

## BOWLS & BREAKFAST BITES

- 🌱 **Açaí Bowl** **OUR CHOICE**  
🌿 Açaí Beere, Banane, Himbeere, Blaubeere, Erdbeere, Mandel, Kokossplitter, Chia Samen, Granola (A2, 3, 4/H2)
  - 🌱 **Mango Bowl**  
🌿 Mango, Ananas, Kokossplitter, Blaubeere, Banane, Goji Beere, Kokosdrink, Granola (A2, 3, 4)
  - 🌱 **Matcha Bowl**  
🌿 Matcha, Avocado, Spinat, Banane, Goji Beere, Kokossplitter, Chia Samen, Haferdrink, Granola (A2, 3, 4)
  - 🌱 **Vanilla Berry Bowl neu!**  
🌿 Erdbeere, Banane, Vanille, Goji Beere, Kokosflocken, Cashewdrink, Granola (A2, 3, 4/H2)
  - 🌱 **Yo Go** Joghurt, Homemade Granola, Erdbeere, Tonkabohne (A2, 3, 4 G)
  - 🌱 **Mango Bircher neu!** (A4/G/H1,2)  
Haferflocken, Apfel, Joghurt, Mandeldrink, Walnuss, Agave, Mango
  - 🌱 **Quark & Mango** Quark, Agave, Zimt, Vanille, Mango (G)
  - 🌱 **Seasonal Fruit** Kiwi, Melone, Erdbeere
  - 🌱 **Vollkorn Chia Croissant** mit Butter und Homemade Jam (A2/G)
  - 🌱 **Overnight Oats** **OUR CHOICE**  
Haferflocken, Mandeldrink, Joghurt, Agave, Blaubeere (A4/G/H2)
  - 🌱 **Oat Porridge**  
🌿 Haferflocken, Leinsamen, Zimt, Mandelmilch (A4/H2)
- ADD ON Banane, Beere, Nuss, Chia, Choco Nibs, Goji Beere

## POWERFOOD SMOOTHIES

ADD ON: BD Protein Mix

- 🌱 **Protein Berry Boost neu!** **OUR CHOICE**  
Avocado, BD Protein Mix, Erdbeere, Minze, Limette, Mandeldrink (H2)
- 🌱 **Peach on the Beach neu!**  
🌿 Pfirsich, Erdbeere, Banane, Goji Beere, Minze, Hafermilch
- 🌱 **Tropical Smooch**  
🌿 Ananas, Banane, Kurkuma, Minze, Limette, Kokosdrink
- 🌱 **Immune Booster** (H2)  
🌿 Rote Bete, Erdbeere, Banane, Ingwer, Minze, Leinsamen, Mandeldrink
- 🌱 **Dr Detox**  
🌿 Avocado, Stangensellerie, Spinat, Gurke, Ingwer, Limette, Minze (I)
- 🌱 **Love Affair**  
🌿 Blaubeere, Erdbeere, Chia Samen, Agavendicksaft, Banane, Haferdrink (A4)
- 🌱 **Rise and Shine neu!**  
🌿 Banane, Dattel, Chia Samen, Goji Beere, Zimt, Mandelmus, Leinsamen, Mandeldrink (H2)

## SALADS

- 🌱 **Quinoa Spring Fling neu!** **OUR CHOICE**  
🌿 Quinoa, Apfel, grüner Spargel, Zucchini, Radieschen, Dattel, Sellerie, Avocado Creme, Sprosse (I/J)
- 🌱 **Aladdin's Dream neu!**  
Couscous, Kichererbse, Rosine, Aprikose, Paprika, Minze, Curry, Frühlingslauch, Minz-Joghurt (A2/G)
- 🌱 **Sweet Potato Fantasy neu!** **OUR CHOICE**  
Süßkartoffel, Kichererbse, Petersilie, Zwiebel, Cumin, Sesam, Baby Blattspinat, Homemade Tsatsiki (G/K)
- 🌱 **Broccolane** (G/K) *Wir beziehen unser Huhn von einem regionalen Bayerischen Bauernhof mit Freilandhaltung.*  
🌿 Brokkoli, Huhn, Cranberry, Dattel, Sonnenblumenkern, Chicoree, Homemade Tahini Dressing
- 🌱 **Skinny Salmon** (D/I/J)  
🌿 Wildlachsfilet, Fenchel, Veggies, Spinat, Homemade Mango Dressing
- 🌱 **Orient Delite neu!**  
Aubergine, Harissa, Aladdin's Dream, Sweet Potato Fantasy, Artischocke, Paprika, Hummus Heaven, Homemade Tsatsiki (A2/G/K)
- 🌱 **Welcome to Nizza neu!**  
🌿 Thunfisch, Cherry Tomato, grüne Bohne, Wachtelei, rote Zwiebel, Salatmix (C/D)
- 🌱 **Avo & Green neu!** **OUR CHOICE**  
🌿 Avocado, grüner Spargel, Edamame, Zucchini, Hummus Heaven, Baby Blattspinat, Sprosse, Salatmix (F/K)
- 🌱 **Chef Salad neu!** Huhn, Cherry Tomato, Mais, Ei, Speck, Salatmix (C)

### Dressings:

ADD ON: Avocado / Feta

- 🌱 **Balsamico Bliss neu!** Olivenöl, Aceto di Balsamico, Senf, Honig, Salz, Pfeffer (J)
- 🌱 **BiteDelite** Lemon-Honey-Mustard Dressing (J) **OUR CHOICE**
- 🌱 **Tahini Dream** Tahini, Joghurt, Salz, Pfeffer, Reissirup, Limette (G/K)
- 🌱 **Pesto Passion** Homemade Pesto, Weißweinessig, Olivenöl (G/K)

## DIPS & BITES

- 🌱 **Veggies love Dip** Veggie Sticks, small Hummus Heaven (K)

BREAD Doule Corn, Double Dinkel, Double Dark, Chia

## WRAPS

- 🌱 **Goaty neu!**  
Ziegenkäse, grüner Spargel, Traube, Mandel, Rucola, Homemade Mango Sauce, Vollkornwrap (A2/F/G/H2)
- 🌱 **Chicken Curry**  
🌿 Huhn, Apfel, Spinat, Homemade Curry Sauce, Vollkornwrap (A/G)
- 🌱 **Vegenator**  
🌿 Hummus Heaven, Süßkartoffel, Rotkohl, Rucola, Vollkornwrap (A2/K)

- 🌱 **Chicken Guaca** **OUR CHOICE**  
Huhn, Guacamole, Paprika, Zwiebel, Wrap Tortilla (A2/J)
- 🌱 **Tuna Time** (A2/D/G)  
🌿 Tunfisch, Veggies, Ingwer, Frischkäse, Limette, Chili, Wrap Tortilla

## BAGUETTES NEU!

- 🌱 **Wild Salmon** (A2, 6/D/G/K) **OUR CHOICE**  
Lachs, Frischkäse, Radieschen, Kresse, Powerfood Baguette
- 🌱 **New York Roast Beef**  
Roastbeef, Parmesan, Homemade Mustard Sauce, Rucola, Karotten-Körner Baguette (A2, 3, 4/C/G/J)
- 🌱 **Chicken Pesto**  
Huhn, Homemade Pesto, Tomato, Büffelmozzarella, Rucola, Karotten-Körner Baguette (A2, 3, 4/G)
- 🌱 **Ze German**  
Gekochter Schinken, Cheddar, Salatmix, Homemade Kräuter Dip, Karotten-Körner Baguette (A2, 3, 4/F/G)

## BREADS NEU!

- 🌱 **Avocado Bread** **OUR CHOICE**  
🌿 Avocado, Hummus, Sonnenblumenkerne, Vollkornbrot (A2, 4/K)
- 🌱 **Salami Bread**  
Mailänder Salami, Romanasalat, Roggen-Vollkornbrot (A4, 6/K)
- 🌱 **Goatcheese Bread** (A4, 6/G/H2/K)  
Ziegenkäse, Honig, Mandeln, Radieschen Roggen-Vollkornbrot

## SOUPS

- 🌱 **Classic Tomato** Tomato, Veggies, Basilikum (I)
- 🌱 **Dhal** Rote Linse, Kokosmilch, Curry, Veggies (I)
- 🌱 **Seasonal Soups** Saisonales Angebot **OUR CHOICE**  
ADD ON: Geröstete Kichererbse, Feta

## Hot Meal of the Week Saisonales Angebot

## DESSERTS

- 🌱 **Vanilla Berry Kiss neu!**  
🌿 Sojamilch, Cashewkerne, Erdbeere, Agave, Vanille (F/H3)
- 🌱 **Sweet Hummus neu!** **OUR CHOICE**  
Kichererbsen, Erdnussbutter, Choco Nibs, Ahornsirup (E/G)
- 🌱 **Lime Cheesecake** Limette, Quark, Agave, Hafer Cookie (A2, 4/G)
- 🌱 **Choc Chic**  
🌿 Avocado, Kakao, Agave
- 🌱 **Energy Bites**  
🌿 Dattel, Mandel, Kakao, Erdnuss, Hanfkörner, Meersalz (E/H2)




## SWEETS

 **Banana Bread** (A2/C/H1)

  **Black Bean Brownie** **OUR CHOICE**

## FRESH JUICES

  **Classic** Karotte, Apfel, Ingwer

  **Spring** Ananas, Apfel, Gurke **neu!**

## HOT & COLD DRINKS

  **Homemade Ice Teas** **neu!** **OUR CHOICE**



Lemongrass Vanilla / Cucumber Ginger / Matcha

  **Black Latte** **neu!** Kohle, Ingwer, Kokosdrink

*Alle latte auch  
on Ice erhältlich!*

 **Matcha Latte / Iced Matcha Latte** (G)

  **Beetroot Latte** Rote Bete, Ingwer, Sojadrink (F)

  **Golden Milk** Kurkuma, Ingwer, Zimt, Kokosdrink **OUR CHOICE**

**Chai Latte** (G)

**Hot Chocolate** (G)

**Hot Infusion Mint / Ginger / Lemon**

## COFFEE

**Espresso**

**Espresso Macchiato** (G)

**Flat White** (G)

**Cappuccino** (G)

**Americano**

**Milchkaffee** (G)

**Caffé Crema**

**Latte Macchiato / Iced Latte Macchiato** (G)

**Filtercoffee / Iced Filtercoffee**

Soja / Coconut / Hafer / Mandel / Cashew / Laktosefrei

*Choose your favorite milk.  
We've got them all!*

## LEGENDE

 Powerfood  Vegan  Skinny  Sugarfree

**Allergene:** **A** Glutenhaltige Getreide: 1 Dinkel, 2 Weizen, 3 Gerste, 4 Hafer, 5 Kamut, 6 Roggen / **B** Krebstiere / **C** Eier / **D** Fisch / **E** Erdnüsse / **F** Soja / **G** Milch (Laktose) / **H** Schalenfrüchte: 1 Walnüsse, 2 Mandeln, 3 Cashews, 4 Haselnüsse, 5 Pistazie / **I** Sellerie / **J** Senf / **K** Sesam / **L** Schwefeldioxid, Sulfite / **M** Lupinen / **N** Weichtiere



*Thank you.*

Für weitere Informationen wenden Sie sich bitte an

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