

Smoothie and Shake

Like a Hug from the Inside Out

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

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



Toast-ali perfect on Sourdough bread:

Choose Gluten-Free Bread!

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



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

Vgn	Vegan
Vg	Vegetarian
GF	Gluten Free
LF	Lactose Free



Eggs on mainstage

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

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

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

Tortilla Magic

Wrap it, Roll it, Love it!

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



Vgn	Vegan
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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 €

Primavera homemade pasta, bell pepper, broccoli, zucchini, red sauce	Vg/GF/LF	8,90 €
Carbonara homemade pasta, pancetta, egg yolk, white sauce, parmesan	GF	9,20 €
Bolognese homemade pasta, red ragù sauce, parmesan	GF	9,20 €
Alfredo homemade pasta, chicken, broccoli, butter, white sauce, parmesan	GF	9,60 €
Pesto chicken / salmon homemade pasta, pesto, chicken or salmon	GF	10,60/12,60 €
Prana Thai 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

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



Kids Menu

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



Salad

Green oasis of happiness

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

