

gohealthyetc. (v21)

OPENING HOURS: MONDAYS TO FRIDAYS 7:30 AM – 7:30 PM/ SATURDAYS 9:00 AM – 7:30 PM

DELIVERY HOURS: MONDAYS TO FRIDAYS 7:30 AM – 3:30 PM/ SATURDAYS 9:00 AM – 3:30 PM

FREE PARKING FOR OUR CUSTOMERS

gohealthyetc. gohealthyetc. is the new fast-casual restaurant and all-day café opposite the European University in Nicosia, with a large variety of delicious, nutritious, healthy and well-balanced food and drink choices for breakfast, lunch and dinner.

gohealthyetc. is the ultimate alternative to junk food and offers a truly unique selection of wraps, sandwiches and salads from around the world, as well as tasty soups and comfort food, made with love and care as ready-to-go dishes in our kitchen each and every day.

Our signature cakes, croissants and mouthwatering pastries together with sweet pots, bagels, muffins and cookies accompany special blends of coffees and teas together with smoothies and fresh juices @gocoffee

We aim for quality food on the go, made with the freshest ingredients at affordable prices. Our team of chefs has spent hours perfecting our flavours in combination with every nutritional requirement: At **gohealthyetc.** feelgood-food is made inhouse every day and will be offered only on the same day, as nothing stays for the next morning!

At the long bar @gocoffee our baristas strive for the best drinks in town. From freshly roasted ground and whole bean coffees, espresso and lattes to the best hot chocolate in town and a special selection of teas together with the healthiest freshly-squeezed juices and superfood smoothies loaded with fresh fruit, vegetables and nut milks for an energy boost or an extra shot of vitamins.

Our commitment: to continually cook, blend and mix to perfection day after day, using top quality ingredients for a healthy and nourishing lifestyle.

the gohealthyetc. team

Find Us

1 Diogenous Street, Engomi

2404 Nicosia

(Opposite European University)

Tel: 22744744

www.gohealthyetc.com

BREAKFAST/HEALTHY POTS

Nothing like a breakfast @gohealthyetc. Start the day with our delicious, freshly prepared healthy pots made in our kitchen throughout the morning.

Yoghurt Pot & Granola Mix €3.60

Yoghurt 0% fat topped with granola, pecan nuts and hazelnuts drizzled with maple syrup and honey.

Pineapple & Honey Breakfast Pot €3.20

A layered breakfast bowl consisting of pineapple, cranberries, honey, 0% fat yoghurt and granola.

Overnight Porridge Seasonal Fruit €3.60

Old fashioned oats, fruit compote with honey, skimmed milk, 0% fat yoghurt and chia seeds, topped with fresh seasonal fruit.

Layered Bircher Muesli with Berries €3.00

Rolled oats, goji berries, cranberries, honey, skimmed milk, 0% fat yoghurt, vanilla pods, topped with roasted flaked almond and hazelnuts.

Fruit Mix €2.00

Selection of seasonal fruit (150 gr)

Fruit Mix €3.00

Selection of seasonal fruit (240 gr)

Just Fruit €1.80

Seasonal fruit cut in pieces (150 gr)

Just Fruit €2.80

Seasonal fruit cut in pieces (240 gr)

PROTEIN BARS

Protein bar with peanut butter €1.80

Protein bar with peanut butter, honey and vanilla.

Oatmeal bar with cranberries €1.80

Oatmeal with a mix of flaxseeds, coconut oil, honey, cranberries, cinnamon and vanilla.

Protein bar with chocolate €1.80

Oatmeal with a mix of flaxseeds, chocolate chips, peanut butter, honey and vanilla.

PASTRIES

@gohealthyetc we bake our own croissants, pastries and pies in-house, fresh each morning.

Butter Croissant €1.50

Our homemade pure all-butter croissant.

Almond Croissant €2.20

A freshly baked croissant with almond cream filling.

Corinthian Raisins Brioche €1.80

Rolled brioche dough with a thin and light spread of Madagascar vanilla cream, filled with organic raisins from Corinth.

Brioche Nocciolata €1.80

Milk and butter dough filled with hazelnut and chocolate cream, garnished with roasted hazelnuts.

Cheese Pie Classic €2.20

Classic homemade cheese pie.

Ham and Cheese Pie €2.20

Our classic homemade pie with ham and cheese filling.

Quiche Lorraine €3.20

Short crust pastry, crispy bacon, mushrooms, Gruyère cheese, fresh cream, milk, free range eggs and nutmeg.

Quiche Jardinière €3.00

Short crust pastry with vegetables.

COLD PRESSES JUICES

Orange €2.80

Pineapple & Melon €3.60

Grapefruit €2.80

Detox €3.60

Orange & Carrot Juice €3.60

Mix Fruit Juice €3.00

SANDWICHES

Choose from baguette to ciabatta, focaccia or sliced loaf bread, bagel or tortilla wrap all handmade, baked in our oven throughout the day and filled with quality ingredients and fresh vegetables.

Jambon-Beurre €4.50

Our stone baked baguette with a spread of butter and Dijon mustard, garnished with Grand Gourmet ham, melting cheese, lettuce hearts and tomato slices.

Free range Chicken Baguette €4.20

Baguette with sourdough, filled with a lettuce and mayo spread, chicken fillet garnished with cucumber, Lollo Rosso and Biondo.

Superfood Whole Grain Baguette €4.20

Whole grain baguette with multi seeds, spread with avocado, Kalamata olives, rucola, tomatoes and sweetcorn drizzled with first press and cold press premium olive oil.

(VEGETARIAN/ VEGAN)

Duck Soy Sauce Wrap €5.50

Tortilla wrap topped with a confit and shredded duck in a soy sauce with fermented black beans, garnished with Chinese lettuce, spring onions and cucumbers.

Tuna Mayo and Cucumber €4.20

Our brown maple syrup whole grain baguette with multi seeds, filled with tuna mayo with tuna chunks, garnished with butter, lettuce, tomatoes and cucumber.

Prosciutto and Pecorino Sardo €5.00

Stone baked sourdough baguette, filled with 18 months aged Prosciutto San Danielle, Pecorino Sardo shavings, fresh basil, rucola and premium olive oil.

Chickpeas and Avocado Wrap €4.80

Tortilla wrap garnished with mascarpone cream cheese spread, filled with lettuce hearts, freshly cooked chickpeas and flavoured with cumin, avocado and tomatoes.

(VEGETARIAN)

Chargrilled Chicken Wrap €5.20

Tortilla wrap spread with strained yoghurt flavoured with sumac, garnished with fresh spinach, chargrilled chicken, mixed grilled peppers and tomatoes.

Sesame and Falafel Wrap €4.80

Tortilla wrap garnished with our homemade falafel with chickpeas and sweet peas, drizzled with a tahini dressing and garnished with romaine lettuce and tomatoes.

(VEGETARIAN/ VEGAN)

Mediterranean Wrap €4.80

Tortilla wrap spread with feta cream flavoured with oregano, topped with grilled zucchini, eggplants, confit cherry tomatoes, feta crumble, rucola and Kalamata olives.

(VEGETARIAN)

Chicken Fajitas Wrap €4.40

Our homemade tortilla spread with guacamole filled with our flavourful chicken fillet with fresh peppers, coriander, sweet corns, Mexican spices and mature cheddar cheese. (NEW)

New York Bagel with Salmon €5.50

Our bagel garnished with smoked salmon, cream cheese with dill, capers, thinly sliced hard boiled egg, confit tomatoes and Lollo Biondo lettuce.

Ciabatta Cheese and Turkey Ham €5.00

Homemade ciabatta bread filled with turkey ham, mozzarella cheese, rucola, confit cherry tomatoes and a spread of mascarpone.

Super Club €4.50

A triple decker sandwich with our home baked sliced loaf bread, toasted and filled with free range hard boiled egg, chicken, crispy bacon and tomatoes, covered with lettuce and mayo spread.

Classic BLT €4.00

Our home baked sliced loaf bread toasted and garnished on three layers with lettuce and mayo spread, crispy bacon and tomatoes.

Chicken Avocado & Egg €4.00

Home baked slice loaf bread, filled with avocado, free range egg, chicken, lettuce and mayo spread. A full protein sandwich which will give you a lot of energy.

BAO BUNS

Bao Peking Duck €6.20

Steamed Chinese bun garnished with slow cooked duck in a black bean sauce, salad, cucumber and spring onions. (NEW)

Bao Tandoori Chicken €5.70

Steamed Chinese bao bun filled with our juicy chicken tandoori marinated with tandoori spices garnished with raita (yoghurt, mint and shredded cucumber) garnished with tomatoes and fresh coriander. (NEW)

SALADS / PASTA / NOODLES

Salads and Pasta prepared daily using the best and freshest ingredients from our kitchen.

Quinoa & Beetroot Super Food €5.90

Quinoa, beetroot, red kidney beans on a bed of mixed salad leaves, garnished with a poached egg and served with vinaigrette dressing and chives.

(VEGETERIAN)

Niçoise Salad €6.20

An all-time classic tuna salad with romaine lettuce, fine French beans, free range boiled eggs, tomatoes, potatoes, Kalamata olives and anchovies, served with our vinaigrette dressing.

Naxos Mediterranean Salad €5.50

Mixed leaves salad, grilled zucchini, eggplant, coloured peppers, Kalamata olives, capers, feta cheese, dry oregano, served with first cold press olive oil and lemon dressing.

(VEGETARIAN)

Hambra Tabbouleh & Falafel €6.50

A refreshing mix of bulgur wheat, tomatoes, cucumbers and mint topped with our home-made sweet peas and chickpeas falafel, flavoured with Lebanese spices and served with a lemon tahini dressing.

(VEGETERIAN/ VEGAN)

Chicken Avocado and Egg Salad €6.20

Chargrilled chicken breast, free range egg, romaine lettuce, iceberg, Chinese lettuce, mixed roasted peppers, sweetcorn, fresh coriander, avocado and our homemade vinaigrette dressing.

Polita Artichoke Salad €5.90

Our Mama's traditional salad, with fresh colourful vegetables harvested with care and flavoured with fresh dill. **(VEGETERIAN/ VEGAN)**

Turkey Tonnato Salad €5.50

Turkey fillet cooked in an aromatic broth and thinly sliced, served on a bed of Chinese cabbage, steamed potatoes, garnished with capers, slow cooked tomatoes and served with our vinaigrette dressing.

Fusilli Caesar Salad €6.20

Italian fusilli pasta with our home-made creamy mayo made with free range eggs and blended with Parmigiano Reggiano, anchovies, chives and a dash of Worcestershire sauce, garnished with our perfectly cooked chargrilled chicken shavings.

Pulse Salad with Black Eyed Beans €5.90

Black eyed bean salad with tuna on a bed green leaves, mixed with coloured roasted peppers and finely chopped parsley, served with an olive oil and lemon dressing.

(VEGETARIAN)

Egg Noodles with Chicken €6.90

Egg noodles with chicken fillet cooked in our teriyaki sauce and garnished with roasted peppers, cabbage, carrots, onion, snap peas and roasted salted peanuts.

Peruvian Shrimp Pasta Salad €6.50

Farfalle pasta with a Huancaína fresh mild yellow peppers dressing, roasted peppers and onions, sweetcorn, fresh coriander tomatoes, topped with shrimps.

(VEGETARIAN)

Chicken Hanoi salad €5.50

Marinated and slow cooked chicken in a soya and black bean sauce served in thin slices on a bed of Chinese lettuce with salted peanuts, julienne cucumbers, spring onions and garnished with roasted sesame seeds and a dressing of soya and black beans.

Puebla Mexican Salad €5.50

A salad with high protein and fibre buckwheat blended with Mexican flavours, avocado, sweet corn, roasted peppers, fresh coriander with seared pork belly and a mild Mexican dressing.

Italian Penne Pesto Salad €6.70

Penne pasta with pesto Genovese garnished with mozzarella bocconcini, sun dried tomatoes and baby rucola.

Salmon Super Food Salad €6.70

Steamed Scottish fresh salmon served with lentils, broccoli florets and mixed green leaves with a pot of mustard and fresh tarragon dressing.

(VEGETARIAN)

Persian Lentil Salad €6.20

A blend of Persian and Mediterranean cuisine makes this salad combines the sweetness of pomegranate and the slight saltiness of the goat cheese feta blend with aromatic herbs.

(VEGETARIAN)

PIZZA

Margherita €3.00

Mozzarella cheese, confit tomatoes, fresh basil and our homemade fresh tomato sauce.

Prosciutto Mozzarella €3.30

Mozzarella cheese, garnished with prosciutto di Parma, rucola, our homemade fresh tomato sauce and drizzled with balsamic vinegar.

Pepperoni €3.30

Mozzarella cheese, garnished with fresh mushrooms, pepperoni and our homemade fresh tomato sauce.

Vegetarian €3.00

Mozzarella cheese, roasted peppers, onions, fresh mushrooms and our homemade fresh tomato sauce.

BEVERAGES

Soft Drinks (330 ml)	€1.30
Avra (500 ml)	€0.80
Agros (500 ml)	€0.70
Shark (25 cl)	€2.20
Shark Light (25 cl)	€2.50
Perrier (33 cl)	€2.00
Perrier Lemon / Lime (33 cl)	€2.40
Carlsberg (33 cl)	€2.00
Corona (35.5 cl)	€3.30
Boutari Moschofilero white wine (18.7 cl)	€4.40
Boutari Agiorgitiko (18.7 cl)	€4.40

SWEETS, MUFFINS & COOKIES

A selection of gourmet desserts for a sweet break at any time of the day. All made with high-quality ingredients and care.

Tropical Coconut and Pineapple €3.30

Light meringue coconut sponge, covered with chunks of slow-roasted pineapple topped with a mascarpone cream infused with coconut, garnished with pineapple mix in our homemade gel and coconut shavings.

Raspberry Delight €3.30

Sponge cake soaked with raspberry syrup, topped with our light “crème Madame” – custard and fresh cream – flavoured with Madagascar vanilla beans with an insert of raspberries.

Chocolate Caramel Mousse €3.00

Chocolate sponge cake with a caramel and crispy nuts milk chocolate spread topped with dark chocolate mousse and a creme brulet insert.

Limoncello Pot €3.00

Lemon sponge cake soaked with our homemade limoncello syrup, topped with “Inspiration Yuzu” citrus, white chocolate cream and garnished with strawberries.

Imperial Creamy Rice Pudding €3.30

Slow cooked apples with Ceylon cinnamon, topped with a creamy rice pudding.

Strawberry Tiramisu €3.50

Layered lady fingers –Savoyard- soaked in strawberry syrup topped with mascarpone custard and filled with confit strawberries.

Chocolate and Caramel Muffin €1.80

Chocolate muffin filled with salted caramel.

Pistachio and Cranberries Muffin €1.80

Pistachio muffin with cranberries.

American Cookie with Milk Chocolate €1.50

Whole chocolate cookie with milk chocolate chips.

American Double Chocolate Cookie €1.50

Whole chocolate cookie with dark chocolate chips.

American Nuts & Cranberries Cookie €1.50

Whole chocolate cookie with white chocolate chips, roasted hazelnuts and dried cranberries.

COFFEE

From freshly roasted ground and whole bean coffees to the best hot chocolates and teas.

Hot

Single Espresso	€1.50
Double Espresso	€2.00
Single Macchiato	€1.80
Double Macchiato	€2.20
Cappuccino	€2.80
Café Latte	€2.80
Mocha	€3.00
Flat White	€2.70
Americano	€2.40
White Americano	€2.80
Instant coffee	€2.00
Hot Chocolate	€2.90

Iced

Freddo Espresso	€2.40
Freddo Espresso Large	€2.80
Freddo Cappuccino	€2.80
Iced Flat White	€2.70

Iced Latte	€3.00
Mochaccino	€3.20
Iced Americano	€2.60
Frappe	€2.00
Iced Chocolate	€2.90

Extras

Decaf	€0.50
Flavours (Caramel, vanilla, hazelnut)	€0.50
Honey	€0.50

Milk Choices

Coconut, Almond, Soya	€0.30
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Tea

Herbal	€2.40
Herbal Gourmet	€2.80
Iced Herbal	€2.40
Iced Gourmet	€2.80

CATERING MENU

Classic Sandwich Platter

A selection of our favourite home-made sandwiches in baguette and tortilla wraps. Jambon-Beurre, Free Range Chicken Baguette, Mediterranean Wrap, Tuna Mayo & Cucumber, Sesame & Falafel Wrap.

Small	31 pieces	€22
Medium	46 pieces	€34
Large	70 pieces	€46

Signature Sandwich Platter

A selection of our most popular gourmet home-made sandwiches in baguette and tortilla wraps. Prosciutto & Pecorino Sardo, Smoked Salmon in whole grain Baguette, Fajitas Chicken Wrap, Cheese and Turkey, Chargrilled Chicken Wrap.

Small	31 pieces	€28
Medium	46 pieces	€40
Large	70 pieces	€54

Vegetarian Sandwich Platter

A selection of our vegetarian sandwiches in baguette and tortilla wraps. Super Food Whole Grain Baguette, Sesame & Falafel Wrap, Mediterranean Wrap, Feta and Olives Baguette, Chickpeas & Avocado Wrap.

Small	34 pieces	€24
Medium	58 pieces	€36
Large	73 pieces	€48

Bao Bun Mixed Platter

Impress your guests with our unique home-made Bao Bun mixed platter. Peking Duck with cucumber and spring onion and our Asian Tandoori Chicken served in Bao Buns.

Small	16 pieces	€24
Medium	24 pieces	€36
Large	32 pieces	€48

Kid Party Platter

For our young customers, a selection of simple yet delicious home-made sandwiches in baguette and sliced bread. Super Club, Avocado and Egg, Jambon - Beurre, Tuna & Mayo, Free Range Chicken.

Small	31 pieces	€26
Medium	46 pieces	€38
Large	70 pieces	€50

**All platters are served in brown Kraft trays.
For small or medium wooden trays ideal
for special occasions add €2.**

MINIMUM DELIVERY TIME 2 HOURS

HOME MADE PIZZAS

Our home-made pizzas cut in small pieces.

Vegetarian	16 pieces	€12.50
Margherita	16 pieces	€12.50
Prosciutto Mozzarella	16 pieces	€14.00
Pepperoni	16 pieces	€14.00

Fruit and Cheese Platter €22

A selection of seasonal fresh fruit cut in pieces accompanied with cheese, walnuts, apricots and dates.

Mini Pastries and Pies €14/Kilo

Selection of small size puff pastry savouries filled with cheese, ham and cheese and spinach for a quick bite or as a treat for your special occasions.

Mini Quiche Variation €17/Kilo

Baked savoury small tart shell filled with vegetables or bacon, mushrooms, Gruyère cheese and a creamy custard filling.

American Cookies €4.50

Selection of small American cookies (9 pieces)