

WELL

HERE'S OUR MENU



WELL

BAGELS	6,50 €
- Helsinki bagel, pulled oats - cold smoked rainbow trout	
PITA BREADS	7,20 €
(ALSO AVAILABLE GLUTEN FREE)	
- curry-chickpea-spinach - eggplant-goat cheese- tapenade - feta-beetroot-kale - chicken-terriyaki - cold smoked rainbow trout	
WRAPS	4,90 €
- black bean-chipotle-avocado - pulled oats - chicken-chili - cold smoked rainbow trout	
BREAKFAST BREADS	3,50 €
- cheese / vegan cheese	
PROTEIN CUPS	4,20 €
- hummus-carrot-radish-watercress - beetroot hummus-feta-fava bean-arugula -egg-avocado-spinach	
FRUIT SALAD	3,50 €

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RAU PRIGDE	3,30 €
- coconut-ginger	
- berries	
- cocoa-date-nuts	
YOGHURTS	3,30 €
- honey-granola	
- berries-granola	
- berries-cricket granola	2,80 €
SMOOTHIES	4,50 €
- green	
- choco	
- banana-strawberry	
- mango-coconut	
- blueberry-oat	
- strawberry-basil	
SNACKS	
Barebells protein bars	2,90 €
Zircca- cricket protein bars	2,50 €
Delight pure bars	2,20 €
Nuts of the day	2,50 €
Fruit	0,70 €

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SOMETHING FOR THE SWEET TOOTH

MUFFINS	2,80 €
- chocolate, blueberry, apple	
RAU CAKE	5,90 €
- chocolate-basil, lemon-sea buckthorn	
APPLEPIE & VANILLA SAUCE	4,20 €
BUN OF THE DAY	2,00 €
-blueberry, cardamom, pistachio	
MUDCAKE	3,00 €
CARROT CAKE	3,00 €
COFFEE CAKE	2,00 €
CROISSANT	2,00 €
CARAMEL MINIMUFFIN	1,00 €
HONEY-SPELT WAFFLE	0,60 €
CHOCOLATE BARS	1,20 €
SEED & BEAN CHOCOLATE	3,50 €

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HOT DRINKS

Latte	4,50 €
Latte macchiato	4,50 €
Stadin latte	4,50 €
Chai latte	4,50 €
Matcha latte	4,50 €
Hot chocolate	4,50 €
Cappuccino	3,70 €
Espresso macchiato	3,30 €
Americano	3,00 €
Espresso	2,90 €
Extra espresso shot	0,50 €

COLD BEVERAGES

Vitamin Well	3,90 €
Soft drinks	2,20 €
DROPP water still / sparkling	1,90 €

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CONTACT

WELL Terkko
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Orders by email: well.terkko@hyy.fi

Please inform us of any special dietary or other needs in advance.

