



HEALTHY  
LONGEVITY  
CAFÉ

# MENU

ADD MORE HEALTHY  
YEARS TO YOUR LIFE



# CUPS OF LONGEVITY

## YOUR LONGEVITY — CUSTOM COFFEE

<b>DOUBLE ESPRESSO</b>	<b>100 CZK</b>	<b>CAPPUCCINO</b>	<b>90 CZK</b>
<b>ESPRESSO</b>	<b>70 CZK</b>	<b>FLAT WHITE</b>	<b>120 CZK</b>
<b>LUNGO</b>	<b>70 CZK</b>	<b>LATTE MACCHIATO</b>	<b>100 CZK</b>
<b>AMERICANO</b>	<b>100 CZK</b>		

### CHOOSE YOUR LONGEVITY BOOST

<b>BRAIN</b> (Focus & inner calm)	Lion's Mane & chaga <b>VEGAN</b>	+50 CZK
<b>POWER</b> (Energy & endurance)	Cordyceps & maca <b>VEGAN</b>	+50 CZK
<b>VELVET</b> (Beautiful skin & nervous system)	Collagen & reishi	+50 CZK
<b>MCT BOOST</b> (Stable energy without crashes)	MCT oil <b>VEGAN</b>	+40 CZK

## SIGNATURE COFFEES

### ① BOOSTER COFFEE & BESTSELLER

Espresso, oat milk, MCT oil, ghee, chaga, cinnamon.

*Fast but clean energy, long-lasting stamina, better focus, immune support, clarity and alertness.*

Allergens: 1, 7

**180 CZK** | VG

### CALM DOWN COFFEE

Decaf espresso, oat milk, MCT oil, ghee, cacao, reishi.

*Deep relaxation, stress reduction, immune support, better sleep and recovery.*

Allergens: 7

**180 CZK** | VG | CAFFEINE-FREE



### ② SPIRULINA LATTE

Espresso, spirulina, collagen, coconut milk.

*Beauty effect, fresh skin, clean energy, light detox.*

**150 CZK**

### ③ GOLDEN BRAIN LATTE

Turmeric, ginger, pepper, almond milk, MCT, cinnamon, Lion's Mane.

*Warming and anti-inflammatory, immune support, stable energy, better focus.*

Allergens: 8

**150 CZK** | VEGAN | CAFFEINE-FREE



### ④ PROTEIN ICED COFFEE SALTED CARAMEL

Espresso, coconut milk, oats, protein, dates, sea salt, almond cream, MCT.

*Stable energy, recovery support, satiety.*

Allergens: 1, 8

**150 CZK** | VG



### EXTRA:

<b>EXTRA ESPRESSO SHOT</b>	<b>+30 CZK</b>
<b>ADAPTOGENS (CHAGA, REISHI, LION'S MANE, MACA)</b>	<b>+40 CZK</b>
<b>CREATINE</b>	<b>+50 CZK</b>

# PREMIUM MATCHA – RITUAL ENERGY

Our matcha comes from carefully selected tea leaves crafted by masters of Japanese tea tradition. It is made from young shaded tea leaves that are gently stone-ground into a velvety smooth powder. Matcha is naturally rich in L-theanine, chlorophyll, and powerful antioxidants that support clear focus, stable energy, and cellular regeneration.

## FOCUS & CALM ENERGY & CELLULAR REGENERATION

Each drink is prepared slowly, with respect for the traditional ritual – so that every sip brings calm, presence, and deep uplift without stress or energy spikes.

### ① MATCHA LATTE | VEGAN 150 CZK

Creamy matcha with almond milk.  
Allergens: 8

### MATCHA GLOW LATTE 210 CZK

Creamy matcha with collagen, raspberries, and coconut milk.

### POWER MATCHA SHOT 185 CZK

Strong matcha concentrate, cordyceps, MCT, honey.

### ② MATCHA SUNRISE | VEGAN 210 CZK

Refreshing iced blend of matcha, fresh orange juice, and mango.



# WELLNESS TEAS

## BLACK / GREEN / HERBAL TEA 100 CZK

Selection changes according to daily offer.  
Please ask the staff.

## AYURVEDA 100 CZK

Rooibos, elderflower, tulsi, cinnamon, ginger, cardamom, pepper, marshmallow root.  
Supports immunity, digestion, balance, and inner calm.

## DREAM BODY 100 CZK

Coriander, nettle, mint, orange peel, cloves, cinnamon, ginger.  
Supports metabolism, drainage, digestion, and a feeling of lightness.

## YERBA MATÉ BRAINIAC 120 CZK

Nootropic blend of yerba maté with ginkgo biloba, ginseng, and guarana.  
Natural energy, focus, and mental endurance without nervousness.

## ③ BUTTERFLY EFFECT 120 CZK

Herbal tea with antioxidants served with honey and lime.  
Supports hair quality, skin, and cognitive function.

## FRESH MINT TEA WITH HONEY 120 CZK

## FRESH GINGER TEA WITH HONEY 120 CZK

**EXTRA:** Honey for teas +20 CZK

# AGHARA CACAO

## 100% ORGANIC CEREMONIAL CACAO

Hand-grown cacao from a family farm, processed using the bean-to-bar method in the Czech Republic.

Rich in magnesium, theobromine, and antioxidants that support energy, mood, creativity, and heart opening.

Experience the power of ceremonial cacao in our longevity combinations:

## CACAO COGNITIVE | VEGAN 280 CZK

Cacao, deep ocean minerals, lime salt, acetylcholine (alpha GPC), turmeric, MCT powder, inulin.

## CACAO BOOSTER | VEGAN 280 CZK

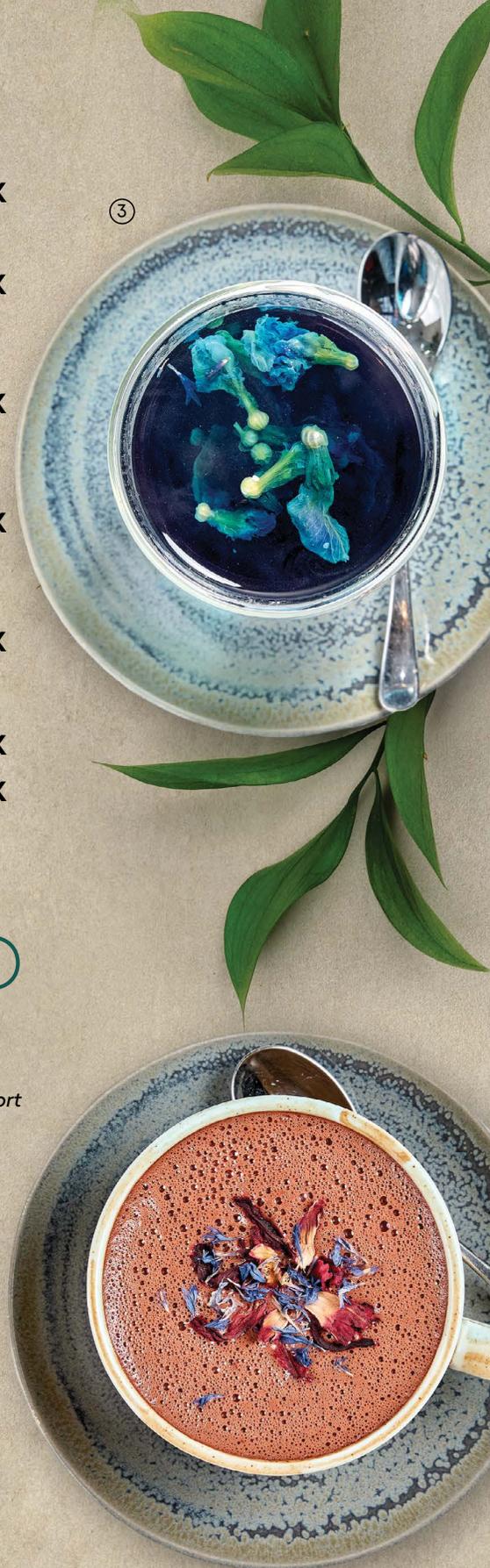
Cacao, nutmeg, vanilla-vanillin, L-tryptophan, rhodiola.

## CACAO RELAX | VEGAN 280 CZK

Cacao, ashwagandha, cinnamon, cardamom, maca.

## CACAO APHRODITE | VEGAN 280 CZK

Cacao, red maca, fenugreek, muira puama, damiana, shatavari, vanilla, cinnamon.



# COLD & REFRESHING DRINKS

<b>GOODLOK KOMBUCHA &amp; TIBI</b> - daily selection	250 ml <b>130 CZK</b>
<b>PROTEIN LEMONADE</b>	300 ml <b>95 CZK</b>
<b>HOMEMADE LEMONADE</b>	300 ml <b>75 CZK</b>
<b>MATTONI GRAND STILL</b>	330ml <b>70 CZK</b> / 750ml <b>100 CZK</b>
<b>MATTONI GRAND SPARKLING</b>	330ml <b>70 CZK</b> / 750ml <b>100 CZK</b>
<b>PUNCHY</b> - flavored sparkling drink with vitamins and minerals	330 ml <b>100 CZK</b>
<b>JAX COCO 100%</b> coconut water	330 ml <b>100 CZK</b>



# VITAMIN SHOTS

<b>ORGANIC HUMAN ANTIOXIDANT</b>   VEGAN	90 ml <b>110 CZK</b>
Apple, ginger, acerola, lemon, spirulina, kale.	
<b>ORGANIC HUMAN GINSENG</b>   VEGAN	90 ml <b>110 CZK</b>
Apple, blackcurrant, acerola, aronia, chili.	
<b>ORGANIC HUMAN TURMERIC</b>   VEGAN	90 ml <b>110 CZK</b>
Orange, sea buckthorn, turmeric, acerola, ginger, apple.	
<b>GINGER SHOT ORIGINAL/MANGO</b>   VEGAN	50 ml <b>110 CZK</b>
A powerful dose of pure ginger, no compromises.	



# SMOOTHIES & SHAKES

Carefully prepared in-house, rich in nutrients and antioxidants to support health and longevity.

## SMOOTHIES

### TROPICAL IMMUNITY ELIXIR

Passion fruit, mango, pineapple, ginger, turmeric, pepper, chaga, camu camu, coconut water.

*Effect: Strong immune support, anti-inflammatory power, ease of digestion, cellular hydration and revitalization, detoxifying effect.*

*Vitamins & active compounds: Vitamin C, A, E, B6, bromelain, curcumin, gingerol, chaga.*

**250 CZK** 400 ml | **VEGAN**

### MASTER CLEANSE SMOOTHIE

Green apple, celery stalk, spinach, cucumber, pineapple, greens mix, hemp oil, inulin, coconut water.

*Effect: Drainage and lymph support, flatter stomach, reduced swelling, lighter digestion, cellular hydration, detoxification and body cleansing, metabolic support.*

*Vitamins & active compounds: Vitamins C, K, A, electrolytes, Omega-3, probiotic fiber, bromelain, chlorophyll.*

Allergens: 9

**250 CZK** 400 ml | **VEGAN**

### DRAGON POWER SMOOTHIE

Dragon fruit, raspberries, probiotic yogurt, almond milk, cordyceps, maca, Lion's Mane.

*Effect: Stable energy without sugar crash, improved focus, good mood and vitality, anti-aging effect, natural hormonal balance.*

*Vitamins & active compounds: Vitamin C, B6, anthocyanins, betalains, probiotics, electrolytes, adaptogens.*

Allergens: 7, 8

**250 CZK** 400 ml | **VG**



### BLUE AURORA SMOOTHIE

Blueberries, mint, oats, probiotic yogurt, goat protein, collagen, coconut water, camu camu, spirulina.

*Effect: Beautiful glowing skin, powerful antioxidants, harmonious digestion, anti-aging effect, deep cellular hydration.*

*Vitamins & active compounds: Vitamin C, Vitamin K, manganese, phycocyanin, probiotic cultures, fiber, collagen peptides, electrolytes.*

Allergens: 7

**300 CZK** 400 ml

### CRICKET PROTEIN SHAKE

Coconut milk, banana, chocolate cricket protein, collagen.

Calories: 472 kcal | Protein: 29.55 g | Fat: 24.36 g | Carbohydrates: 35.6 g

Allergens: 2, 6

**240 CZK** 400 ml

### GOAT PROTEIN SHAKE

Coconut milk, banana, goat protein, collagen.

*For muscle building, energy support, and healthy digestion.*

Calories: 411 kcal | Protein: 27.3 g | Fat: 19.36 g | Carbohydrates: 34.6 g

Allergens: 7

**280 CZK** 400 ml | **VG**

### VEGAN VANILLA PROTEIN SHAKE

Almond milk, banana, vegan vanilla protein, cinnamon, coconut cream.

Calories: 303 kcal | Protein: 21.4 g | Fat: 6.21 g | Carbohydrates: 42.8 g

Allergens: 8

**200 CZK** 400 ml | **VEGAN**

<b>EXTRA:</b>	Adaptogens: chaga, reishi, Lion's Mane, maca, cordyceps	+40 CZK
	Creatine	+50 CZK
	Collagen	+40 CZK



## FRESH LONGEVITY ELIXIRS

### FRESH JUICE

daily selection

Small (200 ml) **120 CZK**

Large (300 ml) **170 CZK**

### GREEN JUICE

Spinach, mint, ginger, lime, green apple, coconut water.

Small (200 ml) **140 CZK**

Large (300 ml) **190 CZK**

# LONGEVITY BREAKFAST

## TURKISH EGGS WITH GLUTEN-FREE BREAD

2 medium eggs (63°C), Greek yogurt, chili crunch oil, sesame, edamame beans, dill, gluten-free bread.

*Probiotics, protein, and choline support the gut, muscles, and brain.*

Calories: 620 kcal | Protein: 28 g | Fat: 32 g | Carbohydrates: 55 g | Fiber: 3 g

Allergens: 3, 7, 11

250 CZK | VG



## SMOKED SALMON, AVOCADO & GLUTEN-FREE BREAD

Smoked salmon, guacamole, pickled fennel, frisée, gluten-free toast.

*An excellent source of unsaturated fats for heart and brain health.*

Calories: 450 kcal | Protein: 17 g | Fat: 23 g | Carbohydrates: 40 g | Fiber: 10 g

Allergens: 4

360 CZK



Mon–Fri 9:00–11:00  
Sat 10:00–12:00

## SCRAMBLED EGGS WITH SUN-DRIED TOMATOES & GLUTEN-FREE BREAD

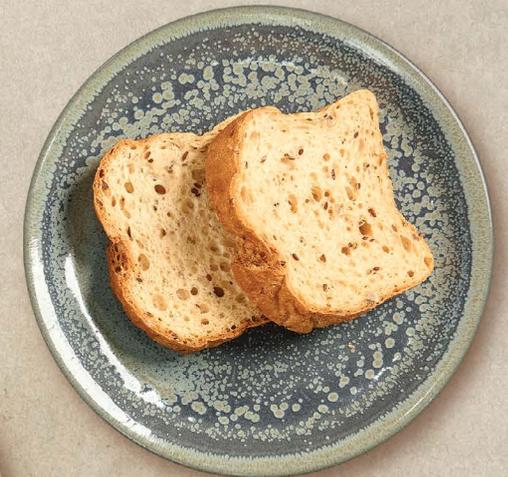
3 eggs, sun-dried cherry tomatoes, edamame beans, frisée salad, gluten-free bread.

*Eggs provide high-quality complete protein containing all essential amino acids.*

Calories: 470 kcal | Protein: 24 g | Fat: 25 g | Carbohydrates: 34 g | Fiber: 4.5 g

Allergens: 3, 7

220 CZK | VG



## ALMOND MILK OAT PORRIDGE WITH NUTS & FRUIT

Almond milk, gluten-free oats, chicory syrup, nuts, fruit, berries, almond-coconut chips, dried coconut.

*High in beta-glucans, polyphenols, and antioxidants.*

Calories: 496 kcal | Protein: 12 g | Fat: 30 g | Carbohydrates: 35 g | Fiber: 23 g

Allergens: 8

230 CZK | VEGAN



### SIDES:

**BOWL OF MIXED LEAF SALAD WITH TOMATOES AND EDAMAME WITH CITRUS DRESSING** | VEGAN

90 CZK

**BOWL OF SEASONAL FERMENTED VEGETABLES** | VEGAN

90 CZK

### EXTRA:

EGG 1 PC 30 CZK  
Allergens: 3

PARMESAN 10 g 50 CZK  
Allergens: 7

SALMON 60 g 130 CZK  
Allergens: 4

SMOKED TOFU 100 g | VEGAN 100 CZK  
Allergens: 6

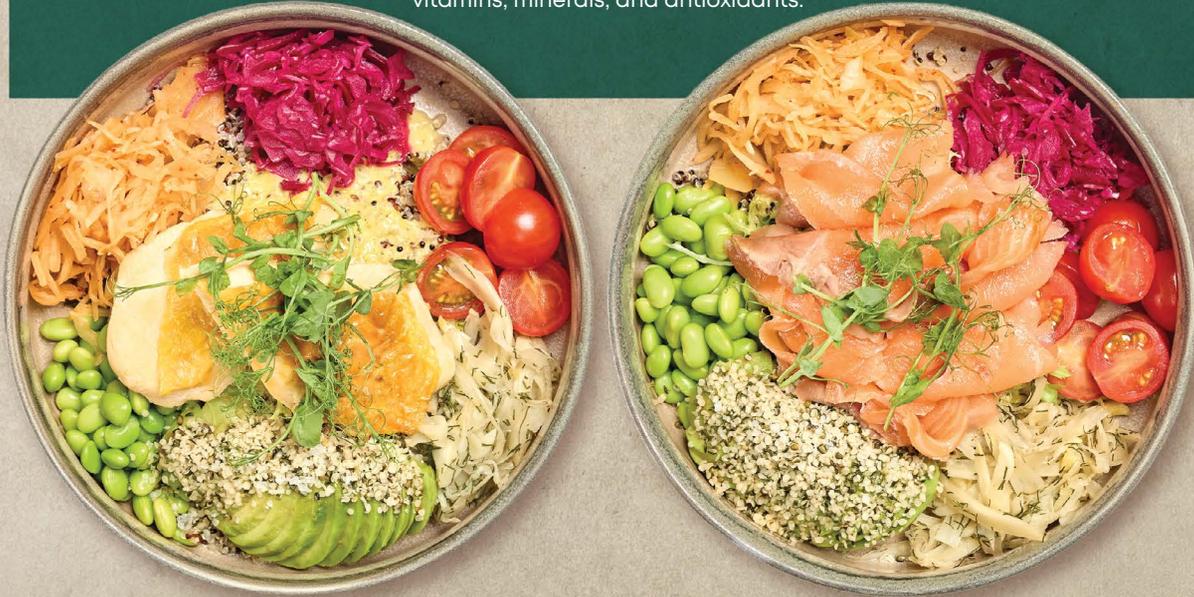
# LONGEVITY PLATES

**SOUP OF THE DAY 0.3 L 120 CZK**

## BUDDHA BOWLS

Buddha carried a bowl on his travels into which people would place a portion of their food — each something different, which is why it contains so many varied ingredients.

A Buddha bowl is a colorful bowl offering a wide range of foods that provide beneficial nutrients, vitamins, minerals, and antioxidants.



### BUDDHA BOWL WITH FARM CHICKEN 450 CZK

Mixed salads, tomatoes, kimchi, avocado, quinoa, edamame beans, fennel, farm chicken, citrus dressing.

*Farm chicken is more nutritious, may contain higher levels of omega-3 fatty acids and antioxidants than conventional chicken, has better flavor, and is a high-quality source of all essential amino acids.*

Calories: 630 kcal | Protein: 44 g | Fat: 27 g | Carbohydrates: 50 g | Fiber: 11.5 g

Allergens: 4, 6, 12

### BUDDHA BOWL WITH SMOKED SALMON 390 CZK

Mixed salads, tomatoes, kimchi, avocado, quinoa, edamame beans, fennel, smoked salmon, citrus dressing.

*Salmon is a source of omega-3 fatty acids that support heart health and may contribute to better brain and nervous system function.*

*Quinoa is one of the few plant foods that provides complete protein, containing all essential amino acids.*

Calories: 480 kcal | Protein: 26 g | Fat: 20 g | Carbohydrates: 47 g | Fiber: 11 g

Allergens: 4, 6, 12

### BUDDHA BOWL WITH MARINATED SMOKED TOFU 390 CZK

Mixed salads, tomatoes, kimchi, avocado, quinoa, edamame beans, fennel, smoked tofu.

*Tofu is rich in plant protein, calcium, vitamins, minerals, and fiber. Its consumption supports muscle recovery, healthy bones, and longevity.*

Calories: 555 kcal | Protein: 24 g | Fat: 26 g | Carbohydrates: 52 g | Fiber: 11.5 g

Allergens: 4, 6, 12

## BEEF TENDERLOIN CARPACCIO

Slices of beef tenderloin, frisée salad with sun-dried tomatoes, parmesan, pumpkin seeds, gluten-free bread, balsamic.

*Beef carpaccio is a significant source of high-quality protein and heme iron (helps prevent anemia). It supports muscle growth and healthy oxygen transport in the blood.*

Calories: 390 kcal | Protein: 27 g | Fat: 15 g | Carbohydrates: 34 g | Fiber: 8 g

Allergens: 7, 8, 10

**340 CZK**

## KOPROVKA

2 eggs, grenaille potatoes, pickled kohlrabi, dill velouté, edamame beans, hemp seeds.

*Source of complete proteins and antioxidants.*

Calories: 671 kcal | Protein: 29.3 g | Fat: 34 g | Carbohydrates: 64.5 g

Allergens: 3, 8, 9, 13

**280 CZK | VG**



## ROASTED CAULIFLOWER WITH HUMMUS

Cauliflower, chickpea hummus, chimichurri, sumac, almond crumble, frisée salad.

*High in plant protein and fiber.*

Calories: 866 kcal | Protein: 32 g | Fat: 48 g | Carbohydrates: 63 g

Allergens: 6, 7, 8, 11

**295 CZK | VEGAN**

### BELUGA LENTIL SALAD WITH FETA

Beluga lentils, roasted carrot, feta, pomegranate, fermented radishes, tahini dressing.

*For a healthy gut microbiome.*

Calories: 666 kcal | Protein: 33.6 g | Fat: 18.5 g | Carbohydrates: 80.6 g | Fiber: 23 g

Allergens: 7, 11

**295 CZK** | **ve**



### BUN TOM

Marinated shrimp, rice noodles, cucumber, carrot, cashews, fish dressing, coriander.

*Source of easily digestible protein, healthy fats, and astaxanthin.*

Calories: 522 kcal | Protein: 29.6 g | Fat: 7.7 g | Carbohydrates: 81.8 g | Fiber: 4.2 g

Allergens: 2, 4, 6, 8

**355 CZK**



### WILD BROCCOLI WITH GRILLED HALLOUMI

Wild broccoli, quinoa, grilled halloumi, ponzu sauce, salad, cashews.

*Rich source of sulforaphane and fiber.*

Calories: 917 kcal | Protein: 46.1 g | Fat: 47.1 g | Carbohydrates: 72.1 g | Fiber: 11.6 g

Allergens: 6, 7, 8, 11

**450 CZK** | **ve**

### RED CURRY WITH CHICKEN

Farm chicken breast, red curry, sweet potato purée, pak choi, fermented radish, coriander.

*High in antioxidants and anti-inflammatory compounds.*

Calories: 725 kcal | Protein: 36 g | Fat: 33.6 g | Carbohydrates: 65.9 g | Fiber: 9.8 g

Allergens: 4, 6, 9, 13

**390 CZK**



### SIDES:

**BOWL OF MIXED LEAF SALAD WITH TOMATOES & EDAMAME, CITRUS DRESSING** | VEGAN

**90 CZK**

**BOWL OF SEASONAL FERMENTED VEGETABLES**

**90 CZK**

### EXTRA:

CHICKEN 150 g 180 CZK

SHRIMP 100 g 180 CZK  
Allergens: 2

HALLOUMI 100 g | VG 160 CZK  
Allergens: 7

TOFU 100 g | VEGAN 100 CZK  
Allergens: 6

# LONGEVITY SNACKS & DESSERTS

## **SANDWICHES** (subject to availability)

Fresh gluten-free sandwiches prepared from high-quality ingredients.

**180 CZK**

## **TOASTED SEAWEED** | **VEGAN**

Light and crispy seaweed, rich in minerals and iodine.

**60 CZK**

## **CRUNCHY CHIPS** (subject to availability)

Selection of healthy chips, for example from lentils, legumes, or plant proteins. Naturally gluten-free and rich in plant protein.

**70 CZK**

## **LUNAR ICE CREAM — AVOCADO & LIME OR PITAYA** (90 g)

Refreshing lime flavor with a creamy avocado base. Garnished with premium 75% chocolate and coconut. Exotic dragon fruit and passion fruit flavor. Garnished with freeze-dried mango and pitaya.

**90 CZK**

## **POWERLOGY BARS — VARIOUS FLAVORS** (subject to availability)

Selection of functional Powerlogy bars: protein blends, nut butters, or energy bars.

**90 CZK**

## **LONGEVITY DESSERTS** daily selection

**160 CZK**

FOR INFORMATION ABOUT ALLERGENS, PLEASE ASK THE STAFF.  
IMAGES ARE FOR ILLUSTRATIVE PURPOSES ONLY.

# ALLERGEN LIST

- 1 | **Cereals**  
*Wheat, rye, barley, oats, spelt, kamut or their hybrid varieties and products made from them*
- 2 | **Crustaceans and products thereof**
- 3 | **Eggs and products thereof**
- 4 | **Fish and products thereof**
- 5 | **Peanuts and products thereof**
- 6 | **Soybeans (soy) and products thereof**
- 7 | **Milk and products thereof**
- 8 | **Tree nuts**  
*Almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia and products thereof*
- 9 | **Celery and products thereof**
- 10 | **Mustard and products thereof**
- 11 | **Sesame seeds and products thereof**
- 12 | **Sulphur dioxide and sulphites**  
*in concentrations above 10 mg/kg or 10 mg/l expressed as SO<sub>2</sub>*
- 13 | **Lupin and products thereof**
- 14 | **Molluscs and products thereof**

**VEGAN**

**VG - VEGETARIAN**



# WELCOME TO HEALTHY LONGEVITY CAFÉ

We have created a place that listens not only to your tastes, but also to your **biological needs**.

## A SPACE IN HARMONY WITH NATURE

We believe that health begins with the environment in which you spend your time. That is why we designed our café as a living ecosystem.

**Light in sync with you:** Our intelligent lighting changes throughout the day to support your natural circadian rhythm.

**A pure breath:** Dozens of living plants ensure that the air you breathe here is as clean as the ingredients we use.

**Sustainability you can feel:** From recycled materials in our furniture to natural textures — everything is chosen so that your body and mind feel safe and balanced.

We help you make better choices without extremes — simply, deliciously, and with clear purpose. Every sip and every bite on this menu has a reason: to support the day you want to live.

## TWO FLOORS, ONE PATH

While the ground floor is dedicated to your daily rituals — specialty coffee with adaptogens and functional food — one floor above opens a world of deeper insight.

In our **Longevity Club**, you will find facilities for expert diagnostics, consultations with nutritional therapists, and concierge services. It is a space for those who want their health supported by data and wish to live with maximum energy.

**Health is not a destination — it is the way you live every moment.**

Thank you for choosing to spend that time with us.



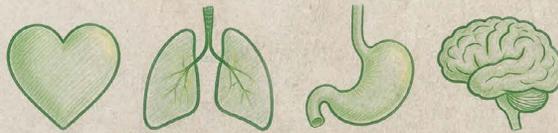


# Organ Age

The body does not have one age. It has many.

What if your health could tell you  
where it makes sense to start?

Organ age shows the biological condition of individual body systems  
– lungs, heart, digestion, brain, immunity...



## How it works

- 1 blood sample
- Profile of 10 body systems
- 90-day personalized improvement plan

Discover your Organ Age  
by scanning the QR code



Measure the starting point. Set the plan.

Organ age is an informational tool. It does not replace medical diagnosis.