



DELIVERY HOURS

M-F: 09:00-17:00, S: 10:00-16:00

210 6854 683

22, Andrea Papandreou – Chalandri

www.buddhashand.gr



JUICES



SALADS



SANDWICHES



COFFEE



DRINK YOUR RAINBOW!

We juice fresh fruits and vegetables daily to create natural vitamin "cocktails" that we offer in 250 ml bottles



VELVET ENERGY

Bombard your body with energy while enjoying a delicious and creamy combination of fruits and nutrients









NO SUGAR, NO GLUTEN AND TOTALLY VEGAN!













EVERYDAY FUELS

-   **Power Boost Mix** 4,10€
orange, apple, carrot, pineapple, ginger
-   **Green Light** 5,40€
spinach, kale, cucumber, celery, green apple, mint, parsley
-   **Zen Master** 4,10€
matcha tea, green apple, spinach, ginger
-   **Summer Love** 4,10€
watermelon, lime, basil, pineapple
-   **No Guilt Lemonade** 3,90€
lemonade with cucumber juice, lime, ginger, mint, stevia
-   **Fresh Kiss** 4,10€
melon, kiwi, pineapple, ginger, lime, chia seeds, mint

-   **Banana Madness** 5,50€
banana, almond milk, cocoa nibs, dates, peanut butter
-   **Exotic Bliss** 5,50€
mango, passion fruit, banana, melon, lime, coconut milk
-   **Forbidden Fruit** 4,50€
blackberry, strawberry, banana, coconut milk, honey, yogurt, chia seeds
-   **Choco Heaven** 3,80€
cold chocolate 70%, with coconut milk, flavored with citrus and spices

*
add 1 protein scoop:
 peas 2.00€ or  hemp 2.00€
*

-   **Coco Praline (60g)** 2.80€
cocoa nibs, coconut, hazelnuts, cocoa, chia seeds, gluten free oats
-   **Almond Espresso (60g)** 2.80€
espresso extract, almonds, dates, gluten free oats, carob flour, chia seeds, cinnamon, cocoa nibs
-   **Cranberry Walnut (60g)** 2.80€
cranberries, walnuts, chia seeds, gluten free oats, coconut, natural vanilla extract, salt
-   **Strawberry Matcha (60g)** 2.80€
dried strawberry, natural strawberry extract, matcha tea, dates, gluten free oats, walnuts, chia seeds, coconut
-   **Coco Choco (60g)** 2.80€
organic cocoa, coconut, walnuts, dates, chia seeds, gluten free oats, salt

- Espresso 1,40€
- Espresso Double 1,80€
- Cappuccino 1,90€
- Cappuccino Double 2,10€
- Freddo Espresso 1,90€
- Freddo Cappuccino 2,00€
- Freddo Cappuccino Crema 2,40€
- Latte 2,10€
- Flat White 2,00€
- Americano 1,80€

*
all coffee selections are available with decaf coffee



Gluten Free



Mildly Spicy



Vegetarian



Vegan





WE MIX AND MATCH,
YOU TOSS!

Colourful vegan and vegetarian salads with fresh vegetables and nutritious carbohydrates. Accompany them with good sources of protein that we have chosen for you.

🥗 Funky Noodle Bowl 7,20€

noodles, cabbage, edamame, carrot, cucumber, fresh corn, wakame, red peppers, zucchini, ginger, coriander, soy – honey & lime vinaigrette

Perfect protein match: grilled chicken breast, salmon teriyaki, grilled shrimp

🥗 "Caprese" Pasta Bowl 7,70€

"striftadia" pasta, arugula, cherry tomatoes, cucumber, fresh mozzarella, sun dried tomatoes, Kalamata olives, basil, balsamic & thyme vinaigrette

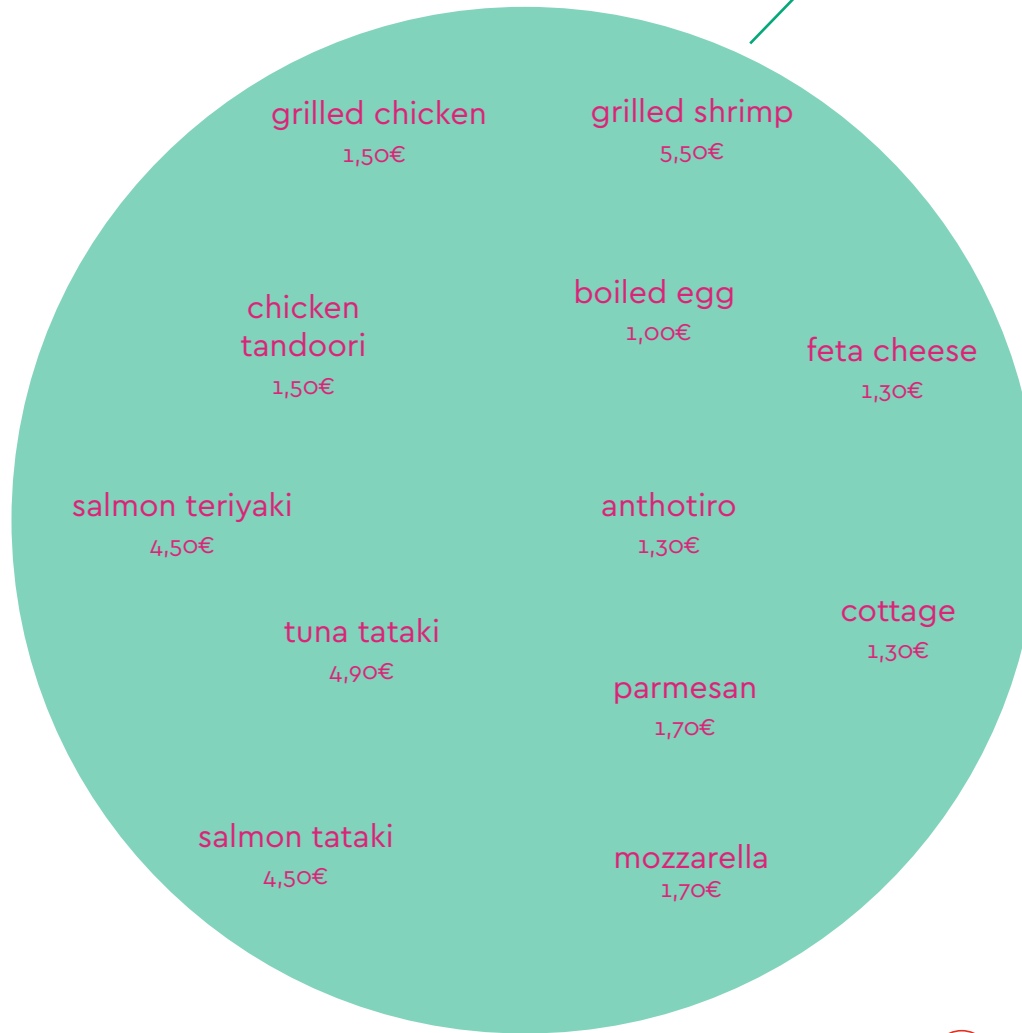
Perfect protein match: grilled chicken breast, grilled shrimp, tuna tataki

🥗🌱 Light Delight 7,70€

mixed salad greens, quinoa, avocado, beetroot, carrot, orange, fennel, cucumber, pecans, gotzi berries, pickled onions, orange & ginger vinaigrette

Perfect protein match: grilled chicken breast, salmon teriyaki, salmon tataki

Enrich your salads and fuel up your body with low fat protein



H O L Y
P R O T E I N S
F U E L U P !



Gluten Free



Vegetarian



Mildly Spicy



Vegan

🥗🌱 Greek Power 7,70€

mixed salad greens, baby spinach, chickpeas, bulgur, sweet potatoes, green beans, feta cheese, mint, fresh onion, lemon & cumin vinaigrette

Perfect protein match: chicken tandoori, salmon teriyaki, grilled shrimp

🥗🌱 Classic Nicoise 7,90€

mixed salad greens green beans, baby potatoes, roasted red pepper, boiled egg, radish, cherry tomatoes, fennel, Kalamata olives, cucumber pickles, capers, fresh onion, parsley, carob rusks, lemon vinaigrette

Perfect protein match: tuna tataki, chicken tandoori, grilled shrimp

🥗🌱 Red Fruit Super Bowl 7,90€

arugula, mixed salad greens, strawberries, watermelon, quinoa, pickled onions, pistachio nuts, tarragon, chia seeds, pink peppercorns, berries vinaigrette

Perfect protein match: anthotiro, parmesan, salmon teriyaki

🥗🌱 Mexican Blend 7,20€

mixed salad greens, fresh corn, Buddha's Hand guacamole & yoghurt raita, cherry tomatoes, red beans, black rice, roasted red peppers, coriander, pickled onions, lime & jalapeno vinaigrette

Perfect protein match: chicken tandoori, grilled shrimp

🥗🌱 Fattoush 7,20€

mixed salad greens, bulgur, cherry tomatoes, cucumber, red and green pepper, mint, parsley, "naked falafel", radish, fresh onion, crispy tortilla croutons, lemon – cumin & sumac vinaigrette

Perfect protein match: grilled chicken breast, tuna tataki, boiled egg



THE EASYGOING
WHOLESOME MEAL

Choose a generous,
hearty and balanced meal
with delicious combinations
of nutritious ingredients.

whole wheat sourdough bread,
arugula, prosciutto San Danielle,
fresh mozzarella, tomato,
Buddha's Hand basil pesto

Tandoori Madness Wrap 8,80€

tortilla 30 cm, mixed salad greens,
chicken tandoori, bulgur, tomato,
cucumber, parsley, Buddha's Hand
yogurt raita & pickled onions

Loaded Burrito Wrap 8,80€

Tortilla Wrap 30 cm, assorted
salads, tandoori chicken,
bulgur, red beans, red pepper,
tomato, fresh corn, Buddha's
Hand guacamole & yoghurt raita,
fresh coriander

Veggie Heaven Wrap 8,80€

spinach tortilla 30 cm, mixed
salad greens, black rice, red beans,
sweet potato, fresh corn, tomato,
red pepper, Buddha's Hand guacamole
& Yoghurt raita, cumin, coriander,
parsley

Juicy Salmon Wrap 9,80€

tomato tortilla 30 cm, spinach,
juicy fresh salmon fillet, pineapple,
red pepper, carrot, beet, Buddha's
Hand yogurt raita, dill, fresh onion,
cucumber pickles

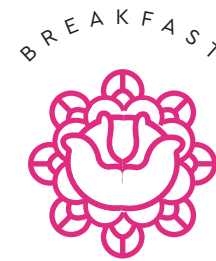
Falafel Addiction Sandwich 5,50€

whole wheat sourdough bread,
mixed salad greens, "naked" falafel,
tomato, "funky" feta, green peppers,
carrot, smoked paprika

Guac Attack Sandwich 5,50€

whole wheat sourdough bread,
mixed salad greens, Buddha's Hand
guacamole, chicken breast,
boiled egg, honey mustard

Not feeling like a "hero" today?
Half hero wrap half the price!



RISE AND SHINE

Pamper yourself and make the right
start with a rich, tasty and healthy
breakfast.

Egg bowl 5,50€

egg of choice, quinoa, crushed
avocado, cherry tomatoes, baby spinach

Banana Explosion Sandwich 4,00€

whole wheat sourdough bread,
banana, peanut butter, honey,
cocoa nibs, plum

Egg wrap 6,00€

spinach tortilla 30cm, baby spinach,
scrambled eggs, cherry tomatoes,
crushed avocado, fresh corn,
roasted red peppers, Buddha's
Hand yogurt raita

Yoghurt & Fruits 4,00€

yogurt with fresh fruit, granola
and honey

Breakfast is available
until 11:30 am.



SOME LIKE IT COLD
BUT SOME LIKE IT HOT

Fresh cooked meals delivered cold
so that they can be warmed up
at your convenience
for maximum quality
and freshness

Noodle Stir Fry 7,80€

noodles, vegetables, chicken,
teriyaki sauce

Tandoori 8,50€

chicken tandoori, bulgur & quinoa
salad with tomato, almonds
and raisins, Buddha's Hand
yogurt raita

heating instructions:
micro 600W, 3-5 min, without lid



COOL LADY
IN RED

Cool off with an energizing
cold soup of juicy tomatoes!

Cold tomato
Soup

4.50€

SMOOTHIES



BREAKFAST



FRESH SALADS



WARM ME UP



SANDWICHES & HERO WRAPS



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 [yiannislucacos](https://www.youtube.com/yiannislucacos)

Minimum delivery order – 5.00€

Tel.: 210 6854683

HOURS OF OPERATION
M-F: 08:00–18:00, S: 10:00–16:00

**Buddha's Hand promotes practices
to reduce environmental pollution.**

Prices include all legal taxes. Prices and menu can be changed without prior notice. For the current updated version of the menu and the list of allergens per menu item visit: www.buddhashand.gr

Consumers are not obliged to pay unless they receive a legal sales document.
Store is obliged to provide complaint forms in 4 languages.