



SMOOTHIE BOWLS & BREAKFAST BITES

- 🌿 **Açaí Bowl** OUR CHOICE
 🌿 Açaí Beere, Banane, Granatapfelkerne, Blaubeere, Erdbeere, Mandel, Kokossplitter, Chia Samen, Granola (A2, 3, 4/H2)
- 🌿 **Mango Bowl**
 🌿 Mango, Ananas, Kokossplitter, Blaubeere, Banane, Kokosdrink, Granola (A2, 3, 4)
- 🌿 **Vanilla Berry Bowl** OUR CHOICE
 🌿 Erdbeere, Banane, Vanille, Kokosflocken, Granatapfelkerne, Cashewdrink, Granola (A2, 3, 4/H2)
- 🌿 **Choc Bowl neu!**
 🌿 Kakao, Mandel, Banane, Leinsamen, Chiasamen, Dattel, Mandeldrink, Granola, Granatapfel, Choco Nibs (A2, 4/H2)
- 🌿 🌿 **Guava Yoghurt neu!** Guave, Joghurt, Heidelbeere (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** (A2, 3/G/K)
 🌿 Brezel, Sonnenblumenkerne, Kürbiskerne, Sesam, Chia Samen
- 🌿 **Overnight Oats** (A4/G/H2) OUR CHOICE
 🌿 Haferflocken, Mandeldrink, Joghurt, Agavendicksaft, Zimt, Traube
- 🌿 **Chia Pudding** (H3) **neu!**
 🌿 Chia Samen, Cashewdrink, Agavendicksaft, Granatapfel, Mango
- 🌿 **Oat Porridge**
 🌿 Haferflocken, Leinsamen, Zimt, Mandelmilch (A4/H2)

ADD ON Granatapfelkerne, Banane, Peanut Butter, Leinsamen, Mandeln, Chia Samen, Chocholate Nibs, Kokosraspeln, Hanfsamen

Pimp your Bowl!

SALADS

- 🌿 **Broccolane** (G/K)
 🌿 Brokkoli, Regionales Huhn, Cranberries, Dattel, Sonnenblumenkern, Homemade Tahini Dressing
- 🌿 **Protein Salmon Bowl** OUR CHOICE
 🌿 Wildlachsfilet, Belugalinse, Rote Linse, Zucchini, Granatapfel, Stangensellerie, Petersilie, Spinat, Frühlingszwiebel (D/I)
- 🌿 **Orient Delite** OUR CHOICE
 🌿 Aubergine, Harissa, Cous Kiss, Sweet Potato Love, Artischocke, Paprika, Hummus Heaven, Homemade Tsatsiki (A2/G/K)

- 🌿 **Curry Kiss neu!**
 🌿 Quinoa, Belugalinse, Kichererbsen, schwarzer Sesam, Curry, Orangensaft, Sesamöl, Minze, Karotte, Sellerie, Edamame, Granatapfel, Sweet Potato Glory (F/G/I/K)
- 🌿 **Farmer's Bowl neu!**
 🌿 Roasted Butternut Squash, Cranberries, Ziegenkäse, Kale Chips, Spinat, Rucola, Kichererbsen, Mango Chutney (G)
- 🌿 **Athlete's Bowl neu!** OUR CHOICE
 🌿 Quinoa, Pink Hummus, Karotte, Kale Chips, Rotkohl, geröstete Kichererbsen, Sonnenblumenkerne, Salatmix (K/J)
- 🌿 **Avocalypse neu!**
 🌿 Avocado, Grünkohl, Roasted Cauliflower, Hummus Heaven, 🌿 Edamame, Zucchini, Salatmix (F/K)
- 🌿 **Chicken Supergreen**
 🌿 Regionales Huhn, Avocado, Cherry Tomato, Brokkoli, Spinat, Romana, Rucola

Wir beziehen unser Huhn von einem regionalen Bayerischen Bauernhof mit Freilandhaltung.

ADD ON: Feta, Avocado

Dressings of your choice:

- 🌿 **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)
- 🌿 **Pesto Passion** Basilikum, Parmesan, Spinat, Petersilie, Olivenöl, 🌿 Erdnuss, Rapsöl, Weisweinessig, Honig, Senf, Orangensaft, Apfelsaft, Limette, Salz, Pfeffer (E/G/J)
- 🌿 **Sweet Peanut** (E/F)
 🌿 Erdnussbutter, Chili, Sojasauce, Orangensaft, Limette, Salz, Pfeffer
- 🌿 **Wasabi Way neu!**
 🌿 🌿 Joghurt, Wasabi, Orangensaft, Soja (G/J)

MINIS

- 🌿 **Quinoa Protein Pot** (C/E/G)
 🌿 Quinoa, Avocado, Homemeade Pesto, Ei, Cherry Tomato, Spinat
- 🌿 **Lentil Love**
 🌿 Beluga Linse, Rote Linse, Granatapfel, Lauchzwiebel, 🌿 Stangensellerie, Petersilie (I)
- 🌿 **Sweet Potato Love**
 🌿 Süßkartoffel, Kichererbse, Petersilie, Zwiebel, Cumin, Sesam, Homemade Tsatsiki, Limette (G/K)

WRAPS

- 🌿 **Fancy Falafel** (A2/G/K) **neu!**
 🌿 Falafel, Couscous, Rotkohl, Tahini Dream, Tomate, Gurke, Orangensaft, Spinat, Limette, Ingwer, Hummus Heaven, Kurkuma Wrap
- 🌿 **Pizza Wrap neu!**
 🌿 Portobello Pilz, Rucola, Tomate, Mozzarella, Homemade Pesto, Ricotta, Tomatenmark, Vollkorn Wrap (A2, 6/E/G)
- 🌿 **Sweet Tandoori**
 🌿 Süßkartoffel, Homemade Tandoori Sauce, Karotte, Sellerie, Homemade Hummus, Vollkorn Wrap (A2/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**
 🌿 Regionales Huhn, Eisbergsalat, Chinakohl, Veggies, Homemade Chili Sauce, Spinat Wrap (A2, 4, 6/F/K/I)

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

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** (J/K) OUR CHOICE
 🌿 Kichererbse, Tahini, Rote Bete, Wasabi, Knoblauch, Olivenöl, Limette
- 🌿 **Sweet Potato Glory neu!**
 🌿 Süßkartoffel, Olivenöl, Frischkäse, Joghurt, Chili, Kurkuma, Cumin, Zitrone (M)

Kreiere Deine Lieblingsbowl!

HOT BOWL **neu!**

Chicken Bowl / 🌿 Veggie Bowl / 🌿 Falafel
 Saisonales Angebot

SOUPS

🌱 🌿 **Classic Tomato** *Tomate, Veggies, Basilikum (1)*

🌱 🌿 **Dhal** *Rote Linse, Kokosmilch, Curry, Veggies (1)*

Seasonal Soups *Saisonales Angebot* **OUR CHOICE**

ADD ON: Geröstete Kichererbse, Feta

SWEETS

🌱 **Apple Crumble** *neu!*

🌿 *Apfel, Quark, Agave, Zimt, Vanille, Homemade Crumble (A2/G)*

🌱 **Almond Affection** *neu!*

🌿 *Banane, Mandelmuß, Dattel, Vanille, Ahornsirup, Zimt, Pflaumenragout, Cashew (H2/H3)*

🌱 **Coconut Passion**

🌿 *Milchreis, Kokosmilch, Agavendicksaft, Vanille, Passionsfrucht*

🌱 **Cookie Cream** **OUR CHOICE**

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

🌱 **Lime Cheesecake**

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

🌱 **Blueberry Muffin** *(A2/C/G)*

🌱 **Flapjack** *(A2, 3, 4/C/G)*

🌱 **Banana Bread** *(A1/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**

🌿 *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, Mandelndrink*

🌱 **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 (1)*

🌱 **Peanut Butter Kiss**

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

OUR CHOICE

OUR CHOICE

FRESH JUICES

🌱 🌿 **The Defender** *Apfel, Sellerie, Ingwer, Limette, Gurke (1) neu!*

🌱 🌿 **Classic Juice** *Karotte, Apfel, Ingwer*

🌱 🌿 **Red Juice** *Rote Bete, Apfel, Karotte, Ingwer*

🌱 🌿 **Yellow Juice** *Ananas, Zitrone, Apfel, Ingwer*

OUR CHOICE

🌱 🌿 **Green Juice** *Ananas, Apfel, Gurke*

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)* **OUR CHOICE**

🌱 🌿 **Golden Milk** *Kurkuma, Ingwer, Zimt, Kokosdrink*

🌱 **Chai Latte** *Chai, Vollmilch (G)*

Hot Chocolate *Schokolade, Vollmilch (G)*

🌱 🌿 **Hot Infusion Mint / Ginger / Lemon**

*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

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

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



Thank you.

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wenden Sie sich bitte an*

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