

SPRING MENU 2020

BREAKFAST BITES

- 🌱 **Bircher Bussi neu!** Haferflocken, Apfel, Joghurt, Mandeldrink, Walnuss, Agavendicksaft, Pistazie, Dattel, Knuspermüsli, Erdbeere, Heidelbeere (A4/G/H1, 2, 5)
- 🌱 **Quark & Mango** Quark, Mango, Agavendicksaft, Zimt, Vanille (G)
- 🌱 **More Mango** Mango, Limette
- 🌱 **Overnight Oats** (A4/G/H2) **OUR CHOICE**
Haferflocken, Mandeldrink, Joghurt, Agavendicksaft, Zimt, Traube
- 🌱 **Berry Mix** Erdbeere, Himbeere, Heidelbeere
- 🌱 **Chia Baby** (H4) **neu!**
Chia Samen, Haferdrink, Agavendicksaft, Vanille, Heidelbeere, Erdbeerpüree
- 🌱 **Vollkorn Croissant** (A2/G)
- 🌱 **Power Brezel** (A2, 3/G/K)
Brezel, Sonnenblumenkerne, Kürbiskerne, Sesam, Chia Samen
- 🌱 **Oat Porridge** **OUR CHOICE**
Haferflocken, Leinsamen, Zimt, Mandeldrink (A4/H2)

MY AVO

- 🌱 **Basic**
Avocado, Chili, Limette, Roggenvollkornbrot (A2, 4, 6)
- 🌱 **Veggie** Avocado, Geröstete Kichererbsen, Cherry Tomato, Chili, Limette, Roggenvollkornbrot (A2, 4, 6)
- 🌱 **Salmon** Avocado, Räucherlachs, Chili, Limette, Roggenvollkornbrot (A2, 4, 6/D)

ADD ON: Feta, Edamame, Hummus, Chickpeas, Tomate

SMOOTHIE BOWLS

- 🌱 **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)
- 🌱 **Peach Bowl** (A2, 3, 4) **neu!**
Weißer Pfirsich, Erdbeere, Chiasamen, Banane, Avocado, Agave, Limette, Hanfsamen, Himbeere, Blaubeere, Haferdrink, Granola

ADD ON: Banane, Peanut Butter, Leinsamen, Mandeln, Chiasamen, Chocolate Nibs, Kokosraspeln, Hanfsamen *Pimp your Bowl!*

SALADS

- 🌱 **Super Salmon neu!** Lachsfilet, Edamame, Mango, Radieschen, Spinat, Gurke, Limette, Magoc Mango Dressing (D/F)
- 🌱 **Broccolane** Brokkoli, Regionales Huhn, *Wir beziehen unser Huhn von einem regionalen Bayerischen Bauernhof mit Freilandhaltung.* Cranberries, Dattel, Sonnenblumenkern, Tahini Dream Dressing (G/K)
- 🌱 **We love Lemon neu!** Spargel, Weizennudeln, Edamame, Zitrone, Gurke, Petersilie, Frühlingszwiebel, Kichererbse, Agavendicksaft, Blattspinat, Olivenöl (A2/F)
- 🌱 **Orient Delite** **OUR CHOICE**
Aubergine, Harissa, Cous Kiss, Sweet Potato Love, Artischocke, Paprika, Hummus Heaven, Homemade Tsatsiki (A2/G/K)
- 🌱 **Curry Kiss**
Quinoa, Belugalinse, Kichererbsen, schwarzer Sesam, Curry, Orangensaft, Sesamöl, Minze, Karotte, Sellerie, Edamame, Granatapfel, Sweet Potato Glory (F/I/K)
- 🌱 **Farmer's Bowl neu!**
Grüner Spargel, Cherrytomate, Rucola, Walnuss, Balsamico, Feta, Olivenöl (G/H1)
- 🌱 **Avocalypse neu!**
Avocado, Hummus, Edamame, Blumenkohl, Zucchini, grüner Spargel, Blattsalat (F/K)
- 🌱 **Rainbow Bowl neu!**
Falafel, Feta, Rotkohl, Pink Hummus, Blumenkohl, Curry, Limette, Gurke, Blattsalat (G/K/J)
- 🌱 **Shrimpy neu!** Shrimp, Tomate, Gurke, Petersilie, Zwiebel, Olivenöl, Limettensaft, Zitronenschale (B)

ADD ON: Feta, Avocado, Edamame, Roasted Chickpeas

Dressings of your choice:

- 🌱 **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** Erdnussbutter, Chili, Sojasauce, Orangensaft, Limette, Salz, Pfeffer (E/F) **OUR CHOICE**
- 🌱 **Magic Mango neu!**
Mango, Orange, Olivenöl, Minze, Balsamico Bianco
- 🌱 **Balsamico Bliss** Olivenöl, Aceto di Balsamico, Senf, Reissirup, Salz, Pfeffer (J)

WRAPS

- 🌱 **Fancy Falafel** **OUR CHOICE**
Falafel, Couscous, Rotkohl, Tahini Dream, Tomate, Gurke, Orangensaft, Spinat, Limette, Ingwer, Hummus Heaven, Kurkuma Wrap (A2/G/K)
- 🌱 **Jacky neu!** Jackfrucht, Curry, Zwiebel, Orange, Homemade Hummus, Weißkraut, Chinakohl, Karotte, Zucchini, Zuckerschote, Paprika, Bambussprossen, Sweet Peanut Sauce, Vollkorn Wrap (A2, 6/E/K)
- 🌱 **Goaty neu!** Ziegenkäse, grüner Spargel, Rote Bete, Rucola, Soja joghurt, Vollmilch, Mangopüree, Mandel, Vollkorn Wrap (A2, 6/F/G)
- 🌱 **Chicken Guaca**
Chicken, Guacamole, Paprika, Zwiebel, Romana, Homemade BBQ Sauce, Leinsamen Wrap (A2)
- Tuna Time** (A2, 4, 6/D/G/I)
Thunfisch, Veggies, Ingwer, Frischkäse, Limette, Chili, Spinat Wrap

SANDWICHES

- 🌱 **Vega-licious neu!** Homemade Hummus, Rotkohl, Edamame, Blattspinat, Olivenöl, Orangensaft, Vollkorn-Körner Toast (A2, 4, 6/F/K)
- Totally Tuna** (A2, 4, 6/G/D)
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)

HOT BOWL *Kreiere Deine Lieblingsbowl!*

Chicken Bowl Regionale Hühnerbrust, Süßkartoffel, Salatmix

🌱 **Veggie Bowl** Süßkartoffel, Saisonale Veggies, Salatmix

🌱 **Falafel** Falafel, Hummus, Saisonale Veggies, Salatmix

Salmon Lachsfilet, Saisonale Veggies, Salatmix

*+ Choose your
Grains, Dressing &
Add Ons*

SOUPS

- 🌱 **Classic Tomato** Tomate, Veggies, Basilikum (I)
 - 🌱 **Dhal** Rote Linse, Kokosmilch, Curry, Veggies (I) **OUR CHOICE**
- Seasonal Soups** Saisonales Angebot

ADD ON: Roasted Chickpeas, Feta



SWEETS

🌿 **Lemon Heaven neu!** OUR CHOICE

🌱 Kokosmilch, Zitrone, Kokosraspel, Margarine,
🌿 Sojacreme, Heidelbeere (F)

🌿 **Panna Cotta neu!** Zitrone, Sahne, Brauner Rohrzucker,
Vanille, Orange, Erdbeerpüree (G)

🌿 **Almond Affection neu!**

🌱 Banane, Mandelmus, Dattel, Vanille, Ahornsirup, Zimt,
🌿 Himbeere, Cashew (H2/H3)

🌿 **Coconut Passion**

🌱 Milchreis, Kokosmilch, Agavendicksaft, Vanille, Passionsfrucht

🌿 **Brownie Dough neu!** Kichererbsen, Kidneybohne, Mandelmus,
🌱 Kakao, Zimt, Pfeffer, Agavendicksaft, Haferdrink, Dattel, Erdbeere,
🌿 Choco Nibs, Heidelbeere (A4/H2)

🌿 **Flapjack** (A2, 3, 4/C/G)

🌿 **Banana Bread** (A1/C/G) OUR CHOICE

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

🌿 🌱 🌿 **Energy Bites**

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

FRESH SMOOTHIES

🌿 **Skinny Strawberry neu!**

🌱 Erdbeere, Minze, Chiasamen, Mandel, Vanille, Mandeldrink (H2)

🌿 **Tropical Smooch**

🌱 Ananas, Banane, Kurkuma, Minze, Limette, Kokosdrink

🌿 **Immune Booster** Rote Bete, Erdbeere, OUR CHOICE

🌱 Banane, Ingwer, Minze, Leinsamen, Mandeldrink (H2)

🌿 **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** (E/A4) OUR CHOICE

🌱 Erdnussbutter, Banane, Leinsamen, Dattel, Haferdrink

FRESH JUICES

🌿 **Defender** Apfel, Sellerie, Ingwer, Limette, Gurke (I)

🌿 **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

🌿 **Tiger Milk Tea neu!** OUR CHOICE

Caramelized Tapioca, Vollmilch on Ice (G) *Also available with plantbased milks*

🌿 **Detox Wonder**

🌱 Kurkuma, Zitrone, Ingwer, Agave, Zimt

Matcha Latte Matchatee, Vollmilch (G)

🌿 **Beetroot Latte**

🌱 Rote Bete, Ingwer, Sojadrink (F)

🌿 **Golden Milk**

🌱 Kurkuma, Ingwer, Zimt, Kokosdrink OUR CHOICE

🌿 **Black Latte**

🌱 Kohle, Ingwer, Kokosdrink

Chai Latte Chai, Vollmilch (G)

Hot Chocolate Schokolade, Vollmilch (G)

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

🌿 **Mango Ginger Ice Tea neu!**

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

🌿 Vegan 🌿 Vegetarian 🌱 Lactose Free 🌿 Gluten Free

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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