

SALADS

- **Fruity goat** -veggie- 9,90€
salad mix, goat cheese, walnuts³, fresh fruits, honey, recommendation: rocket mustard
- **Falafel veggie** -veggie- 10,50€
salad mix, falafel, hummus, tomatoes, curry broccoli, feta, sesame seeds, recommendation: rocket mustard
- **Penne pesto** -veggie- 8,50€
penne, dried tomatoes, cherry tomatoes, baby mozzarella, pine nuts, basil, pesto
- **Couscous mediterranean** -veggie- 7,50€
couscous, cherry tomatoes, feta, olives¹, pepper, mint, recommendation: balsamico
- **Caesar's** -chicken- 9,20€
romaine lettuce, croutons, grana padano, chicken, recommendation: caesar's²
- **Sesame chicken** -chicken- 10,50€
baby spinach, corn, sesame carrots, chicken, croutons, coriander, recommendation: soy sesame
- **Green vegan** -vegan- 9,50€
salad mix, quinoa, avocado, cherry tomatoes, beetroot, cucumber, carrots, sunflower seeds, recomm.: green lovers
- **Fit 'n healthy** -vegan- 9,50€
salad mix, pomegranate, avocado, mango, carrots, chia seeds, recommendation: rocket mustard
- **El mexicano** -vegan- 9,50€
salad mix, jalapeños, guacamole, tortilla, kidney beans, corn, black beans, cherry tomatoes, recommendation: salsa
- **Beef deluxe** -beef- 10,90€
salad mix, avocado, pomegranate, balsamico onions, pepper, roast beef, recommendation: french²
- **Nizza** -fish- 10,50€
romaine lettuce, egg, corn, olives¹, pepper, tuna, red onions, recommendation: balsamico
- **Nordic by nature** -fish- 10,90€
salad mix, cucumber, chives, avocado, salmon, cherry tomatoes, mustard dill sauce, recomm.: dill yoghurt

BOWLS

- **Buddha bowl** -veggie- 11,50€
quinoa, avocado, pomegranate, baby mozzarella, cherry tomatoes, hummus, sesame carrots, chia seeds, recommendation: soy sesame
- **Fiesta bowl** -veggie- 11,50€
quinoa, corn, kidney bean, black bean, sweet potato, cherry tomatoes, guacamole, sour cream, tortilla, recommendation: salsa
- **Oriental bowl** -vegan- 11,50€
couscous, quinoa, falafel, hummus, refined red cabbage, curry cauliflower, marinated chickpeas, pepper, cranberries, recommendation: mango curry
- **Energy bowl** -vegan- 11,50€
salad mix, quinoa, edamame, mango, wakame, marinated beetroot, sesame carrots, linseed, basil, sweet potato, recommendation: rocket mustard

PANINI

Panini with different fresh toppings

- **Caprese** cream cheese, pesto, mozzarella, tomatoes 4,70€
- **Chorizo** cream cheese, chorizo⁵, mozzarella, rocket 4,90€
- **Turkey** cream cheese, turkey⁴, mozzarella, rocket 4,90€
- **Serrano** cream cheese, serrano ham⁵, mozzarella, rocket 4,90€
- **Mediterranean** avocado creme, mixed antipasti 5,50€

SOUPS

- **Soup** vegan / veggie 350ml / 500ml 4,50€ / 5,90€
- **Soup** with meat / specials 350ml / 500ml 4,90€ / 6,40€

YOUR SALAD / BOWL incl 2€ for ingredients 6,50€

Choose base: salad mix • romaine lettuce • rice quinoa • couscous • baby spinach **+1,00€**

Choose ingredients: 0,50€ tomatoes • cucumbers • tortilla sunflower nuts • coriander • kidney beans • sesame seeds olives¹ • black beans • carrots • red onions • mint • basil croutons • refined red cabbage • cranberries • corn • chives pumpkin seeds • chia seeds • linseed • jalapeños • honey

1,00€ mango • fresh fruits • quinoa • rice • cherry tomatoes sweet potato • balsamico onions • marinated chickpeas sesame carrots • marinated beetroot • feta from cow milk cashew • pepper • walnuts³ • pine nuts

1,50€ guacamole • avocado • wakame • hummus • edamame pomegranate • tofu • baby mozzarella • curry broccoli • egg grana padano • sour cream • curry cauliflower • dried tomatoes

2,50€ goat cheese

3,00€ chicken • falafel • tuna

3,50€ roast beef • smoked salmon

Choose dressing: balsamico • caesar's² • dill yoghurt salsa • green lovers (several herbals) • orange honey • french² blackberry • rocket mustard • soy sesame • mango curry

YOGHURTS & DESSERTS

- **Yoghurt with cereal mix**³ 2,90€
- **Yoghurt with pineapple** 2,90€
- **Yoghurt with fresh fruits** 2,90€
- **Lime cream** 2,90€
- **Mini muffin** (lemon or chocolate) 0,80€
- **Desserts** saisonal variations ... e.g. Tiramisu 3,40€

FRESH JUICES 350ml

- **Ginger shot** 75ml ginger, apple 2,00€
- **100% orange- or carrotjuice** 3,90€
- **Orange-carrotjuice** 3,90€
- **Top mix with orange** orange, apple, carrot, lemon 4,50€
- **Top mix with grapefruit** grapefr., apple, carrot, lemon 4,50€
- **Vitamin c bombe** orange, grapefruit, lemon 4,50€
- **F.A.K. juice** apple, carrot, fennel 4,50€
- **Red harmony** beetroot, apple, orange 4,50€

FRESH SMOOTHIES 350ml start at 4,90€

- **Green detox** spinach, celery, apple, cucumber, ginger, chia seeds
- **Wake me up** pineapple, celery, apple, cucumber, ginger, lime, matcha
- **Energizer** spinach, banana, pineapple, orange, maca, hemp protein
- **Fat burner** celery, apple, lime, cinnamon
- **Fruit bomb** banana, pineapple, apple, orange
- **Passionate** passion fruit, apple, ginger
- **Power yoghurt** yoghurt, apple, avocado, spinach, banana, lime, maca, passionfruit
- **Ave avocado** avocado, lemon, apple, chia seed, mint
- **Red beast** beetroot, banana, spinach, apple, matcha