

# Jack and the Beanstalk,

has been dedicated to providing organic, local, healthy and delicious food to you.

We respect all living things as we, all living things on the planet are Earthlings.

We pursue Conscious Eating.

Please be reminded that

1. All food at Jack and the Beanstalk is 100% Vegan. We use organic whole grains, vegan & dairy free, wheat free, GMO free ingredients.

2. As to oils we use ONLY grapeseed oil, sunflowerseed and olive oil.

3. Salad is provided with all foods(except Burgers).

4. Brown rice is local and organic.

*Thanks* 

# Jack and the Beanstalk, the place for Conscious Eating

## Main Foods

No	Menu	Ingredients	Price
	<b>Homemade Burgers</b>		
1	a. Burger b. Burger & Beverage c. Burger & Salad d. Burger & Salad & Beverage	Whole wheat bread, organic and fresh vegetables & soy patties	a. ₩4,500 b. ₩6,500 c. ₩6,500 d. ₩8,000
2	Organic Fresh Nut Salad	Great salad and great dressing(yum yum)	₩6,000
3	Brown rice and bean meat pilaf	Brown rice, 100% soy meat & various organic and fresh vegetables	₩8,000
4	Pineapple Fried Rice	Natural sweet flavour of mushroom, green pepper, pineapple & almond	₩8,000
5	Vegan Bulgogi with rice	The sauce is made of a beautiful mixture of homemade tomato sauce and red pepper paste(brown rice is provided)	₩10,000
6	Homemade Tomato Pasta	Perfect harmony of fresh tomato, mushroom, onion & green pepper	₩10,000
7	Organic Cream Pasta	Nutty flavour of organic cream sauce with soy ham, mushroom & vegetables	₩12,000
8	Perilla Seed Pasta	Nutty flavour of organic cream sauce with soy ham, mushroom & vegetables	₩12,000
9	Bean Vegan Cutlets	Bean cutlet <b>air fried</b> by sunflower oil & brown rice powder.(brown rice is provided).	₩12,000
10	Vegan Steak	Thick bean steak with fresh vegetables & mushrooms(brown rice is provided).	₩12,000
11	Tofu Lentils Steak Patties	A delicious blend of tofu, lentils, and vegetables patties with a home made steak sauce. (brown rice is provided)	₩10,000
12	Healthy Vegan Pizza (it takes <b>20 mins</b> to make it due to its baking in the oven)	Made by organic homemade cheese(made by nuts), homemade tomato sauce, bean ham, mushroom & coconut oil	₩15,000
13	Bean Chicken	<b>Air fried</b> crispy bean chicken(up to 80% less fat than a traditional deep fat fried)	(S)₩12,000 (L)₩15,000
14	Air fried Potato Chips	<b>Air fried</b> crunchy chips and salad	₩6,000

Please let us know if you have any allergies beforehand, so we can check the ingredients.

*Thanks*

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## Beverage

No	Beverage	Price
1	Organic Coffee	₩2,500
2	Coconut Lemonade	₩5,000
3	Banana Smoothie	₩5,000
4	Blueberry Smoothie	₩5,000
5	Green Smoothie	₩5,000
6	Organic Herb Tea (Rooibos tea, red tea % peppermint)	₩5,000
7	Non-Alcoholic German beer	₩4,000

\* ₩1,000 discount if you have a meal.

*Thanks*