

## SALADS

- **Fruity goat** -veggie- **8,90€**  
salad mix, goat cheese, walnuts<sup>3</sup>, fresh fruits, honey, recommendation: rocket mustard
- **Falafel veggie** -veggie- **9,50€**  
salad mix, falafel, hummus, tomatoes, curry broccoli, feta, sesame seeds, recommendation: rocket mustard
- **Penne pesto** -veggie- **7,50€**  
penne, dried tomatoes, cherry tomatoes, baby mozzarella, pine nuts, basil, pesto
- **Couscous mediterranean** -veggie- **6,90€**  
couscous, cherry tomatoes, feta, olives<sup>1</sup>, pepper, mint, recommendation: balsamico
- **Caesar's** -chicken- **8,40€**  
romaine lettuce, croutons, grana padano, chicken, recommendation: caesar's<sup>2</sup>
- **Sesame chicken** -chicken- **9,20€**  
baby spinach, corn, sesame carrots, chicken, croutons, coriander, recommendation: soy sesame
- **Green vegan** -vegan- **8,40€**  
salad mix, quinoa, avocado, cherry tomatoes, beetroot, cucumber, carrots, sunflower seeds, recomm.: green lovers
- **Fit 'n healthy** -vegan- **8,40€**  
salad mix, pomegranate, avocado, mango, carrots, chia seeds, recommendation: rocket mustard
- **El mexicano** -vegan- **8,90€**  
salad mix, jalapeños, guacamole, tortilla, kidney beans, corn, black beans, cherry tomatoes, recommendation: salsa
- **Beef deluxe** -beef- **9,50€**  
salad mix, avocado, pomegranate, balsamico onions, pepper, roast beef, recommendation: french<sup>2</sup>
- **Nizza** -fish- **9,20€**  
romaine lettuce, organic egg, corn, olives<sup>1</sup>, pepper, tuna, red onions, recommendation: balsamico
- **Nordic by nature** -fish- **9,50€**  
salad mix, cucumber, chives, avocado, salmon, cherry tomatoes, mustard dill sauce, recomm.: dill yoghurt

## BOWLS

- **Buddha bowl** -veggie- **10,50€**  
quinoa, avocado, pomegranate, baby mozzarella, cherry tomatoes, hummus, sesame carrots, chia seeds, recommendation: soy sesame
- **Fiesta bowl** -veggie- **10,50€**  
quinoa, corn, kidney bean, black bean, sweet potato, cherry tomatoes, guacamole, sour cream, tortilla, recommendation: salsa
- **Oriental bowl** -vegan- **10,50€**  
couscous, quinoa, falafel, hummus, refined red cabbage, curry cauliflower, marinated chickpeas, pepper, cranberries, recommendation: mango curry
- **Energy bowl** -vegan- **10,50€**  
salad mix, quinoa, edamame, mango, wakame, marinated beetroot, sesame carrots, linseed, basil, sweet potato, recommendation: rocket mustard

## PANINI

- Panini with different fresh toppings** **all 4,50€**
- **Caprese** cream cheese, pesto, mozzarella, tomatoes
  - **Chorizo** cream cheese, chorizo<sup>5</sup>, mozzarella, rocket
  - **Turkey** cream cheese, turkey<sup>4</sup>, mozzarella, rocket
  - **Serrano** cream cheese, serrano ham<sup>5</sup>, mozzarella, rocket
  - **Mediterranean** avocado creme, olive<sup>1</sup>, pepper, dried tomatoes

## SOUPS

- **Soup** vegan / veggie 350ml / 500ml **3,90€ / 5,50€**
- **Soup** with meat / specials 350ml / 500ml **4,20€ / 5,90€**

## 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 • jalapeños • honey walnuts<sup>3</sup> • pine nuts • sunflower nuts • coriander • kidney beans olives<sup>1</sup> • black beans • sesame seeds • carrots • red onions croutons • refined red cabbage • pepper • cranberries • corn pumpkin seeds • chia seeds • linseed • chives • mint • basil

**1,00€** mango • baby mozzarella • fresh fruits • quinoa • rice avocado • dried tomatoes • cherry tomatoes • grana padano hummus • tofu • curry broccoli • organic egg • sweet potato balsamico onions • pomegranate • edamame • sour cream marinated chickpeas • sesame carrots • marinated beetroot curry cauliflower • feta from cow milk

**1,50€** guacamole • wakame

**2,50€** falafel • goat cheese • chicken • tuna

**3,00€** roast beef • smoked salmon

**Choose dressing:** balsamico • caesar's<sup>2</sup> • dill yoghurt salsa • green lovers (several herbals) • orange honey • french<sup>2</sup> blackberry • rocket mustard • soy sesame • mango curry

## YOGHURTS & DESSERTS

- **Yoghurt with cereal mix**<sup>3</sup> **2,50€**
- **Joghurt with pineapple** **2,50€**
- **Joghurt with fresh fruits** **2,50€**
- **Lime cream** **2,50€**
- **Mini muffin** (lemon or chocolate) **0,70€**
- **Desserts** saisonal variations ... e.g. Tiramisu **2,90€**

## FRESH JUICES

 350ml

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

## FRESH SMOOTHIES

 350ml **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