

# menu

1 card / person



name \_\_\_\_\_

table \_\_\_\_\_

## belegte brote

### 1/choose your base

- 1 avocado ✓  
guacamole, spinat, avocado, bio-kichererbsen, bio-chia
- 2 curry-dattel ✓  
curry-dattel-dip, rucola, avocado, datteln, granatapfel
- 3 pistacchio ✓  
pistaziencreme, banane, beeren, granatapfel, pistazien
- 4 hummus ✓  
pink hummus, rucola, mango, beeren, bio-chia
- 5 pesto ✓  
pesto, rucola, cherrytomaten, oliven, kürbiskerne
- 6 lachs  
guacamole, spinat, räucherlachs, avocado, sesam
- 7 bio-omelett  
frischkäse, rucola, räucherlachs, bio-omelett, grana padano
- 8 bio-rührei  
pink hummus, spinat, hirtenkäse, bio-rührei, chili
- 9 bio-spiegelei  
frischkäse, salat, cherrytomaten, avocado, bio-spiegelei
- 10 pochiertes bio-ei  
honig-senf-dip, salat, räucherlachs, pochiertes bio-ei

### 2/choose your size

- basic 1 brot 11.0
- large 2 brote 20.0

### 3/choose your bread

- bagel
- bananenbrot ✓ (🌱)
- croissant
- körnerbrot ✓
- naanbrot ✓
- stulle ✓

add your base no. here

### 4/egg-stra (1 egg) +2.5

- bio-omelett
- bio-rührei
- bio-spiegelei
- pochiertes bio-ei

### 5/extra sauce +1.0

- avocado-ingwer
- curry-cocos
- erdnuss
- mango-chili
- senf-maracuja

## bio-eierlei

### 1/choose your base

- bio-omelett (🌱)  
3 toppings
- bio-rührei (🌱)  
3 toppings
- bio-spiegeleier (🌱)  
3 toppings
- shakshuka classic (🌱)  
bio-eier in würziger tomatensauce

### 2/choose your size

- basic 2 bio-eier 13.0
- medium 4 bio-eier 16.0
- large 6 bio-eier 19.0

### ✓ shakshuka vegan

- basic 3 toppings 13.0
- medium 4 toppings 16.0
- large 5 toppings 19.0

### 3/choose your bread

- bagel
- croissant
- körnerbrot ✓
- naanbrot ✓
- stulle ✓

### 4/choose your style

- creamy eggs
- hard boiled
- spicy

### 5/choose your toppings

- avocado
- bio-kichererbsen
- cherrytomaten
- curry-dattel-dip ✓ (🌱)
- frischkäse
- grana padano
- guacamole ✓ (🌱)
- gurke
- hirtenkäse
- honig-senf-dip (🌱)
- lauchzwiebeln
- mozzarella
- oliven
- pesto ✓ (🌱)
- pink hummus ✓ (🌱)
- räucherlachs
- rucola
- shakshuka-mix
- spinat

## süßes frühstück

### 1/choose your base

16.0

- apfelpancakes  
mit bio-ahornsirup, banane, beeren & pistazien
- bio-smoothiebowl\*  
mit homemade granola, kokos & frischem obst  
 beere  mango  nuss ✓ (🌱)
- chiapudding\*  
mit bio-agavendicksaft & frischem obst  
 chai-spice  golden-spice  zimt
- frenchtoast ✓ (🌱)  
mit bio-ahornsirup, banane, beeren & pistazien  
 croissant  stulle
- porridge\* ✓  
mit bio-agavendicksaft & frischem obst  
 chai-spice  golden-spice  zimt
- 2 bananenbrote ✓ (🌱)  
mit pistaziencreme, erdnussmus & frischem obst

### \* / choose your milk

- biomilch
- hafermilch
- kokosmilch
- laktosefreie milch
- mandelmilch

## signature bowls

### 1/choose your bowl

- chili chicken  
bio-couscous, salat, halal-hähnchen, cherrytomaten, gurke, bio-kichererbsen, mozzarella, sesam & mango-chili sauce
- fruity flirt (🌱)  
bio-quinoa, rucola, halal-hähnchen, banane, beeren, mango, granatapfel, kokos & curry-cocos-sauce
- kuss kuss ✓  
bio-couscous, spinat, powerballs, curry-dattel-dip, gurke, bio-kichererbsen, granatapfel, minze & curry-cocos-sauce
- peanut power ✓ (🌱)  
süßkartoffeln, salat, powerballs, avocado, edamame, mango, rucola, bio-chiasamen & erdnuss sauce
- prima pasta  
bio-dinkelnudeln, spinat, halal-hähnchen, cherrytomaten, oliven, nüsse, grana padano & hausgemachtes pesto
- spicy salmon (🌱)  
schwarzer bio-reis, räucherlachs, edamame, avocado, spinat, lauchzwiebeln, sesam & erdnuss sauce
- super salad (🌱)  
salat, halloumi, avocado, bio-rote beete, shakshuka-mix, mango, granatapfel & senf-maracuja sauce
- tasty tofu ✓ (🌱)  
bio-kürbis, rucola, bio-räuchertofu, bio-kichererbsen, edamame, bio-chiasamen & avocado-ingwer sauce

### 2/choose your size

- basic 16.0
- medium 19.0
- large 21.0

# menu

1 card / person



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table \_\_\_\_\_

## diy bowl

### 1/choose your size

- basic 16.0  
choose 3 toppings
- medium 19.0  
choose 4 toppings
- large 21.0  
choose 5 toppings

### 2/choose your base

- bio-couscous
- bio-dinkelnudeln
- bio-kürbis
- bio-schwarzer reis
- bio-quinoa
- salat-mix
- süßkartoffeln
- spinatnudeln

### 3/choose your sauce

- avocado-ingwer
- curry-cocos
- erdnuss
- mango-chili
- pesto
- senf-maracuja

### 4/choose your protein

- bio-räuchertofu
- halal-hähnchen
- halloumi
- powerballs
- räucherlachs

### 5/choose your toppings

- avocado
- beeren
- bio-chiasamen
- bio-karotte
- bio-kichererbsen
- bio-rote beete
- bio-omelett
- bio-rührei
- bio-spiegelei
- cherrytomaten
- curry-dattel-dip
- datteln
- edamame
- frischkäse
- grana padano
- granatapfel
- guacamole
- gurke
- hirtenkäse
- honig-senf-dip
- koriander
- lauchzwiebeln
- mango
- mozzarella
- nüsse
- oliven
- pink hummus
- pistazien
- rucola
- shakshuka-mix
- spinat
- sesam

extra protein or topping + 3.0

## diy brunch

### 1/choose your size

- basic 19.0  
choose 1 base **or** 2 breads  
choose 5 toppings
- large 29.0  
choose 1 base  
choose 2 breads  
choose 5 toppings

### 2/base & bread

#### base (choose 1)

- apfelpancakes
- bio-smoothiebowl\*
  - beere
  - mango
  - nuss
- chiapudding\*
  - chai-spice
  - golden-spice
  - zimt
- frenchtoast
  - croissant
  - stulle
- porridge\*
  - chai-spice
  - golden-spice
  - zimt
- shakshuka vegan

#### bread (choose 2)

- bananenbrot
  - blaubeere
  - coconut-matcha
  - himbeere
  - pumpkin spice
  - lotus-schoko
  - w.schoko-pistazie
- bagel
- croissant
- körnerbrot
- naanbrot
- stulle

### \*/choose your milk

- biomilch
- hafermilch
- kokosmilch
- laktosefreie milch
- mandelmilch

### 4/extra sauce + 1.0

- avocado-ingwer
- curry-cocos
- erdnuss
- mango-chili
- senf-maracuja

### 3/choose your toppings

- avocado
- banane
- beeren
- bio-açai
- bio-agavendicksaft
- bio-ahornsirup
- bio-chiasamen
- bio-honig
- bio-karotte
- cherrytomaten
- curry-dattel-dip
- datteln
- erdnussmus
- frischkäse
- grana padano
- granatapfel
- homemade granola
- guacamole
- gurke
- hirtenkäse
- honig-senf-dip
- koriander
- lauchzwiebeln
- lotus creme
- mango
- minze
- mozzarella
- nüsse
- oliven
- pesto
- pink hummus
- pistazien
- pistaziencreme
- räucherlachs
- rucola
- salat-mix
- shakshuka-mix
- spinat
- sesam
- zimt

extra protein or topping + 3.0

### 5/egg-stra

- basic (1 ei) + 2.5**
  - bio-omelett
  - bio-rührei
  - bio-spiegelei
  - pochiertes bio-ei
- large (3 eier) + 5.5**
  - bio-omelett
  - bio-rührei
  - bio-spiegelei
  - pochiertes bio-ei

### allergien/ anmerkungen

bei fragen zu allergenen, zutaten und inhaltsstoffen spricht uns gerne an!

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bio-zertifiziert durch DE-ÖKO-022