

## Coffee

|                 |                  |
|-----------------|------------------|
| Espresso        | 20 <sup>DH</sup> |
| Double Espresso | 35 <sup>DH</sup> |
| Americano       | 20 <sup>DH</sup> |
| Cappuccino      | 25 <sup>DH</sup> |
| Latte           | 30 <sup>DH</sup> |
| Latte Macchiato | 30 <sup>DH</sup> |
| Flat White      | 35 <sup>DH</sup> |
| Nussnuss        | 25 <sup>DH</sup> |
| Student Coffee  | 9 <sup>DH</sup>  |

## Tea

|                   |                  |
|-------------------|------------------|
| Mint Tea          | 25 <sup>DH</sup> |
| Verbena           | 25 <sup>DH</sup> |
| Louisa            | 25 <sup>DH</sup> |
| Rooibos           | 25 <sup>DH</sup> |
| Earl Grey         | 25 <sup>DH</sup> |
| English Breakfast | 25 <sup>DH</sup> |

## Hot drinks

|                 |                  |
|-----------------|------------------|
| Spiced Coffee   | 20 <sup>DH</sup> |
| Chai Latte      | 35 <sup>DH</sup> |
| Matcha Latte    | 40 <sup>DH</sup> |
| almond/soy milk | +5 <sup>DH</sup> |

all hot drinks can be served iced

Our special home-blend Chai includes aromatic spices which boost the immune system.

Our tea blends have been created with a balance of herbal combinations to promote a different and specific health benefit. See which suits you the best!

## Energy Tea

ginseng, green tea

## Digestion Tea

fennel, cumin, verbena

## Focus Tea

rosemary, peppermint

## Calming Tea

verbena, chamomile

## Skin Glow Tea

turmeric, pepper, lemon

## Hormone Tea

moringa, hibiscus

The infusion of verbena and chamomile helps soothe an overstressed nervous system, making it the perfect blend for our 'calming tea'.



Our digestion tea is blended with fennel seeds - a good source of fibre to help reduce cholesterol levels and cleanse the colon, a great 'digestif' to any meal!

The hibiscus we use in the Hormone Tea is locally grown. It supports women's fertility, and is known as 'the red wine of Marrakesh'.

# Juices

## Pikala Juice

pear, soy, ginger

35<sup>DH</sup>

## Breakfast Juice

banana, orange, date, flax seed, spirulina

40<sup>DH</sup>

## Detox Juice

ginger, apple, turmeric, black pepper, lemon juice

35<sup>DH</sup>

## Vitamin Boost

beetroot, pear, orange juice

35<sup>DH</sup>

## Orange Juice

25<sup>DH</sup>

## Seasonal Option

ask the staff

35<sup>DH</sup>



# Cold drinks

## Home-made Lemon Cleanse

ginger, lemon juice, citronella - still or sparkling

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25<sup>DH</sup>

## Home-made Red Refresh

hibiscus lemon - still or sparkling

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25<sup>DH</sup>

## Lemonade Pitcher

still or sparkling

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75<sup>DH</sup>

## Tonic

25<sup>DH</sup>  
espresso +20<sup>DH</sup>

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## Apple juice

20<sup>DH</sup>

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## Bottled Water

still or sparkling

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25<sup>DH</sup>



# Breakfast

Our breakfast formulas are designed to support the different shapes your day may take — nourishment for a day out in the Medina or detoxifying option to support a slower day. Choose your pick!

## Beldi Bike Breakfast

110<sup>DH</sup>

traditional Baghrir pancakes with spirulina, seasonal jam, butter and fruit / sourdough with cumin omelette / Pikala Juice / coffee or tea

## Medina Walk Breakfast

110<sup>DH</sup>

yoghurt with granola, fruit and seasonal jam / goat yoghurt & turmeric scrambled eggs / Vitamin Boost Juice / coffee or tea

## Hammam Chill Breakfast

110<sup>DH</sup>

(vegan) chia coconut pudding, fresh fruits / sourdough with beetroot hummus, avocado & pumpkin seeds / Detox Juice / coffee or tea

## Super Toast

55<sup>DH</sup>

(vegan) sourdough, salad, tomato, avocado, basil dressing

egg (sunny side up)

+10<sup>DH</sup>

## Pikala Bowl

65<sup>DH</sup>

(vegan) spirulina, banana, fresh fruits

## Sweet Croissant

35<sup>DH</sup>

seasonal jam & butter

## Salty Croissant

45<sup>DH</sup>

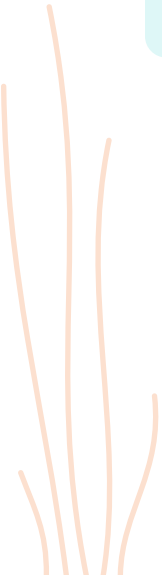
scrambled eggs



The spirulina added to our pancakes increases energy and improves overall digestion.

Our high-protein Hammam Chill breakfast supports women's hormonal balance by promoting stable blood sugar levels and fighting inflammation.

Cumin is an important ingredient of Moroccan cuisine, as well as a natural detoxifier. As a 'carminative', it helps relieve the digestive system and fights stomach aches.



# Main courses

Our dishes focus on taste, seasonal produce and nutrition.  
Healthy for the body, the mind and the environment!

## Super Toast

(vegan) sourdough, salad, tomato, avocado,  
basil dressing

**55** <sup>DH</sup>  
sunny side up egg **+10** <sup>DH</sup>

## Pad Thai

(vegan) raw veggie salad with spicy peanut  
dressing, glass noodles and lime

**95** <sup>DH</sup>  
chicken **+20** <sup>DH</sup>

## Home-made Pita

(vegan) turmeric cauliflower, beetroot hummus, cucumber pickle and braised  
garlicky fennel

**95** <sup>DH</sup>

## Miso Carrot Ginger Soup

(vegan) served with home-made pita

**70** <sup>DH</sup>

## Moroccan Funky Classic

(vegan) Bissara purée, tajine veggies and couscous

**95** <sup>DH</sup>

## Chicken or Aubergine Chermoula

sourdough, home-made harissa mayo, crispy  
onions

**95** <sup>DH</sup>  
chicken **+20** <sup>DH</sup>

## Veggie Wrap

whole wheat wrap, grilled veggies and cream cheese

**70** <sup>DH</sup>

## Sharing Board for two

(vegan) sharing plate with a bit of everything from our main courses

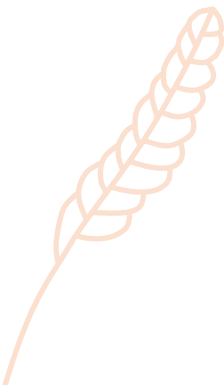
**200** <sup>DH</sup>



We make our own fermented food which allows us to work with seasonal products all year. Fermenting helps to support gut health and overall immunity.

Did you know that anti-inflammatory eating can lower your risk of chronic disease and pain? The range of foods included in our main dishes contain nutrients known to ease inflammation.

Our sourdough bread comes from the Blue Ribbon bakery in Marrakesh. Sourdough is full of nutrients, healthy carbs, protein and fiber!





# Dessert

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## Sweet Sharing Board for two

mix of different sweets and tartes

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125<sup>DH</sup>

## Moroccan local cookies

plate of traditional cookies

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45<sup>DH</sup>

## Tarte of the day

ask the staff

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45<sup>DH</sup>

## Mouhallabieh

(vegan) rose syrup and orange blossom

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55<sup>DH</sup>



@pikalacafe