

SUMMER MENU 2019



SMOOTHIE 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, Kokosdrink, Granola (A2, 3, 4)
- 🌿 **Peanut Butter Cherry Bowl** *neu!*
🌿 Granola, Peanut Butter, Kirsche, Haferdrink, Limette, Banane, Agave, Chia Samen, Beere, Choco Nibs (A2, 3, 4/E)
- 🌿 **Vanilla Berry Bowl** OUR CHOICE
🌿 Erdbeere, Banane, Vanille, Kokosflocken, Cashewdrink, Granola (A2, 3, 4/H2)
- 🌿 **Pinky** *neu!*
🌿 🌿 Himbeere, Griechischer Joghurt, Agavendicksaft (G)
- 🌿 **Mango Bircher** (A4/G/H1,2) OUR CHOICE
🌿 Haferflocken, Mango, Apfel, Joghurt, Mandeldrink, Walnuss, Agave
- 🌿 🌿 **Quark & Mango** Quark, Mango, Agave, Zimt, Vanille (G)
- 🌿 🌿 **Seasonal Fruit** Saisonale Früchte
- 🌿 **Vollkorn Croissant** (A2/G)
- 🌿 **Power Brezel** *neu!* (A2, 3/G/K)
🌿 Brezel, Sonnenblumenkerne, Kürbiskerne, Sesam, Chia Samen
- 🌿 **Overnight Oats** (A4/G/H2) OUR CHOICE
🌿 Haferflocken, Mandeldrink, Joghurt, Agavendicksaft, Beere, Zimt
- 🌿 **Chia Pudding** *neu!*
🌿 Chia Samen, Cashewdrink, Agavendicksaft, Beerenmix (H3)
- 🌿 **Oat Porridge**
🌿 Haferflocken, Leinsamen, Zimt, Mandelmilch (A4/H2)

ADD ON Banane, Beere, Mandel, Chia, Kakao Nibs, Goji Beere, Apfelmus

SALADS

- 🌿 **Sweet Potato Fantasy** OUR CHOICE
🌿 Süßkartoffel, Kichererbse, Petersilie, Zwiebel, Cumin, Sesam, Homemade Tsatsiki (G/K)
- 🌿 **Broccolane** (G/K)
🌿 Brokkoli, Regionales Huhn, Cranberries, Dattel, Sonnenblumenkern, Homemade Tahini Dressing
- 🌿 **Protein Salmon Bowl**
🌿 Wildlachsfilet, Belugalinse, Rote Linse, Zucchini, Granatapfel, Stangensellerie, Petersilie, Spinat, Frühlingszwiebel (D/I)

- 🌿 **Orient Delite** OUR CHOICE
🌿 Aubergine, Harissa, Cous Kiss, Sweet Potato Fantasy, Artischocke, Paprika, Hummus Heaven, Homemade Tsatsiki (A2/G/K)
- 🌿 **Avocalypse**
🌿 Avocado, grüner Spargel, Cauliflower Rice, Hummus Heaven, 🌿 Edamame, Zucchini, Salatmix (F/K)
- 🌿 **Chicken Supergreen** *neu!*
🌿 Regionales Huhn, Avocado, Cherry Tomato, Brokkoli, Spinat, Romana, Rucola
- 🌿 **My Thai** *neu!*
🌿 Quinoa, Paprika, Chinakohl, Chili, Zitronengras, Koriander, Erdnuss 🌿 Frühlingszwiebel, Salatmix, Limette, Peanut Chili Sauce (E)
- 🌿 **Paradise Bowl** *neu!* OUR CHOICE
🌿 Grüner Spargel, Pink Hummus, Karotte, Roter Wildreis, Rettich, 🌿 Schnittlauch, geröstete Kichererbsen, Salatmix (K)
- 🌿 **Cous Kiss** *neu!*
🌿 Couscous, Kurkuma, Gurke, Petersilie, Tomate, Minze, Granatapfel, Frühlingszwiebel, Blattspinat, Ingwer, Orangensaft, Olivenöl (A2)

Dressings:

ADD ON: Feta, Avocado

- 🌿 **Balsamico Bliss**
🌿 Olivenöl, Aceto di Balsamico, Senf, Reissirup, Salz, Pfeffer (J)
- 🌿 **Honey Mustard**
🌿 Olivenöl, Weißweinessig, Honig, Senf, Salz, Pfeffer (J) OUR CHOICE
- 🌿 **Tahini Dream**
🌿 Tahini, Joghurt, Salz, Pfeffer, Reissirup, Limette (G/K)
- 🌿 **Sweet Peanut**
🌿 Erdnussbutter, Chili, Sojasauce, Orangensaft, Limette (E/F)
- 🌿 🌿 **Pesto Passion** Homemade Pesto, Weißweinessig, Olivenöl (E/G/J)

MINIS

- 🌿 **Quinoa Protein Pot** *neu!* (C/E/G)
🌿 Quinoa, Avocado, Homemeade Pesto, Ei, Cherry Tomato, Spinat
- 🌿 **Lentil Mix**
🌿 Beluga Linse, Rote Linse, Granatapfel, Lauchzwiebel, 🌿 Stangensellerie, Petersilie (I)
- 🌿 **Hey Cutie** *neu!*
🌿 Quinoa, Cranberry, Dattel, Petersilie, Olivenöl, 🌿 Aceto Balsamico Bianco

WRAPS

- 🌿 **Sweet Tandoori** *neu!*
🌿 Süßkartoffel, Homemade Tandoori Sauce, Karotte, Sellerie, Homemade Hummus, Vollkorn Wrap (A2, 6/F/K/I)
- 🌿 **Chicken Guaca** OUR CHOICE
Chicken, Guacamole, Paprika, Zwiebel, Romana, Homemade BBQ Sauce, Leinsamen Wrap (A2/J)
- 🌿 **Tuna Time** (A2, 4, 6/D/G)
🌿 Thunfisch, Veggies, Ingwer, Frischkäse, Limette, Chili, Spinat Wrap
- 🌿 **Thai Chicken** *neu!*
🌿 Regionales Huhn, Eisbergsalat, Chinakohl, Veggies, Homemade Chili Sauce, Spinat Wrap (A2, 4, 6/F/K/I)
- 🌿 **Very Veggie** (A2, 6/E/G) *neu!* OUR CHOICE
🌿 Zucchini, Paprika, Aubergine, Brokkoli, grüner Spargel, Büffelmozzarella, Rucola, Thymian, Rosmarin, Homemade Pesto, Tomaten Wrap

SANDWICHES & BREADS

- 🌿 **Totally Tuna** (A2, 4, 6/G/D) OUR CHOICE
🌿 Thunfisch, Frischkäse, Gurke, Blattspinat, Vollkorn-Körner Toast
- 🌿 **Club Sandwich**
Chicken, Bacon, Sauerrahm, Ei, Romanasalat, Butter, Senf, Olivenöl, Vollkorn-Körner Toast (A2, 4, 6/C/G/J/M)
- 🌿 **Caprese** (A2, 4, 6/E/G/H2)
🌿 Mozzarella, Tomate, Homemade Pesto, Rucola, Vollkorn-Körner Toast
- 🌿 **Avocado Bread** OUR CHOICE
🌿 Avocado, Hummus, Sonnenblumenkerne, Roggen-Vollkornbrot (A2, 4, 6/K)

DIPS & BITES

- 🌿 🌿 🌿 **Veggies love Dip** BREAD
Veggie Sticks mit Hummus Heaven (K) Roggen (A2, 6) / Malz (A2)
- 🌿 **Hummus Heaven**
🌿 Kichererbse, Zitrone, Tahini, Knoblauch, Olivenöl (K)
- 🌿 **Pink Hummus**
🌿 Kichererbse, Tahini, Rote Bete, Knoblauch, Olivenöl, Limette (K)

SOUPS

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

HOT BOWL *neu!*

Chicken Bowl / V Veggie Bowl / V Falafel

Saisonales Angebot

Kreiere Deine Lieblingsbowl!

SWEETS

Coconut Passion *neu!*

Milchreis, Kokosmilch, Agavendicksaft, Vanille, Passionsfrucht

Nougat Heaven (A4/E/F/H1) **OUR CHOICE**

Erdnuss, Walnuss, Kakao, Agave, Sojasahne, Black Bean Brownie

Cookie Cream **OUR CHOICE**

Kichererbsen, Erdnussbutter, Choco Nibs, Ahornsirup (E/G)

Lime Cheesecake *neu!*

Limette, Quark, Agave, Homemade Vollkorn Cookie, Salty Coconut Crunch (A2/G)

Vanilla Berry Kiss

Cashew, Erdbeere, Agave, Vanille, Sojadrink, Crumble (A4/F/H3)

Blueberry Muffin (A2/C/G)

Carrot Bread (A2/C/G)

Banana Bread (A1/C/G)

Flapjack (A2,3,4/C/G)

Black Bean Brownie (A4) **OUR CHOICE**

Energy Bites **OUR CHOICE**

Dattel, Mandel, Kakao, Erdnuss, Hanfkörner, Meersalz (E/H2)

FRESH SMOOTHIES

Peach on the Beach *neu!*

Pfirsich, Erdbeere, Banane, Minze (A4)

Tropical Smooch

Ananas, Banane, Kurkuma, Minze, Limette, Kokosdrink

Immune Booster (H2) **OUR CHOICE**

Rote Bete, Erdbeere, Banane, Ingwer, Minze, Leinsamen, Mandeldrink

Frog Kiss (A4)

Spinat, Avocado, Banane, Moringa, Agave, Minze, Haferdrink

Love Affair Blaubeere, Erdbeere, Chia Samen, Agave,

Banane, Haferdrink (A4)

Dr Detox

Avocado, Stangensellerie, Spinat, Gurke, Ingwer, Limette, Minze (I)

Peanut Butter Kiss *neu!* **OUR CHOICE**

Erdnussbutter, Banane, Leinsamen, Dattel (E/A4)

FRESH JUICES

Classic Juice Karotte, Apfel, Ingwer

Red Juice Rote Bete, Apfel, Karotte, Ingwer

Yellow Juice Ananas, Zitrone, Apfel, Ingwer *neu!* **OUR CHOICE**

Green Juice Ananas, Apfel, Gurke

Watermelon Splash Wassermelone, Minze, Ice *neu!* **OUR CHOICE**

HOT & COLD DRINKS

Detox Wonder *neu!* Kurkuma, Zitrone, Ingwer, Agave, Zimt

Black Latte Kohle, Ingwer, Kokosdrink

Matcha Latte Matchatee, Vollmilch (G)

Beetroot Latte Rote Bete, Ingwer, Sojadrink (F)

Golden Milk Kurkuma, Ingwer, Zimt, Kokosdrink

Chai Latte Chai, Vollmilch (G)

Hot Chocolate Schokolade, Vollmilch (G)

Hot Infusion Mint / Ginger / Lemon

Homemade Lemongrass Vanilla Ice Tea

BD Coffee Milkshake *neu!* **OUR CHOICE**

Espressobohne, Kokosdrink, Banane, weiße Schokolade (G)

*Alle Latte auch
on Ice erhältlich!*

COFFEE

Espresso

Espresso Macchiato (G)

Flat White (G)

Cappuccino (G)

Americano

Milchkaffee (G)

Caffé Crema

Latte Macchiato / Iced Latte Macchiato (G)

Vollmilch / Laktosefrei / Soja / Kokos / Hafer / Mandel / Cashew

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

LEGENDE

Powerfood **Vegetarian** **Vegan** **Skinny** **No Added Sugar**

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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