

MENU

Hey climber!

Craving some pre- or post-climb food and drinks?
We have got you covered! The GRIP kitchen whips up fresh and healthy meals to suit your climbing lifestyle.

In need of some variety?
Explore our weekly dish that rotates every week to suit our **meat, vegan, fish** and **veggie** lovers.

Find out what's **NEW DISH WEEK** on our Instagram or on the chalkboard at the bar.

Got a crew of 5+?
Let us know in advance so we can make sure your orders are served promptly.

The kitchen is **open** from **12:00** to **20:00!**

Just thirsty? No problem! We have got you covered with a vast selection of beverages, including coffees, sodas, beers and more... (Alcoholic drinks **ONLY** post-climb).
Last call is at 23:30 so plenty of time to unwind after your session!

The **GRIP** crew is ready to take your order at the bar.




gripnijmegen

MENU

Tostilette, brown or white

Crux Monsieur

with arugula-pesto, goat brie, tomato, walnut 


€7,50

Crux Madame

with arugula-pesto, raw ham, parmesan, red onion

€8,50

Crux Kimchido

with kimchi, cheese, lemon mayonaise, wasabi sesame, spring onion
also available with vegan cheese and mayonaise 

€8,50


Nice and Fresh

Turkish bread with Hummus

and a tomato-arugula salad 

€11,50

Spelt Salad

with broccoli, chickpeas, almond shavings, cranberries,
feta and a Ras El Hanout honey dressing 

€12,50

Hot

Tomato soup

with bread

€6,00

Crêpe galette Bretonne

buckwheat crêpe with egg, cheese, ham


€8,50

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AND MORE

Vegetable and nut muffins

au gratin with Parmesan, spicy compote of red onion, sweet carrot and creme fraiche 

€11,50

Vegan Indian Curry

with seasonal vegetables, sweet potatoes, potatoes and peanuts 


€12,50

Lentil, mushroom and nut Burger

with garden herbs-yogurt mayonnaise 

€12,50

Miso Ramen

with meatballs, paksoi, sugar snaps and a boiled egg
also available with baked tofu 

€12,50

Dish of the week

Every week a different delicious dish

€12,50

SWEET

Banana Pancakes

with maple syrup

€6,00

Dark Chocolate and sea salt Brownies

with caramel sauce

€5,00

Weekend Cake

€3,50-€4,50

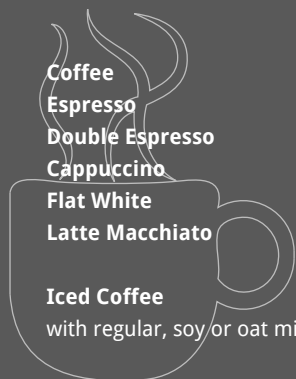
 Veggy

 Vegan

Feel free to ask us anything regarding food allergies

DRINKS

Place your order at the counter



Coffee	€2,60
Espresso	€2,60
Double Espresso	€3,30
Cappuccino	€3,10
Flat White	€3,40
Latte Macchiato	€3,40
Iced Coffee	€4,30
with regular, soy or oat milk	

Tea	€2,80
Herbal Tea	€3,30
fresh mint / ginger / cinnamon	
Chai Latte	€3,60
Hot Chocolate	€3,40
with whipped cream	€4,00
+ Soy milk	Free
+ Oat milk	+ €0,40
+ Espresso shot	+ €0,80
+ Decaf	+ €0,20

Fritz	€3,30
Kola / Diet Kola / Orange / Lemon / Apple & Cherry / Rhubarb	
Aquarius	€3,60
Blueberry / Lemon / Cherry / Orange	
Soda water	€2,60
Bottled water	€2,60



Schulp Fruit Juices	€3,40
Apple / Orange / Apple - Elderberry	
Chocolate Milk	€2,90
Ice Tea Sparkling / Green	€2,90
Banana Shake	€4,20
with regular, soy or oat milk	

Draft Beers	
Estaminet	€2,90
La Trappe Blond	€4,50
Weihenstephan	
0,3 l	€4,10
0,5 l	€6,60
Seasonal Beer	≥€4,10
Bottled Beers	
Wanderlust 0.3% - V.Moll	€5,60
Thrive 0.3%	€5,60
Weihenstephaner 0.5%	€4,20
Jever Fun 0.5%	€3,30
Budels Radler 2.2%	€3,10
Rodenbach Fruitage 3.9%	€4,20

FF Lekker met je Bek in 'T	
Zonnetje - Uiltje	€5,60
Elvis Juice - Brewdog	€5,30
IPA - 't IJ	€5,70
Seasonal Beer - De Hemel	€5,20
De Molen Fruit & Kruid	€5,20
Saison Dupont	€4,90
Orval Trappist	€5,00
Duvel	€4,90
Le Fort Tripel	€5,00
Seltzer Raspberry - Stëlz	€4,80
Seltzer Mango - Stëlz	€4,80

SNACKS

Place your order at the counter

Homemade Muesli Bar	€ 3,00
Oven baked Nacho with cheese, crème fraîche and salsa	€ 5,60
Mega Cookie Chocolate Chip / Double Choc	€ 3,00
Chimp Bar	€ 3,00
Candybar Mars/Snickers/Twix/Kitkat/ Lion/Balisto	€ 1,40
Crisps different flavors	€ 1,50
Banana	€ 1,00
Lollipop	€ 0,25
Popsicle Raketje/Festini	€ 1,25



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