

Our Energy Breakfast

Espresso Lavazza (single/double)	1,70€ / 2,00€
Cappuccino (single/double)	2,30€ / 2,50€
Americano	2,00€
Latte	2,50€
Espresso freddo	2,20€
Cappuccino freddo	2,40€
Filter (V60)	2,30€
Chocolate	3,00€
ERACLEA Chocolate (variety of flavors)	3,30€
Organic Tea and NUMI Beverages (variety of flavors)	2,30€
Matcha tea (hot or cold) The unique MATCHA NINJA just arrived in Healthy Piraeus	4,00€
Matcha Latte (option with vegan milk)	4,30€
Organic Kombucha tea 200ml	4,00€
Healthy Harmony Slim mix tea (with leeches, sage, melissa and mint)	2,30€
Healthy Harmony Power mix tea (wild rose, fennel, shabu, ditta, mountain tea and shingle)	2,30€
Healthy Harmony Health & Beauty mix tea (with wild rose, lavender, hibiscus, mountain tea, rosemary)	3,40€
Organic Soft drinks GALVANINA	0,50€
Water	

Extras + 0,50€

Sugar free syrups for coffee or chocolate (Hazelnut, Royal Caramel, French Vanilla and Blackberry / Chocolate), natural whipped cream, almond milk, coconut, oat (BIO)	2,00€
	2,50€
	2,20€
	2,40€
	2,30€
	3,00€
	3,30€
	2,30€
	4,00€
	4,30€
	4,00€
	2,30€
	2,30€
	3,40€
	0,50€

Energy Bars and Bites

Healthy Harmony classic , Strawberry & Almond , Cranberries & Cashews, Peanuts Pistachio & Papaya, Chocolate & Orange (sugar free)	2,30€
Protein bars NUTREND EXCELENT 24% (85gr) (variety of flavors)	3,20€

Greek Yogurt 2% with...

Fresh fruits and honey	3,30€
Fresh fruits and granola or bran sticks BIO	3,30€
Honey or traditional spoon sweet	3,30€
Superfoods (goji berries, cranberries, raisins, linseed, cannabis seeds, chia seeds)	4,00€

Fruit Salad και Smoothie BOWLS

Fruit salad with seasonal fruits	4,00€
Fresh orange juice (coldpressed)	2,80€
Smoothie Bowl Tropical Banana, coconut, pineapple, mango Topping: granola, cranberries, black chocolate	4,70€
Smoothie Bowl Carrot cake Banana, carrot, dough, honey, cinnamon Topping: granola, raisins, walnuts	4,70€

Omelet (oven) **New!**

with 3 BIO eggs (including multigrain bread)

With cheese	4,40€
With turkey, tomato, pepper, cheese	5,00€
With bacon, tomato, pepper, cheese	5,00€
With mushrooms, bacon, tomato, cheese	5,50€

Extras + 1,00€

Small salad	5,00€
	5,50€

Wraps & sandwiches in 2 steps

CHOOSE YOUR BREAD

A. MULTIGRAIN CIABATTA

B. WHOLEMEAL BREAD

Γ. WHEAT TORTILLA

CHOOSE STUFFING

CEASAR'S

Chicken, parmesan, corn, Caesar's dressing, lettuce

4,00€

SMOKY

Smoked turkey, gruyere, smoked paprika, extra virgin olive oil, lettuce

4,00€

HIPSTER *NEW!*

Avocado, sweet onion, egg, cream cheese, hemp seeds BIO

5,00€

AVOCADO SWEET CHILLI *NEW!*

AAvocado, tomato, smoked fillet turkey, mayonnaise & sweet chilli sauce

5,00€

BISTRO *NEW!*

Dijon Mustard, caramelized onion, smoked ham, low fat cheese, green salad

5,00€

ITALIAN

Mozzarella, tomato, rocket and handmade basil pesto

4,00€

GREEK WRAP

Tomato, feta, fresh onion, olive, red pepper, oregano, olive oil

4,00€

BLUE CHEESE

Chicken, blue cheese, corn, ranch dressing, lettuce

4,00€

VEGAN

Quinoa, avocado, tomato, marinated onion, red pepper

4,30€

FIRENZE

Prosciutto, parmesan, lettuce, truffle oil

4,70€

SALMON

Smoked salmon, cottage cheese, cucumber, ranch dressing, lettuce

4,70€

FALAFEL

Lebanese falafel, mix of fresh vegetables, tomato, cucumber, onion, lemon and tahini sauce

4,70€

BEEF FILLET *NEW!*

Slices of slow cooked beef, barbeque sauce, Dijon mustard, tomato, low fat cheese, green salad

5,30€

Traditional handmade pies and foccacia

TRADITIONAL CRETAN PIES **New!**

An authentic traditional Cretan thin pies, fermented only with olive oil, without fat, cooked on the plate and not fried. Delicious hot and cold!

Filled with wild greens, spinach and fennel	4,00€
With original traditional creamy cheese (xenomyzithra) of Crete (Try it with honey + 0.70 €)	4,00€

FOCCACIA **New!**

An authentic Italian dough with olive oil and an aromatic natural homogenous leaven, cooked on a non-fat burned plate

With chicken (with lean breast of fresh chicken, mushrooms, corn and a variety of cheeses)	4,00€
With sun dried tomato, feta cheese & olives	4,00€
Mozzarella and basil pesto	4,00€
Turkeys, mushrooms and cheese	4,00€

TRADITIONAL HANDMADE PIES

Nettle pie with quinoa, cranberries και goji	4,00€
Traditional cheese pie with PDO feta cheese	3,50€
Spinach pie with two-wheeled and aromatic flavors	3,50€
Spinach pie with myrrh and goblins	3,50€
Chicken pie with Florina pepper and feta cheese	4,00€
Pumpkin pie with leek, savory and oregano	3,50€
Mediterranean pie with pepper, olives, tomato and	3,50€

Healthy Pastry

All sweets are made in our own lab, with our own recipes and the finest and freshest ingredients.

HEALTHY CAKES

Vegan cakes without animal ingredients with fresh fruit, black sugar, coconut and organic soya and almond milk € 2.50 / piece or 12 € whole (pre-order)

Beetroot and red fruit	Brownie με κομμάτια μαύρης σοκολάτας
Carrot cake linseed, ginger, cinnamon and cardamom	Orange chocolate
Lemon, turmeric and poppy seed	Vanilla chocolate

Please do not hesitate to ask our staff for new tastes!

HEALTHY PATISSERIE

Healthy Apple Tart [handmade tart,fresh apples] with brown sugar/low fat	3,00€
Healthy Cheesecake [with Greek cheese, yogurt and honey, with fresh fruits or homemade strawberry jam with 50% less sugar]	4,00€
Healthy chocolate tart with salty candy (handmade tart, salted milk candy and health chocolate garnish served with freshly sliced banana)	4,00€
Healthy Mousse yoghurt with raspberry sauce	4,00€

Fresh Juices | Cold pressed

HEALTHY SPECIALS 330ml

4,00€

Green detox Apple, celery, cucumber, lemon, ginger, mint

Athlete's juice Orange, carrot, pineapple, celery, ginger

Glow Pineapple, mango, orange

Balance Orange, beetroot, carrot, ginger, turmeric

Very berry good Raspberry, blackcurrant, mango, spinach, banana, pear, apple

CLASSICS 330ml

3,40€

Citrus magic Orange, lemon, grapefruit, ginger

Classic Orange, apple, pear, carrot

Red power Pomegranate, carrot, green apple, orange

Apple Pie Apple, pear, excl. banill, cinnamon

Virus killer Pear, lemon, ginger, Echinacea, honey, thyme

SMOOTHIES 330ml

4,00€

Wake me up Banana, shot, milk, black sugar or stevia or saccharin

Kalimera cocoa Banana, yoghurt or almond milk, raw cocoa, honey or stevia or saccharin

Kalimera Banana Banana, milk, nuts, honey or stevia or saccharin

Protein boost Banana, yogurt, peanut butter, honey and whey protein

Elvis Banana, peanut butter, toffee syrup, milk 2%

Avocado power Avocado, banana, pineapple, organic oat milk or almond milk

CREATE YOUR JUICE (4,00€) H SMOOTHIE (4,50€)

Choose base:

- 1.Apple (green and red)
- 2.Orange
- 3.Banana
- 4.Veggie (cucumber and carrot)

Choose up to 3 more fruits or vegetables:

Apple green or red, orange, lemon, lime, grapefruit, kiwi, pomegranate, banana, strawberry, pineapple, ginger, carrot, beetroot, spinach, tomato, cucumber, lettuce, broccoli, 2% yoghurt, 2% milk, almond milk, coconut milk, oat milk

Extras +0,50€

Extra ginger, red fruits (blackberries and blackcurrants), cinnamon, turmeric, cayenne pepper, vanilla, honey, raw cocoa, chia seeds, cranberries, linseed, dried figs, walnuts, almonds, agave syrup, coconut, maltode, oats, tahini, peanut butter, black chocolate, caramel syrup (without sugar) , raspberry syrup / chocolate (without sugar)

Superboost +1,00€

Whey protein , avocado , pollen , aloe gel, spirulina , sea buckthorn, goji berries, maca root, cannabis seeds BIO , wheatgrass

Create your own salad

1. Choose base 2. Choose up to 3 free standard materials 3. Add the premium materials of your choice and 4. Finish your salad with a dressing!

SALAD BASES

Iceberg lettuce	4,40€
Spinach rocket	4,90€
Tomato	4,90€
Cherry tomatoes	5,40€
Penne	4,90€
Whole Grain Penne & gluten free	5,40€
Quinoa	6,40€

DRESSINGS extra 0,60€

Vinaigrette with balsamic vinegar
Vinaigrette with Dijon mustard and honey
Sour vinaigrette with mint and basil
Creamy vinaigrette with orange & ginger
Ceasar's dressing (50% less fat)
Ranch dressing
Asian dressing with lemongrass, miso and ginger
Lime & sweet chilli dressing
Olive oil BIO «MOIRES» & Lemon or vinegar

All dressings are made by us in Healthy Harmony, daily with our own recipes and do not contain trans fats and other suspect ingredients

STANDARD YAIKA extra 0,60€

Cucumber	Fresh onion	Pumpkin
Pukamadubuki	Parsley	White cabbage
Corn	Lentils	Capers
Tomato	Green pepper	Fresh lettuce
Croton	Mint	Cabbage red
Black bean beans	Olive washers	Carrot
Onion	Red pepper	Green apple
Dill	Sousamy kav.	Pear
Rebecca	Egg	Orange fillet

PREMIUM

SAUSAGES, MEAT AND SEAFOOD

Smoked turkey	0,80€
Smoked ham	0,80€
Bacon	0,80€
Prosciutto	1,80€
Roast chicken	1,50€
Calf fillet	2,50€
Tuna fish	1,20€
Crab Stick (surimi)	1,00€
Smoked salmon	2,20€
Shrimps	2,50€

Mushrooms	0,80€
Cherry tomatoes	0,60€
Kale	1,20€
Dried tomato	0,60€

CHEESES

PDO slice	0,90€
Gruyere	
Cottage cheese	
Low fat cheese	
Mozzarella	
Parmesan	

Walnuts	
Raisins	
Dried figs	
Dates	
Sunflower seed	
Linseed	
Gulagum seed	

SUPER FOODS 1,00€

Quinoa	
Goji berries	
Cranberries	

FRUIT & VEGETABLES

Avocado	1,00€
Mango	0,90€
Pineapple	0,90€
Edamame Beans	1,00€

Blue Cheese	
Vegan Cheese	

NUTS

	0,50€	cannabis seeds BIO
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Chia seeds	
Spiroulina flakes	
Maca BIO	

Salads

CEASAR'S	6,40€
Mixed green salad, roast chicken, corn, croutons, Parmesan flakes Accompanied by Healthy Harmony Ceasar's dressing Nutr info: Kcal 339 - Protein 23.4g - Carbs 14.8g - Fat 21.8g 8g	
AVOCADO CEASAR'S	7,00€
Mixed green salad, avocado, roast chicken, corn, bacon, croutons, parmesan flakes Accompanied by Healthy Harmony Ceasar's dressing Nutr info: Kcal 540 - Protein 31g - Carbs 38g - Fat 33g	
QUINOA CHICKEN	6,90€
Roast chicken fillet, quinoa, mixed green salad, chopped green onion, olive kernels, Greek grape skins and balsamic vinaigrette Nutr info: Kcal 482 - Protein 26g - Carbs 14.7g - Fat 30.3g	
OMEGA	7,50€
Mixed green salad, smoked salmon, cucumber, onion pickle, corn, dill, chia seeds. HEALTHY HARMONY vinaigrette Nutr info: Kcal 461 - Protein 23.7g - Carbs 25.2g - Fat 29g	
THE BLACK EYED PEAS	6,40€
Super healthy, protein-rich and low-fat and calorie black-eyed beans create the foundation for a wonderful, full dish of gastronomic pleasure. Combined with tomato, red pepper, corn, carrot, onion and fresh herbs and marinated with a vegan spicy pesto of wild rock. Add feta cheese or cottage cheese (+ 0,90 €) for a great dining experience! Nutr info: Kcal 437 - Protein 16.2g - Carbs 45.7g - Fat 20.5g	
SUPERFOOD DETOX	6,90€
Detox and energy with superfoods! With quinoa, grated raw beetroot, carrot, spinach, sesame, cranberries. Served ideally with classic vinaigrette . Nutr info: Kcal 394 - Protein 12.4g - Carbs 35.4g - Fat 22.1g	
SUPERFOOD MAX PLUS <i>NEW!</i>	9,40€
Overshoot Treasure! Quinoa, avocado, kale chips, carrot, beetroot, cabbage, lettuce and iceberg, hippophae and goji. Dressing with turmeric, tahini and lemon	
CHICKPEAS, FETA CHEESE KAI SUPERFOODS <i>NEW!</i>	6,10€
Unique combination of tender chickpeas, quinoa, cranberry, chopped carrot and red pepper, fresh aromatic herbs, PDO feta cheese and aromatic dressing with fresh orange and ginger	
POTATO SALAD RANCH <i>NEW!</i>	6,10€
French steamed baby potatoes, smoked hams, corn, freshly chopped vegetables (carrot, red pepper), dill, onion and cool, creamy ranch sauce with yoghurt. (Taste it with roast chicken + 1,20 € or smoked salmon +2,20€)	

HEALTHY BEEF FILLET *NEW!*

9,10€

Green salad with beef fillet, chopped cabbage, carrot, cucumber and red pepper. It is accompanied by a vinaigrette with Dijon mustard and honey.

ASIAN NOODLE SALAD *NEW!*

6,10€

Asian salad with Chinese pasta combined with a feast of chopped fresh vegetables: zucchini, carrot, cabbage, red pepper, cucumber and corn. Marinated in asian soy sauce with ginger, miso and lemongrass and garnished with crunchy onion and roasted sesame.

(Add optional chopped chicken (+1,20 €) or crab stick + 1,00 € or smoked salmon +2,20 €)

CLASSIC TMB

5,80€

Tomato, mozzarella, basil pesto, croutons
Nutr info: Kcal 248 - Protein 7.6g - Carbs 15.8g - Fat 16.3g

MEDITERRANEAN FALAFEL

8,30€

Spicy falafel oven on a colorful vegetable base (Iceberg lettuce, white and red cabbage, pepper, tomato, cucumber, fresh onion)

It is accompanied by spicy dressing with tahini, maple syrup and turmeric.

Nutr info: Kcal 636 - Protein 22g - Carbs 86g - Fat 20.

TUNA PASTA

6,10€

Tuna, penne, red pepper, carrot, cherry tomatoes, parsley and green onion. Accompanied from ranch dressing

Nutr info: Kcal 529 - Protein 27,1g - Carbs 75,2g - Fat 13,7g

CHICKEN PASTA *NEW!*

7,00€

Penne, marinated chicken, mushrooms, finely chopped tomato, corn, parsley, Parmesan flakes and ceasar's dressing with 50% less fat

PENNE GENOVESE

7,00€

A healthy, tasty and complete dish with a delicious, fresh Mediterranean flavor!

Whole pecans, fresh zucchini, sun-dried tomatoes and colorful peppers are marinated with our own vegan royal pesto. Combine it with cheese or cottage cheese (+ 0,90 €),

PASTA PRIMAVERA

7,00€

Penne, spaghetti with fresh zucchini, cherry tomatoes, peas, carrot, red pepper, crispy onion flakes and parmesan peels. It is accompanied by creamy Ceasar's dressing

Nutr info : Kcal 530 - Protein 22.7g - Carbs 69.2g - Fat 18.2g .Optional roast chicken (+ 1.50 €) or shrimp (+ 2,20 €) or surimi (+ 1,00 €)

GREEK SALAD HEALTHY HARMONY

6,10€

Tomato, cucumber, pepper, sweet onion, capers, olives, PDO feta cheese, nuts and extra virgin olive oil "Moires"

Program 5/5/4

Five salads/five working days/ four weeks

Replace 1 meal per day for a month with a fresh and healthy salad and
...change your body and your mood!

**Special
offer!
Contact us !**

Healthy meals

Calorie-cooked meal or dinner plates of high nutritional value.

Side dishes about 1,2,3,4 plates

Penne (200cal, 42g carbs, 1g fat, 7g protein) with optional sauce
or baby potato, zucchini and baby carrots steaming (149cal, 29,8g carbs, 0.9g fat, 3.9g protein) or
green salad (15cal, 3.2g carbs, 0.2g fat, 0.9g protein) with your favorite dressing.

1. HEALTHY TURKEY PLATE

7,20€

Burger (120g) of fresh turkey mince (198 cal, 0.9g carbs, 10.6g fat, 24.6g protein) on the grill. It is accompanied by a hand-made barbecue

2. HEALTHY CHICKEN PLATE

7,20€

Marinated fillet of fresh roast chicken 120gr (158Kcal, 0.4g carbs, 3.9g fat, 28.2g protein). It is accompanied by mustard dressing & honey.

3. HEALTHY BEEF PLATE

9,40€

Fresh beef 120g (220 cal, 0g carbs, 8.6g fat, 38g protein) cooked for 10 hours and hand-made barbecue sauce.

4. HEALTHY SALMON PLATE

9,40€

Salmon fillet 125g (steam) in steam (133cal, 0g carbs, 4g Fat, 22.9 protein). It is accompanied by mustard dressing & honey

5. HEALTHY VEGGIE PLATE

7,20€

2 vegan burgers (290 Kcal), handmade BBQ sauce and healthy mix (quinoa, vegetables) or green salad season

6. HEALTHY FALAFEL PLATE

7,20€

3 spicy lebanese falafel bakery (177Kcal), tahini sauce, lemon and turmeric sauce and mixed salad with olive oil and lemon.

7. GREEN BURGER

5,90€

Vegan burgers (145kcal) in bread with guacamole and barbecue sauce, tomato, sweet onion and lettuce. It is accompanied by an individual salad with vinaigrette

8. VEGAN NUGGETS BIO

7,70€

Organic vegan nuggets, accompanied by handmade barbecue sauce and salad.

SOUP OF THE DAY (from November till February)

4,80€

It is accompanied by bread. Ask us for the soup of the day.

Enjoy your meal or salad with a glass of wine!

White, Papagiannakou (187ml)

4,00€

Red, Papagiannakou (187ml)

4,00€

Fitness menu combos



DETOX MEAL

BREAKFAST Green Detox juice and a banana (274cal, 69g carbs, 1g fat, 4g protein)

or Organic Kombucha Tea or Ginger Tea and Cereal Bar Healthy

LUNCH Superfood Detox Salad (394cal, 35.4g carbs, 22.1g fat, 12.4g protein)

DINNER Healthy Salmon plate (133cal, 0g carbs, 4g Fat, 22.9 protein) with baby potatoes and baby carrots steamed ((149cal, 29.8g carbs, 0.9g fat, 3.9g protein)

SLIM MEAL

BREAKFAST Coffee or tea and turkey toast and low fat cheese (241 cal, 27g carbs, 10g fat, 14g protein)

LUNCH Ceasar's Salad (339cal, 14.8 carbs, 21.8g fat, 23.4g protein)

DINNER Healthy Chicken plate (158cal, 0.4g carbs, 3.9g fat, 28.2g protein) with green salad (15cal, 3.2g carbs, 0.2g fat, 0.9g protein)

HIGH PROTEIN MEAL

BREAKFAST Smoothie Protein boost (504 calories, 62g carbs, 14g fat, 37g protein)

LUNCH Healthy Beef Plate (220 cal, 0g carbs, 8.6g fat, 38g protein) with white or full pens (200g, 42g carbs, 1g fat, 7g protein)

DINNER Healthy Chicken plate (158cal, 0.4g carbs, 3.9g fat, 28.2g protein) with green salad (15cal, 3.2g carbs, 0.2g fat, 0.9g protein)

ENERGY MEAL

BREAKFAST Yoghurt with 2% fat with fruit, granola and honey

LUNCH Healthy Turkey Plate (198 cal, 0.9g carbs, 10.6g fat, 24.6g protein) with pence white or total (200cal, 42g carbs, 1g fat, 7g protein)

DINNER Salad Cinnamon Chicken (482cal, 14.7g carbs, 30.3g fat, 26g protein)

POWER MEAL

BREAKFAST Organic Kombucha tea and Omelette with 3 eggs (1 egg yolk + 3 egg whites), turkey and pepper (210cal, 5.7g carbs, 16g fat, 22g protein)

LUNCH Salad The black eyed peas (437cal, 45.7g carbs, 20.5g fat, 16.2g protein)

DINNER Omega salad (461cc, 25.2g carbs, 29g fat, 23.7g protein)

VEGAN MEAL

BREAKFAST Coffee or tea with vegan cake (diff. tastes) or Bar The cereal Healthy

LUNCH Salad Penne Genovese or Vegan Chicken nuggets

DINNER Green Burger