, black sesame.

Pesto Baguette 4.50
White creamy cheese, pesto basil almond based, tomato, rocket, pink pepper.

Make-a-Toast 5.50
Homemade gluten free bread with double vegan cheddar or mozzarella. Accompanied by tomato, lettuce & homemade mayo.

Portion of Potatoes 5.50
Organic freshly cooked air fried potatoes accompanied by homemade mayo.



GRANOLA

Granola Deluxe / 350gr 7.60
oat flakes, coconut, coconut oil, almonds, cranberries, blue agave nectar, raisins, sesame oil, coconut flakes, cashew nuts, pecan nuts, pumpkin seeds, sunflower seeds.

Granola Chocolate & Hazelnut / 350gr 7.60
oat flakes, coconut oil, agave nectar, raisins, hazelnuts, alkalized cacao powder, coconut blossom sugar, sesame oil, millet, coconut flakes, amaranth, linseed, sesame, pumpkin seeds, almond oil.

Granola Apple Cinnamon / 350gr 8.10
oat flakes, apple, sunflower oil cold pressed, pecans, raisins, almonds, blue agave nectar, ceylon cinnamon.

Granola Spirulina / 350gr 8.10
oat flakes, coconut oil, coconut shredded, almonds, agave nectar, sesame oil, coconut flakes, cashew nuts, spirulina, pumpkin seeds, sunflower seeds, pecan nuts, cranberries, salt.

ALMOND MILK 1lt
Natural taste 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



SWEETS



Tiramisu 140gr With oat savoiardi vegan mascarpone coffee 100% Arabica	4.70
Mocha Mousse & Hazelnut 140gr With hazelnut organic espresso raw cacao powder	4.40
Banoffee 140gr With date caramel chocolate crumble	4.40
Tart in Season With buckwheat & cacao or ginger base compote of seasonal fruits with Xylitol	5.50
Chocolate Cake with Hazelnut With sugar free couverture Hazelnuts & Creamed Coconut	4.00
Cheesecake berries 140gr Forest berries bisquit base cashew cream	4.40
Cake gluten free fruits in season compote / kg With white almond frosting, cashew & shea butter	25.00
Profiterole 140gr Gluten free choux with cashew cream, chocolate ganache & crunchy roasted almond fillet	4.70
SnYckers Cake Caramel from cocoa butter, peanut butter chocolate Ganache, cacao bisquit	4.50



Cheesecake lemon with cashews 140gr With lime jelly, agar agar & lime zest	4.70
Chocolate mousse with sour cherry 140gr With oat milk & sour cherry aftertaste	4.40
Avocado, lime & cashews cake With whole crushed lime, cashew cream, lime jelly coating with agar - agar & xylitol	4.50

*Our Cakes change occasionally, following the availability of raw materials but also seasonality !

NUT BUTTERS 210gr

Almond	7.30
Cashew	7.00
Hazelnut	7.40
Peanut butter (Crunchy or Smooth)	4.90
Almond protein with maca	7.80
Tahini	4.50
Black tahini	7.00

SUPER NUTS & MIXES

Trail Mix 250gr (cashews, chocolate, sunflower seeds, pumpkin seeds, almonds, cranberry, hazelnut)	5.30
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)	5.70
Almonds Activated with paprika & nutritional yeast with B12 250gr	7.80
Almonds Activated with nutritional yeast with B12 250gr	7.50
Chia bowl mix 190gr	6.00



HEALTHY BITES

Sneekerz with Peanut Butter & Couverture with Almond & date caramel	3.50
Dates stuffed with Protein Peanut Butter salted caramel & tonka Lorem ipsum	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	2.50
Protein Cinnamon Brownies chocolate based with almonds, pea & sunflower proteins 17gr Protein per piece	2.50



Bountee Chocolate Coated / per piece with Virgin Coconut oil & Maple syrup	1.00
Date Truffles with almond flour, orange & a light bitter almond aftertaste, coated in cocoa coconut almond.	0.60

PRALINES 210gr



Pralicious Bitter	7.00
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Pralicious Milky	7.10
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ICE CREAM

Chocolate ice cream With almond milk & fair trade cocoa (200gr)	6.00
Vanilla bourbon ice cream With almond milk and organic bourbon vanilla (200gr)	6.30
Mocha ice cream With almond milk and organic 100% arabica espresso (200gr)	6.90
Vanilla & chocolate ice cream With almond milk, cocoa and vanilla bourbon (200gr)	6.30
Vanilla & chocolate ice cream With almond milk, cocoa and vanilla bourbon (kg)	30.00

Toppings

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



MADE WITH LOVE
FROM PLANT BASED RIO 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.



@anthema_glutenfree

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 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.