

## Smoothie and Shake

### Like a Hug from the Inside Out

|                                                                                                           |           |        |
|-----------------------------------------------------------------------------------------------------------|-----------|--------|
| <b>Detox smoothie</b><br>celery stalk, green apple, cucumber, lemon, water                                | Vgn/GF/LF | 3,90 € |
| <b>Yellow Sun</b><br>orange, banana, turmeric, pear, plant-based milk                                     | Vgn/GF/LF | 4,10 € |
| <b>Love smoothie</b><br>forest fruits, banana, Greek yogurt, date                                         | Vgn/GF    | 4,10 € |
| <b>Collagen Superfood shake</b><br>collagen, protein, chia, banana, forest fruits, date, plant-based milk | Vgn/GF/LF | 5,90 € |
| <b>Protein shake</b><br>protein, peanut butter, banana, date, pear, plant-based milk                      |           | 5,80 € |
| <b>Plazma shake</b><br>plazma, banana, milk, whipped cream                                                |           | 5,00 € |
| <b>Strawberry Milk shake</b><br>milk, strawberry ice cream, strawberry puree, banana, whipped cream       |           | 5,00 € |



**prana**  
BRUNCH & MORE



@pranahappyhill  
@pranabigtree



Brdo Gorica  
Podgorica



Brdo Gorica  
Podgorica



GOOGLE REVIEW



TRIPADVISOR

*Ako smo vam danas izmamili osmijeh,  
prenesite ga dalje! Sjajna recenzija bi i  
nama osmijeh uljepšala !*

**prana**

BRUNCH & MORE

Prana Brunch & More came to life thanks to the love and shared vision of two women who wanted to bring together tasty, healthy food and a chill, cozy vibe.

Prana means the joy of life – and that's exactly what we hope you'll feel with every bite.

Prana isn't just a restaurant – it's a little community built on kindness, respect, and connection. A reminder to slow down, take care of yourself, and enjoy the small things that make life beautiful.



## Bowls:

*Fuel Your Day the Healthy Way*

|                                                                                              |               |               |
|----------------------------------------------------------------------------------------------|---------------|---------------|
| <b>Choco Oatmeal</b><br>oats, dark chocolate, banana, plant-based milk, date, seasonal fruit | Vgn/GF/<br>LF | <b>6,20 €</b> |
| <b>Granola</b><br>homemade granola, Greek yogurt, seasonal fruit                             | Vg/GF         | <b>6,30 €</b> |
| Add-ons: Peanut Butter                                                                       | Vgn/GF/<br>LF | <b>1,00 €</b> |



## Toast-ali perfect on Sourdough bread:

*Choose Gluten-Free Bread!*

|                                                                                                                                         |       |               |
|-----------------------------------------------------------------------------------------------------------------------------------------|-------|---------------|
| <b>Avocado Basic toast</b><br>sourdought bread, homemade tofu spread, avocado, roasted cherry tomatoes, toasted almonds, microgreens    | Vg/GF | <b>8,20 €</b> |
| <b>Avocado Goat chees toast</b><br>sourdought bread, avocado spread, spinach, roasted pepper, grilled goat cheese, almonds, microgreens | Vg/GF | <b>8,70 €</b> |
| <b>Grilled Mushrooms toast</b><br>sourdought bread, beet spread, avocado, grilled mushrooms, pickled red onion, microgreens             | Vg/GF | <b>8,40 €</b> |
| <b>Avocado Scrambled eggs toast</b><br>sourdought bread, avocado spread, scrambled eggs, parmesan, roasted cherry tomatoes, microgreens | Vg/GF | <b>8,50 €</b> |
| <b>Prosciutto &amp; Goat Cheese</b><br>sourdought bread, avocado spread, prosciutto, goat cheese, roasted pepper, toasted almonds       | GF    | <b>9,60 €</b> |



| Adds - on:                         |               |
|------------------------------------|---------------|
| Fried egg                          | <b>1,10 €</b> |
| Avokado / Prosciutto / Goat cheese | <b>2,30 €</b> |

|     |              |
|-----|--------------|
| Vgn | Vegan        |
| Vg  | Vegetarian   |
| GF  | Gluten Free  |
| LF  | Lactose Free |



## Eggs on mainstage

*Because who doesn't like a spectacle in their life?*

|                                                                                                                          |          |               |
|--------------------------------------------------------------------------------------------------------------------------|----------|---------------|
| <b>Basic omelett</b><br>3 eggs, salad, tzatziki spread, homemade tortilla bread                                          | Vg/GF    | <b>4,80 €</b> |
| <b>Veggie omelett</b><br>3 eggs, vegetables, salad, homemade tortilla bread                                              | Vg/GF/LF | <b>5,10 €</b> |
| <b>Omelett Bacon</b><br>3 eggs, pancetta bacon, tzatziki spread, salad, homemade tortilla bread                          |          | <b>5,80 €</b> |
| <b>Protein Omelett</b><br>3 egg whites + 1 whole egg, zucchini, spinach, tzatziki spread, salad, homemade tortilla bread | Vg       | <b>6,80 €</b> |
| <b>Keto Breakfast</b><br>3 fried eggs, pancetta bacon, light goat cheese, avocado, salad                                 | GF       | <b>7,60 €</b> |

| Adds - on:                        |               |
|-----------------------------------|---------------|
| Sourdough Bread/Gluten Free Bread | <b>1,00 €</b> |
| Homemade tortilla bread           | <b>0,80 €</b> |

## Tortilla Magic

*Wrap it, Roll it, Love it!*

|                                                                                                                                |    |               |
|--------------------------------------------------------------------------------------------------------------------------------|----|---------------|
| <b>Veggi Tortilla</b><br>quinoa, avocado spread, tofu, cucumber, carrot, gauda cheese                                          | Vg | <b>7,40 €</b> |
| <b>Cezar Tortilla</b><br>sour cream, gauda cheese, chicken, pancetta bacon, salad, Caesar dressing                             |    | <b>8,10 €</b> |
| <b>Prosciutto Tortilla</b><br>sour cream, gauda cheese, prosciutto, salad, parmesan, honey-mustard dressing, pickled red onion |    | <b>9,80 €</b> |
| <b>Mortadela Pistachio Tortilla</b><br>sour cream, gauda cheese, mortadella, pistachio, salad                                  |    | <b>8,50 €</b> |



|     |              |
|-----|--------------|
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## Potage & Soup

*That warm the Soul*

|                   |           |        |
|-------------------|-----------|--------|
| Potage of the day | Vg/GF/LF  | 4,90 € |
| Tomatto soup      | Vgn/GF/LF | 4,80 € |

## Pastas

*Joyful Meals, Where Every Bite Brings a Smile!*

Take GLuten Free or spelt wheat homemade pastas +1,00 €

|                                                                                                                                                    |          |               |
|----------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------------|
| <b>Primavera</b><br>homemade pasta, bell pepper, broccoli, zucchini, red sauce                                                                     | Vg/GF/LF | 8,90 €        |
| <b>Carbonara</b><br>homemade pasta, pancetta, egg yolk, white sauce, parmesan                                                                      | GF       | 9,20 €        |
| <b>Bolognese</b><br>homemade pasta, red ragù sauce, parmesan                                                                                       | GF       | 9,20 €        |
| <b>Alfredo</b><br>homemade pasta, chicken, broccoli, butter, white sauce, parmesan                                                                 | GF       | 9,60 €        |
| <b>Pesto chicken / salmon</b><br>homemade pasta, pesto, chicken or salmon                                                                          | GF       | 10,60/12,60 € |
| <b>Prana Thai</b><br>spelt wheat homemade pasta, broccoli, zucchini, bell pepper, mushrooms, carrot, peanuts, ginger, spring onion, Pad Thai sauce | Vg/GF/LF | 9,10 €        |



### Add protein to Prana Thai:

|                       |        |
|-----------------------|--------|
| Tofu                  | 0,90 € |
| Chicken               | 1,40 € |
| Grilled salmon / Beef | 2,40 € |

|                  |                   |
|------------------|-------------------|
| Vgn = Vegan      | Vg = Vegetarian   |
| GF = Gluten Free | LF = Lactose Free |



## Risotto and Gnocchi

*Joy on a plate for a smile on your face*

|                                                                                                    |       |         |
|----------------------------------------------------------------------------------------------------|-------|---------|
| <b>Risotto vegetables</b><br>bell pepper, zucchini, red onion, mushrooms, broccoli                 | Vg/GF | 9,30 €  |
| <b>Chicken &amp; Mushroom Risotto</b><br>chicken, mushrooms, onion, butter                         | GF    | 9,70 €  |
| <b>Chicken &amp; Spinach Gnocchi</b><br>chicken, spinach, red onion, butter, white sauce, parmesan |       | 9,90 €  |
| <b>Salmon &amp; Spinach Gnocchi</b><br>salmon, spinach, red onion, butter                          |       | 12,60 € |



## Kids Menu

|                                                                            |        |
|----------------------------------------------------------------------------|--------|
| <b>Omelett</b><br>2 scrambled eggs, homemade tortilla bread, sour cream    | 3,20 € |
| <b>Small chicken tortilla</b><br>grilled chicken, sour cream, gauda cheese | 5,20 € |
| <b>Cheese pasta</b><br>homemade pasta, gauda cheese, white sauce           | 5,10 € |
| <b>Pasta Pomodoro</b><br>homemade pasta, red sauce                         | 4,60 € |
| <b>Sweet Gnocchi Nutela-Plazma</b>                                         | 5,20 € |
| <b>Sweet Gnocchi Rafaelo</b>                                               | 5,20 € |



## Salad

*Green oasis of happiness*

|                                                                                                           |           |         |
|-----------------------------------------------------------------------------------------------------------|-----------|---------|
| <b>Avocado Pear Veggie</b><br>avocado, pear, mixed salad, almond flakes, quinoa, lemon-orange dressing    | Vgn/GF/LF | 9,80 €  |
| <b>Caesar</b><br>chicken, mixed salad, pancetta, cherry tomatoes, parmesan, Caesar dressing, croutons     | GF        | 10,30 € |
| <b>Salmon</b><br>grilled salmon, mixed salad, sweet corn, edamame, quinoa, sesame, honey mustard dressing | GF/LF     | 12,20 € |



## Poke Bowls - Mindful Meals

*Eating green, Feeling great*

### Salmon Poke Bowl

rice, sesame oil, chili cucumber, sweet potato, edamame, sweet corn, sesame, pad thai dressing

Vg/GF/  
LF

13,20 €

### Chili Chicken Poke Bowl

rice, soya sauce, chicken, chilli cucumber, avocado, sweet corn, sweet potato, edamame, salad, peanuts, chili mayo dressing

GF/LF

12,30 €

### Veggie Poke Bowl

zucchini noodles, quinoa, grilled tofu, edamame, sweet corn, sweet potato, beetroot, avocado, tofu dressing, beetroot dressing, mixed seed

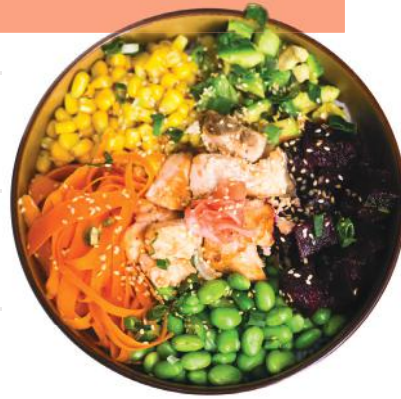
Vgn/  
GF/LF

11,20 €

### Make your Poke Bowl

rice or quinoa, protein, 5 ingredients, seeds and dressing

GF/LF



*Cheer-up your poke bowl or salad with our tasty homemade dressings!*

### Avocado pear

Vgn/GF/LF

### Beetroot

Vg/GF

### Tofu

Vg/GF

### Honey Moustard

Vg/GF/LF

### Chili mayo

Vg/GF

### Teryaki

Vgn/GF/LF

### Soya

Vgn/GF/LF

### Pad thai

peanuts butter, sesame oil, chili

Vgn/GF/LF



## Plate for two Happy Hill

*because happiness grows when shared*

### Plate for two

Prosciutto, mortadella, goat cheese, cheese gauda, avocado, homemade tortilla bread, olives, almonds

21,00 €



## Happy Endings!

### Carrot Cake

5,00 €

### Raw cake

Vgn/GF/LF

5,90 €

### Chocolate cake

Vgn/GF/LF

5,90 €

### Cake of the day

ask the waiter for details

4,80 €

### Sweet Gnocchi Nutela-Plazma

6,60 €

### Sweet Gnocchi Rafaelo

6,60 €

### Ice cream

1,30 €

