

TAKE AWAY

DELIVERY



WÉNMA



food
goodness

2102774896 - 899



Wema cares —

As nature intended

and prepares awesome food with respect and attention to the holistic effects of nutrition. We choose to work with ethical and mostly organic producers, and we have prepared a thoroughly-researched menu of rich, nourishing dishes that will make wema part of your daily routine. Our mission is to assist you in taking care of yourself, love yourself and give yourself the kind of food that is required in order to have maximum physical functionality throughout your everyday life.

Wema inspires —

a way of life that saves you time and makes you healthier with every bite. They say that we are what we repeatedly do-so maybe it's time to make goodness a habit. Order your delicious, wellness-conscious meal today, and boost your wema wherever you are.

Wema is —

a simple word with an extraordinary story. It comes from the Swahili, the ancestral language of East African nations and the only language with direct links to the early roots of humanity. Wema conveys goodness and virtue: those who live with wema are noble and dedicated to offering goodness every day, both to others and to themselves.

Wema.
Food
good-
ness.



Wema believes —

that goodness should be part of all we do. And since more than 80% of our wellbeing is affected by what we eat, we want to make sure that we offer your body clean, pure goodness and nothing less.

Breakfast & Snacks, All Day Long (9:30am-6pm)

But Breakfast First € 7.00

Wema breakfast with bircher muesli, cake of the day and a fruit smoothie.

Allergens: A, B, C, G

Our Big Bircher Muesli € 4.50



Yogurt from sheep's milk, bio oat flakes, bio blueberries, hazelnuts, golden raisins, chia seeds and honey.

Allergens: B, C, G

Top-of-the-Mornin' Pancakes € 4.80



Bio oat flake, egg white & bio banana pancake homemade bio kiwi-chia marmalade, honey and cinnamon, homemade sauce of peanut butter on the side, poppy seeds to garnish.

Allergens: B, F, H

Baked Muesli Pasteli Bar € 2.60



Dates, bio oat flakes, walnuts, sesame seeds, sunflower seeds, black raisins, bio coconut oil.

Allergens: A, B, C

Pukka Chai Choco Hazelnut Bar € 2.80



Dates, bio cocoa, bio linseeds, hazelnuts, vanilla extract, honey, bio coconut oil, bio chai blend tea.

Allergens: C

Fig 'n' Orange Bar € 2.80



Bio figs, bio orange, almonds, honey, bio linseeds, bio tahini and cranberries.

Allergens: C, A

Brownie Granola Bar € 2.80



Bio oat flakes, walnuts, almonds, pecan, dates, bio cocoa, honey.

Allergens: C, B

Cake of the Week € 2.80

Please ask us for the flavor of the day.

With bio coconut sugar.

Allergens: B, C, F, G

L'Omelette Blanche € 7.20



4 egg whites, natural smoked turkey, fresh bio broccoli.

Allergens: F

L'Omelette Classique € 7.20



3 free-range eggs, green bell pepper, beef bresaola with paprika.

Allergens: F

Meals and More (12:00pm-6pm)

Our Soups

Shroom Soup € 6.80



Bio oyster mushrooms, portobello mushrooms, bio potato, onion and bio almond milk.

Cinderella's Pumpkin € 6.80



Bio pumpkin, bio potato, bio carrots, leek, onion, lime, ginger, curry, cardamom and bio coconut milk.

Finocchio's Nose € 6.80



Bio fennel, bio potato, onion, leek and celeriac.

Our Wraps & Sandwiches (2 pieces)

Forrest Mushroom Vegan Wrap € 6.50



Bio oyster mushrooms, arugula, yellow bell pepper and Florina pepper, avocado and homemade avocado sauce.

Allergens: B

Slow Flow Beefy Wrap € 7.80



Slowly cooked bio beef with cocoa, graviera cheese, arugula, bio tomato and white onion.

Allergens: G

Raw Goodness Roll € 6.20



Rice pita, marinated vegetables (bio cabbage, bio kale, bio carrots, bio broccoli, mushrooms) and cashew vegan cheese.

Allergens: C

Zaatar's Bio Chicken Wrap € 7.30



Bio chicken, homemade hummus, bio cabbage, bio carrots, bio kale and red zaatar spice.

Allergens: A, B

Naturally Cured Beef Sandwich € 6.70



Sourdough rye and wheat bread, bio beef bresaola with paprika, homemade bio cucumber pickles with turmeric, bio kale and homemade mustard.

Allergens: E, B

Holy Turkey Pastrami Sandwich € 6.80



Whole wheat and rye whole meal sourdough bread, natural smoked turkey, anothotyro, avocado, bio carrots, lola lettuce, spearmint, yogurt, chia seeds and lime.

Allergens: G, B

Our Salads

Yin-Yang Cabbage Mix € 6.80



Bio red and white cabbage, almonds, bio carrots, bio quinoa, green apple, ginger, black and white sesame seeds and bio tamari sauce with fresh ginger juice.

Allergens: A, C, D

Baby Spinach Meets Goat Cheese € 8.60



Baby spinach, beetroot, tamari roasted almonds, goat cheese, black and white sesame seeds combined with bio balsamic vinegar vinaigrette.

Allergens: G, A, C, D

Kale Falafel Salad € 7.50



Bio Kale, baked chickpea falafel with turmeric and coriander, chickpea hummus, fresh avocado combined with bio lemon sauce.

Allergens: A

Black & White & Green € 8.60



Bio beluga lentils, basmati rice, poached egg, mushrooms, sweet italian chicory and homemade mustard sauce.

Allergens: E, F

Caesar's Salad € 9.30



Arugula, bio lola lettuce, bio mung bean sprouts, bio hemp seeds, pumpkin seeds, sunflower seeds, bio chicken breast and creamy vegan cashew sauce.

Allergens: C

Tempeh's Salad € 8.50



Homemade chickpea tempeh, red and green lola lettuce, bio beluga lentils sprouts and bio mung bean sprouts, homemade bio soya and bio tahini mayo sauce.

Allergens: A, D

Veggie Burger (1 burger without bread) € 6.80



Bio chickpeas, portobello mushrooms, coriander, chives, lola lettuce, green pepper (bell pepper) and homemade soya mayo sauce.

Allergens: D, E

Zesty Goodness Chicken € 9.80



Bio chicken thigh, white basmati rice, coriander, lemongrass and sauce from bio coconut milk, lime and ginger.

Allergens: G

Signature Bio King Soba Noodles € 7.20



Bio noodles brown rice, bio carrots, bio broccoli, florina pepper, green bell pepper, bio cabbage, scallion, ginger, black and white sesame seeds, caramelized peanuts and fresh pineapple-tamari sauce.

Allergens: H, A, D

The White White Burger € 9.80

(2 burgers without bread)



Minced bio chicken with vegetables, bio oat flakes and bio tomato salad with avocado.

Allergens: B, E, F

Quinoa Cakes € 6.80



Bio quinoa tricolour, egg, graviera cheese, bio oat flakes, bio carrot, bio broccoli, leek, Florina pepper and homemade yogurt dip.

Allergens: B, F, G

Crispy Bio Chicken € 9.80



Bio chicken breast with mustard seed, turmeric, ginger and mashed bio broccoli with bio coconut oil, bio coconut milk, bio lemon.

Allergens: E

Cocoa Beef € 10.50



Bio beef, onion, garlic, celery, bio raw cocoa, parsley and bio mashed potatoes.

Choose between white and brown sourdough bread € 0.50

Mains

The Veggie Buddha Bowl € 7.40



Bio quinoa, bio millet, bio oyster mushrooms, sweet potatoes, avocado, bio red beans and homemade sauce from Florina peppers.

Napolitana Rossa € 6.40



Bio wholemeal zeas pasta, bio tomato, bio carrot, bio onion, celery, spearmint olive oil.

Allergens: I

Desserts

Proto Choco Mousse € 4.50



Allergens: C

Raw. Carrot. Cheesecake! € 3.80



Allergens: C, B

Proto Choco Truffles € 4.30



Allergens: C, A



Beverages

WEMA SMOOTHIES

Energize your wema (bio orange, green apple, bio banana, fresh ginger)	€ 3.90
Boost your wema (bio acai, bio banana) (+vegan protein powder +1,5 €)	€ 3.90
Beautify your wema (mango, pineapple, bio coconut milk, bio matcha powder, spinach, spearmint)	€ 4.20
Satisfy your wema (bio banana, bio almond milk, bio oat flakes, cinnamon, bio cocoa, honey)	€ 3.90

REBEL KITCHEN ORGANIC DRINKS

Coconut Mylk Orange Chocolate	€ 2.80
Coconut Mylk Banana	€ 2.80
Coconut Mylk Chai	€ 3.20
Coconut Mylk Matcha Green Tea	€ 3.20
'Aqua Coco' Coconut Water	€ 3.40
Folkington's Pink Lemonade	€ 2.80

GREEN COLA DRINKS 330ML

Green Cola	€ 1.40
Pure Cola με Green Tea	€ 1.60
Green mountain (γκαζόζα)	€ 1.40
Green πορτοκαλάδα	€ 1.40
Green βουσσινάδα	€ 1.40

Water 500 ml	€ 0.50
Sparkling water 330 ml	€ 1.50

VERVE JUICES

Big Apple (green apple, lemon, ginger)	€ 4.50
Citrus Blast (orange, red apple, grapefruit, lemon, honey from thyme)	€ 4.50
Root Guard (καρότο, ginger, lemongrass, orange, pineapple)	€ 4.50
Turmeric Golden Mylk (almond milk, turmeric, ceylon cinnamon, honey, cayenne pepper)	€ 4.60
Cocoa Bliss (cashews, water, dates, cocoa, cinnamon, Himalaya salt, vanilla, maca powder)	€ 4.60

PUKKA ORGANIC TEAS

Green Teas & Herbal Infusions	€ 1.80
Cleanse (naturally caffeine-free)	
Detox with Lemon (naturally caffeine-free)	
Supreme Green Matcha	
Chamomille, Vanilla & Manuka Honey (naturally caffeine-free)	
Lemongrass & Ginger (naturally caffeine-free)	
Star Anice & Cinnamon	
Black Teas	
Elegant English Breakfast	
Original Chai	
Gorgeous Grey Tea	

SYMBOLS

	Gluten-free
	Protein-packed
	Vegetarian
	Vegan
	Raw
	Low gluten
	No added sugar
	Lactose-free
	Plant-powered
	Low-carb
	Frozen
	Low-calorie

ALLERGENS : A / Sesame, B/ Wheat and other grains with gluten, including barley, rye, and oats, C/ Tree nuts, like walnuts, almonds, pine nuts, brazil nuts, and pecans, D/ Soyabeans, E/ Mustard /senape, F/ Eggs, G/ Milk and milk products (including lactose), H/ Peanuts, I/ Celery (including celeriac), J/ Crustaceans for example prawns, K/ Fish

Please inform us about any allergies or food intolerances

We don't use a microwave oven in any of our dishes.

We use extra virgin olive oil.

Our eggs are free-range.

The tahini is bio and wholegrain.

The tamari sauce, the balsamic, the vinegar and the apple cider vinegar are bio.

The coconut oil is bio.

Our cold meats are naturally cured.

The wheat flour is whole wheat bio.

The baking powder and baking soda are bio.

When sugar is used it's bio coconut sugar.

We use ingredients with the least amount of processing

We try not to use products that have preservatives

Our packaging are eco-friendly made out of wood pulp

order online
www.wema.gr

Email: info@wema.gr

Open Monday - Friday

Delivery hours: 09:30-18:00

Address:

Vithinias 1 &

Ethnikis Antistaseos Avenue,

Nea Ionia, 14234

Telephone:

2102774896

2102774899

FOLLOW US

 @wemafoodgoodness

 @wemafood

Market Regulator:

Roussos Pavlos

Minimum charge 7 euro

Scientific consultant:

Christina Kostara,
Nutritionist- Dietitian

The consumer is not obliged to pay, if the notice of payment is not received (receipt-invoice)
136/1946 . 2523/1997.

Approved POS card terminal available.

The prices are in euros and they include all the legal taxes. The prices might change without prior warning.

WÉMA