

House Salads and Bowls

- **Caesar's** **8,20€** romaine lettuce, croutons, grana padano, chicken, caesar's dressing²
- **Couscous Mediterranean** **6,40€** couscous, cherry tomatoes, feta from cow milk, olives¹, peppers, mint, dressing of own choice
- **El Mexicano** **7,70€** salad mix, jalapeños, guacamole, tortilla chips, bean mix, onions, corn, ranch dressing
- **Falafel Veggie** **8,90€** salad mix, falafel, hummus, feta from cow milk, tomatoes, onions, dressing of own choice
- **Fit'n Healthy** **7,90€** salad mix, pomegranate, avocados, chia seeds, seasonal fruits, carrots, orange-honey dressing
- **Fruity Goat** **8,70€** salad mix, goat cheese, walnuts³, seasonal fruits, honey, rocket-mustard dressing
- **Green Vegan** **7,70€** salad mix, quinoa, avocados, cherry tomatoes, cucumbers, carrots, sunflower nuts, green lovers dressing
- **Nicoise** **8,60€** romaine lettuce, bio-egg, corn, olives¹, peppers, tuna, onions, balsamico dressing
- **Nordisch by Nature** **8,70€** salad mix, cucumbers, spring onions, radish, smoked salmon, mustard dill sauce & dill yoghurt dressing
- **Penne Pesto** **6,90€** baby mozzarella, cherry tomatoes, dried tomatoes, pine nuts, basil, pesto
- **Beef Deluxe** **8,90€** salad mix, avocados, spring onions, pomegranate, peppers, roast beef, french dressing²
- **Sesame-Chicken** **8,90€** baby spinach, corn, chicken, croutons, coriander, soy-sesame dressing
- **Buddha Bowl** **9,40€** quinoa, avocados, pomegranate, baby mozzarella, tomatoes, hummus, carrots, chia seeds, dressing of own choice
- **Rainbow Bowl** **8,90€** rice, bio-egg, cherry tomatoes, radish, cucumbers, bean mix, corn, carrots, radish sprouts, dressing of own choice
- **Side salad** **3,50€** salad mix, cucumbers, carrots, corn, tomatoes, dressing of own choice

Create your own dish in 3 steps

Starting at 6,20€ including ingredients of 2,00€ value.

1. Choose base

salad mix • romaine lettuce • rice • quinoa • baby spinach **+1,00€**

2. Choose ingredients

0,50€ ingredients bean mix (kidney bean & chickpea) mushrooms • spring onions • cucumbers • carrots • corn • olives¹ peppers • radish • tomatoes • onions • croutons • pine nuts sunflower nuts • walnuts³ • jalapeños • chia seeds • tortilla chips sesame seeds • honey • radish sprouts • pumpkin seeds

1,00€ ingredients avocado • baby mozzarella • cherry tomatoes bio-egg • fruits • feta from cow milk • dried tomatoes • hummus grana padano • pomegranate • quinoa • rice • guacamole • tofu

1,50€ ingredient tuna

2,50€ ingredients chicken (warm) • goat cheese • falafel

3,00€ ingredients roast beef • smoked salmon

3. Choose dressing

balsamico • caesar's² • dill yoghurt • french² • soy-sesame green lovers (several herbs) • rocket-mustard • orange-honey ranch

Soups

- **Small soup** vegetarian or vegan (350ml ≈ 12 fl.OZ.) **3,90€**
- **Small soup with meat** or special (350ml ≈ 12 fl.OZ.) **4,20€**
- **Big soup** vegetarian or vegan (500ml ≈ 15 fl.OZ.) **5,50€**
- **Big soup with meat** or special (500ml ≈ 15 fl.OZ.) **5,90€**

You can find our daily soups on our website www.greenlovers.de

Panini

Panini with different fresh toppings all 4,50€

- **Caprese** cream cheese, pesto, mozzarella, tomatoes
- **Chorizo** cream cheese, chorizo⁵, mozzarella, rocket
- **Turkey** cream cheese, turkey⁴, mozzarella, rocket
- **Serrano** cream cheese, serrano ham⁵, mozzarella, rocket
- **Mediterranean** avocado creme, olive¹, pepper, dried tomatoes

Yoghurts & Desserts

- **Refined yoghurt with cereal mix**³ **2,50€**
- **Refined yoghurt with pineapple** **2,50€**
- **Refined yoghurt with seasonal fruits** **2,50€**
- **Fruit salad** **2,50€**
- **Mini-muffin** (lemon or chocolate) **0,70€**
- **Desserts** ...saisonal variations **2,90€**

Fresh Juices 350ml ≈ 12 fl.OZ

- **Ingwer Shot** (ca 75ml ≈ 2,5 fl.OZ) ginger, apple **2,00€**
- **100% Orange Juice** **3,50€**
- **100% Carrot Juice** **3,50€**
- **Orange & Carrot Juice** **3,50€**
- **Top Mix with Orange** orange, apple, carrot, lemon **3,90€**
- **Top Mix with Grapefruit** grapefruit, apple, carrot, lemon **3,90€**
- **Vitamin C-Bomb** orange, grapefruit, lemon **3,90€**
- **F.A.K.-Juice** apple, carrot, fennel **3,90€**
- **Red Harmony** beetroot, apple, orange **3,90€**

Option: ginger and omega 3 vegetable oil for free!

Fresh smoothies 350ml ≈ 12 fl.OZ all 4,50€

- **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

Coffee and Hot Drinks

- **Espresso** **1,90€**
- **Cappuccino** **2,50€**
- **Double Espresso** **2,90€**
- **Cafe Crema** **1,90€**
- **Cup Tea** **2,50€**
- **Fresh Mint Tea with Honey** **3,50€**
- **Fresh Ginger Tea with Lemon and Honey** **3,50€**
- **Latte Macchiato** **3,50€**
- **White Coffee** **2,90€**
- **Hot Chocolate** **2,90€**
- **Matcha Latte** **3,90€**
- **Pot Tea** **3,50€**