



## MENIU

Yes, of course it's also healthy. It's raw vegan, after all. But, most of all, our food is simply delicious. Because we love making it. It's as if we'd be preparing it for ourselves, but you get to eat it.

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## DELIVERY

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## TAKE AWAY

For orders, you just need to access [www.bistrorawvegan.com](http://www.bistrorawvegan.com) or by phone 0726 605 501.



# Soups

Spinach Soup – raw / 300 g – 14 Lei

(spinach, cucumber, lemon, avocado, hemp seeds,  
Himalayan salt)

Carrot & Ginger Soup – raw / 300 g – 12 Lei

(carrots, ginger, celery, condiments, Himalayan salt)

Avocado Soup – raw / 300 g – 15 Lei

(avocado, cucumber, lemon, mint, Himalayan salt)

Vegetable and red bell pepper Soup – raw / 300 g – 15 Lei

(almond milk, carrots, celery, red bell pepper, Himalayan salt)

Beet Soup – raw / 300 g – 15 Lei

(cashews, beet, bortsch, lovage, carrot, zucchini, Himalayan salt)

Cream Lentil Soup – vegan / 300 g – 14 Lei

(red lentils, vegetables, Himalayan salt)

Cream Mushroom Soup – vegan / 300 g – 15 Lei

(mushrooms, leek, Himalayan salt)



Ginger Soup with Rice Noodles – vegan / 300 g – 14 Lei  
(tomatoes, ginger, rice noodles, Himalayan salt)

Vegan “Tripe” Soup – vegan / 300 g – 15 Lei  
(pleurotus mushrooms, cashews cream, Himalayan salt)

Cream Tomato Soup with Basil – vegan / 300 g – 14 Lei  
(tomatoes, basil, Himalayan salt)

Cream Broccoli Soup – vegan / 300 g – 14 Lei  
(broccoli, potatoes, celery, onion, pepper, Himalayan salt)

Cream Chickpea Soup – vegan / 300 g – 13 Lei  
(chickpeas, onions, tomatoes, coriander, cumin, pepper, Himalayan salt)

Cream Green Pea Soup – vegan / 300 g – 14 Lei  
(green peas, mint, Himalayan salt)

Cream Vegetable Soup – vegan / 300 g – 12 Lei  
(tomatoes, carrots, celery, onion, zucchini, Himalayan salt)

Seasonal Vegetable Borscht Soup – vegan / 300 g – 12 Lei  
(vegetables, lemon, Himalayan salt)

Pumpkin Soup – vegan / 300 g – 14 Lei  
(pumpkin, potatoes, bio coconut oil, Himalayan salt)



# Spreads

Guacamole – raw / 150 g – 20 Lei  
(avocado, coriander, tomatoes, onions)

Humus – raw / 100 g – 10 Lei  
(chickpeas, lemon, olive oil, Himalayan salt)

Avocado and Gomashio Bruschetta – raw vegan / 250 g – 15 Lei  
(whole wheat bread, avocado paste, gomashio, sesame,  
pomegranate, Himalayan salt)

Tomato Bruschetta – raw vegan / 250 g – 12 Lei  
(whole wheat bread, tomatoes, basil, garlic, olive oil, Himalayan salt)

Humus tahini – vegan / 100 g – 12 Lei  
(chickpeas, tahini, lemon, olive oil, Himalayan salt)

Green Olive Spread – raw / 100 g – 11 Lei  
(green olive, basil, garlic, Himalayan salt)



Antioxidant curcuma spread – raw / 100 g – 13 Lei  
(cashews, curcuma, Himalayan salt)

Mushroom Terrine – raw vegan / 200 g – 15 Lei  
(champignon mushrooms, vegetables, Himalayan salt)

Baba Ghanoush – raw vegan / 200 g – 15 Lei  
(eggplant, tomatoes, garlic, tahini, Himalayan salt)

Spicy Carrot Spread – raw / 150 g – 9 Lei  
(carrot, dehydrated tomatoes, olive oil, chilly, Himalayan salt)

Cashew, Beetroot and Hemp Seed Tarama Style Spread – raw / 100 g – 14 lei  
(cashews, beetroot, hemp, seaweed, Himalayan salt)

Amaranth Vegan Tarama Style Spread – raw vegan / 100 g – 12 Lei  
(onion, almonds, olive oil, Himalayan salt)

Cashews Cheese with Dill – raw / 100 g – 14 Lei  
(cashews, dill, white onion, Himalayan salt)

Spicy Ginger Spread – raw / 100 g – 9 Lei  
(ginger, cashews, pepper, Himalayan salt)





# Salads

## Energizer Salad – raw / 250 g – 20 Lei

(lettuce, tomatoes, cucumber, red bell-pepper, pomegranate, avocado, quinoa, almonds, sunflower seeds, ginger, Himalayan salt)

## Greek Salad – raw / 250 g – 15 Lei

(lettuce, Kalamata olives, tofu, olive oil, tomatoes, cucumber, red onion, oregano, Himalayan salt)

## Protein Salad – raw / 350 g – 25 Lei

(chickpea, cucumber, tomatoes, red onion, tahini, lemon, salt, olive oil, parsley, Himalayan salt)

## Green raw Salad – raw / 250 g – 18 Lei

(lettuce, green olive, avocado, broccoli, arugula, Himalayan salt)

## 5 Colours Salad – raw / 250 g – 23 Lei

(salad, spinach, green olive, red cabbage, hemp seed, Himalayan salt)

## B12 Salad – raw / 250 g – 20 Lei

(carrot, beetroot, cabbage, inactive yeast, Himalayan salt)

## Caesar Salad – raw / 250 g – 18 Lei

(lettuce, avocado, red bell pepper, tomatoes, cucumber, Himalayan salt)

## Asian Wood Ear Mushroom Salad – raw / 250 g – 18 Lei

(seaweed, cucumber, white sesame, rice vinegar, Wood Ear Mushrooms, Himalayan salt)



**Apple and Beetroot Salad – raw / 250 g – 15 Lei**  
(beetroot, apple, horseradish, Himalayan salt)

**Tabbouleh – raw vegan / 250 g – 15 Lei**  
(parsley, tomatoes, red onion, quinoa, Himalayan salt)

**Bulgur and Quinoa Salad – raw vegan / 250 g – 20 Lei**  
(lettuce, tomatoes, cucumber, bulgur, quinoa, Kalamata olives, red onion, Himalayan salt)

**Raw Vegetable Salad – raw / 250 g – 20 Lei**  
(carrot, celery, parsley, apple, pomegranate, vegan mayonnaise substitute, Himalayan salt)

**Mushroom Salad with Vegan Mayonnaise – raw vegan / 250 g – 18 Lei**  
(mushrooms, dill, vegan mayonnaise substitute, cucumber, garlic, Himalayan salt)

**Salad with curcuma antioxidant – raw / 300 g – 14 Lei**  
(pimento, celery, cucumber, Kalamata olives, turmeric, cashews, lime, Himalayan salt)

**Tomato Salad with Arugula Sauce – raw / 250 g – 10 Lei**  
(tomatoes, salad, arugula, Himalayan salt)

**Salsa – raw / 150 g – 12 Lei**  
(parsley, arugula, garlic, tomatoes, lime, Himalayan salt)

**Russian Salad – vegan / 200 g – 14 Lei**  
(carrot, celery, peas, cucumber, pepper, potato, Kalamata olive, lemon, cashews, Himalayan salt)

**Russian Salad – vegan / 1 kg – 70 Lei**  
(carrot, celery, peas, cucumber, pepper, potato, Kalamata olive, lemon, cashews, Himalayan salt)



# Main Courses



Spinach with Tofu – vegan / 300 g – 20 Lei  
(spinach, tofu, almonds, Himalayan salt)

Spinach with Crispy Polenta – vegan / 300 g – 18 Lei  
(spinach, cornmeal, garlic, cumin, olive oil, Himalayan salt)

Japanese Black Rice – vegan / 300 g – 20 Lei  
(black rice, lentils, miso, sunflower seeds, pepper, Himalayan salt)

Polenta with Tofu and Cashew Sour Cream – vegan / 300 g – 15 Lei  
(tofu, cornmeal, dill, parsley, white onion, cashews, lemon, garlic, Himalayan salt)

Basmati Rice with Vegetables and Mushrooms – vegan / 300 g – 15 Lei  
(basmati rice, vegetables, curry, Himalayan salt)

Basmati Rice with Green Lentils and Avocado Dressing – vegan / 300 g – 19 Lei  
(basmati rice, green lentils, avocado, tomato, Himalayan salt)

Grilled pleurotus mushrooms with "french fries" – vegan / 300 g – 33 lei  
(pleurotus mushrooms, celery, salad, tomatoes, cucumber, red onion, Himalayan salt)

Spicy Green Lentil – vegan / 300 g – 16 Lei  
(green lentils, vegetables, mint, Himalayan salt)

Falafel with Tabbouleh – vegan / 300 g – 18 Lei  
(chickpea, parsley, condiments, Himalayan salt)

Quinoa with Stir-fry Vegetables – vegan / 300 g – 23 Lei  
(quinoa, legume, Himalayan salt)

Green Peas with Tomato Sauce – vegan / 300g – 15 Lei  
(green peas, tomatoes, dill, Himalayan salt)

String Beans with Dill – vegan / 300g – 12 Lei  
(tomatoes, dill, garling, white onion, Himalayan salt)





**Vegan Omelet – vegan / 250 g – 15 Lei**

(tofu, zucchini, red peppers, red onion, mushrooms, Himalayan salt)

**Leek with Olives – vegan / 250 g – 15 Lei**

(leek, tomatoes souse, Kalamata olives, Himalayan salt)

**Leek with Olives – raw / 250 g – 15 Lei**

(leeks, mushrooms, bulgur, soy, Himalayan salt)

**Stuffed Mushrooms – vegan / 200 g – 15 Lei**

(dill, garlic, onion, Himalayan salt)

**Stuffed Cabbage Rolls with Nuts and Bulgur – raw / 300 g – 20 Lei**

(pickled cabbage, Romanian walnuts, bulgur, onions, thyme, dehydrated tomatoes, Himalayan salt)

**Spicy Stir-fry with Basmati Rice with Seeds – vegan / 300 g – 30 Lei**

(red peppers, zucchini, mushrooms, carrot, celery, red onion, cashews, sunflower seeds, pumpkin seeds, olive oil, Himalayan salt)

**Vegan Cabbage Rolls with Polenta and Cashew Sour Cream – vegan / 300 g – 20 Lei**

(pickled cabbage, wallnuts, bulgur, cashews, Himalayan salt)

**Spring Rolls with Sauce – raw / 250 g – 20 Lei**

(rice spring roll wrappers, red cabbage, carrots, rucicola, white cabbage, wood ear mushrooms, rice noodles, Himalayan salt)

**Lasagna – raw / 300 g – 20 Lei**

(zucchini, tomatoes, sprouts, pesto, cashews, kalamata olives, marinated mushrooms, Himalayan salt)

**Pizza – raw vegan / 200 g – 16 Lei**

(dehydrated tomatoes, dehydrated onion, sprouts, mushrooms, rucicola, tomato sauce, oregano, Kalamata olives, red pepper, Himalayan salt)

**Stuffed Avocado – raw / 200 g – 20 Lei**

(onion, coriander, lemon, pepper, Himalayan salt)



# Pasta



Spaghetti Marinara – raw / 300 g – 20 Lei  
(zucchini pasta, tomato sauce, fresh basil, Himalayan salt)

Spaghetti Pesto – raw / 300 g – 20 Lei  
(zucchini pasta, fresh basil, Himalayan salt)

Spaghetti with Wood Ear Mushrooms – raw / 300 g – 20 Lei  
(zucchini pasta, mushrooms wood ears, cashews dressing, Himalayan salt)

Spelt Tagliatelle with Spinach and Capers – vegan / 300 g – 20 Lei  
(spinach, caper, caraway seeds, Himalayan salt, pepper)

Spaghetti with Avocado and Cherry Tomatoes – raw / 300 g – 25 Lei  
(zucchini pasta, avocado, cherry tomatoes, Himalayan salt)

Spelt Tagliatelle with Tomato and Basil Sauce – vegan / 300 g – 20 Lei  
(tagliatelle spelt, tomatoes, basil, mushrooms, Himalayan salt)

Spaghetti Shiitake – spicy – vegan / 300 g – 26 Lei  
(rice spaghetti shiitake, mushrooms, curry, vegetable, Himalayan salt)

Tagliatelle with Coconut milk – vegan / 300 g – 30 Lei  
(coconut milk, vegetables, curry, Himalayan salt)

Spelt Tagliatelle with Spinach and Capers – vegan / 300 g – 20 Lei  
(spinach, caper, caraway seeds, Himalayan salt, pepper)

Spaghetti with Seaweed – raw / 300 g – 20 Lei  
(zucchini pasta, seaweed, cashews dressing with cumin & nutmeg, Himalayan salt)



# Platters

Sushi with Bulgur and Vegetables – raw / 200 g – 18 Lei  
(bulgur, ginger, vegetables, vinegar rice, soy, Himalayan salt)

House Platter – raw / 1 kg – 90 Lei  
(sushi with bulgur; beetroot&hemp seed tarama, hummus, olive spread, tabbouleh, Kalamata olives, pita, zucchini rolls, Himalayan salt)

Rainbow Platter – raw vegan / 350 g – 30 Lei  
(vegetable rolls, hummus, olive spread, amaranth vegan tarama style spread, vegan egg spread, Himalayan salt)

Cucumber Rolls with “cheese” – raw / 300 g – 27 Lei  
(Fabio cucumber, cashew cheese, Himalayan salt)

Zucchini Rolls – raw / 300 g – 27 Lei  
(zucchini rolls, tofu, marinated mushrooms, tomatoes, fresh basil, Himalayan salt)

Almond Sushi – raw / 200 g – 25 Lei  
(almonds, vegetables, Himalayan salt)





# Bread

Pita – whole wheat – vegan / 160 g – 7 Lei

Whole Wheat Bread – vegan / 160 g – 7 Lei

Whole Wheat Bread Toast – vegan / 160 g – 8 Lei

Seed Bread – raw / 50 g – 6 Lei

(sun flower seeds, pumpkin seeds, brown linseed, white sesame, dehydrated tomatoes, seasoning, Himalayan salt)

Carrot Bread – raw / 50 g – 6 Lei

(carrots, white sesame, brown linseed, seasoning, Himalayan salt)



# Dressing

Cashews & Lemon Sauces – raw / 50 g – 4 Lei  
(cashews, lemon, garlic, Himalayan salt)

Balsamic Sauces – raw / 50 g – 4 Lei  
(balsamic vinegar, olive oil, unfiltered honey, Himalayan salt)

Proteins & Hemp Sauces – raw / 50 g – 4 Lei  
(cashews, hemp seeds, Himalayan salt)

Spicy Sauces – raw / 50 g – 4 Lei  
(tomatoes, chili, basil, Himalayan salt)

Green Chili Pepper – raw 1 piece – 1 Lei

Lemon – raw 50g – 4 Lei





# Desserts

Tiramisu – raw / 100 g – 15 Lei

(cashews, coffee, natural cocoa, almonds, cocoa butter, unfiltered honey)

Amandina Cake – raw / 100 g – 15 Lei

(cashews, natural cocoa, almonds, cocoa butter, unfiltered honey)

Chocolate Cake – raw / 120 g – 15 Lei

(cashews, almonds, dates, fresh cocoa powder, unfiltered honey)

Chocolate, Vanilla and Raspberry Cake – raw / 120 g – 15 Lei

(almonds, cashews, fresh cocoa powder, raspberry, vanilla, cocoa butter, unfiltered honey)

Cocoa and Mint Cake – raw / 120 g – 15 Lei

(cashews, almonds, dates, fresh mint, spirulin, fresh cocoa powder, unfiltered honey)

Poppy Seed and Lemon Cake – raw / 120 g – 15 Lei

(cashews, almonds, dates, lemon, poppy seeds, turmeric, unfiltered honey)

Wild Berry Cake – raw / 120 g – 15 Lei

(cashews, almonds, dates, wild berries, unfiltered honey)



**Amoraws Cake – raw / 120 g – 15 Lei**

(goji, cashews, coconut flakes, cocoa butter, vanilla, forest berries, beet, unfiltered honey)

**Chia Pudding with fruits – raw / 150 g – 13 Lei**

(almond milk, banana, fruits, chia seeds, unfiltered honey)

**Orange, Apricot and Carob Cake – raw / 120 g – 15 Lei**

(almonds, goji, dates, coconut, cashews, carob, apricot, cocoa butter, unfiltered honey)

**Cake with Green Apple, Lime and Matcha – raw / 120 g – 15 Lei**

(cashews, cocoa butter, Romanian nuts, green apples, matcha tea, unfiltered honey)

**Chocolate, Vanilla and Caramel Cake – raw / 120 g – 15 Lei**

(nuts, fresh cocoa powder, mesquite, cashews, dates, coconut flakes, unfiltered honey)

**Cheesecake with Raspberry – raw / 120 g – 15 Lei**

(cashews, raspberry, cocoa butter, Brazil nuts, coconut flakes, honey unfiltered)

**Psyllium Pudding with cinnamon – raw / 150 g – 13 Lei**

(almond milk, cinnamon, banana, nuts, vanilla beans, unfiltered honey)

**Truffles – raw / 100 g – 12 Lei**

(cashews, cocoa natural, naturals aroma, unfiltered honey)

**Energizer Rolls – raw / 50 g – 5 Lei**

(hemp seeds, cranberry, nuts, natural aroma, unfiltered honey)





# Juices

Antioxidant Juice – raw / 250 ml – 15 Lei  
(curcuma, cinnamon, almond milk, unfiltered honey)

Ginger and Peppermint Lemonade – raw / 250 ml – 13 Lei  
(lemon, peppermint, ginger, unfiltered honey)


Cowberry and Peppermint Lemonade – raw / 250 ml – 15 Lei  
(lemon, peppermint, cowberry, unfiltered honey)

Green Juice – raw / 250 ml – 13 Lei  
(spinach, salad, broccoli, cucumber, unfiltered honey)

Goji Juice – raw / 250 ml – 14 Lei  
(goji, ginger, peppermint, lemon, unfiltered honey)

Parsley and Spirulin Juice – raw / 250 ml – 10 Lei  
(lemon, parsley, spirulin, unfiltered honey)

Wild Berries Shake – raw / 250 ml – 15 Lei  
(almond milk, banana, forest berries, cinnamon, vanilla, unfiltered honey)



Protein Shake – raw / 250 ml – 15 Lei  
(orange, spinach, almond milk, strawberries, chia, banana)



Strawberry and Banana Smoothie – raw / 250 ml – 15 Lei  
(strawberries, banana, natural flavors, unfiltered honey)

Capuccino – raw / 250 ml – 15 Lei  
(guarana, mesquite, almond milk, unfiltered honey)

Almond Milk – raw / 1000 ml – 25 Lei  
(almonds)

Camu-Camu – raw / 250 ml – 16 Lei  
(orange, goji, unfiltered honey, camu-camu)

Almond, Cocoa and Cinnamon Shake – raw / 250 ml – 15 Lei  
(almond milk, coconut, cinnamon, cocoa, unfiltered honey)

Kombucha – raw / 250 ml – 10 Lei  
(black tea, probiotic & yeast culture)

Carrot and Apple Juice – raw / 250 ml – 10 Lei  
(carrots, apple)

Apple and Cinnamon juice – raw / 250 ml – 9 Lei  
(apple, cinnamon)

Beetroot Juice – raw / 250 ml – 10 Lei  
(beetroot)





*Order a cake!*

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For more details visit our website  
[www.bistorawvegan.com](http://www.bistorawvegan.com).



Our products contain the allergens: wheat, spelt, gluten, peanuts and derived products, soy, nuts, almonds, hazelnuts, walnuts, cashews, Brazil nuts, celery, sesame seeds and derived products, honey, white wine, mustard.



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