OUR SIGNATURE BOWLS

A Fisherman's Friend 14€
Tomato flavoured rice, kale, mushrooms, black olives, avocado, white trout fillet, cashew nuts, Thai miso sauce

Philly Me Up 17€
White quinoa, sauerkraut, red peppers, tomato, romanesco cauliflower, cherry tomatoes, beef rump steak strips, peanuts, plum sauce

Chicks Wanna Have Fun 15€
Bulgur, black olives, carrot, leek, beluga lentils, onions, chickpeas, chicken fillet strips, pomegranate seeds, paprika-lemon sauce

The Little Green Dress 13€ VEGETARIAN
Bulgur, black olives, carrot, leek, rocket, sauerkraut, peppers, tomato, white cabbage, red cabbage, bufala cheese, goji berries, tahini sauce

Lentillicious 12,50€ VEGAN
Peeled potatoes, carrot, sauerkraut, peppers, tomato, mushrooms, cucumber, goji berries, lentil patty, balsamic-walnut dressing

Aloha Salmone 15,50€
Tomato flavoured rice, kale, soy beans, carrot, mandarins, salmon, banana chips, paprika-lemon sauce

Rocket Man 13€ VEGETARIAN
Mixed green salad, rocket, romanesco cauliflower, cucumber, chicory, natural goat cheese, cashew nuts, balsamic-walnut dressing

Winter Beets 15€
White quinoa, pumpkin nutmeg, chickpeas, beetroot, black beans, chicken fillet strips, kidney beans, herbal feta sauce

BOWLS

Healthy Food

#1

CREATE YOUR BOWL BIG 12€ SMALL 9€

#2

CHOOSE YOUR BASE

2 included then 0,50€ / ingredient

- Mesclun
- Kale
- Bulgur with olives, carrots and leek
- Mashed potatoes with carrot
- Hot tomato flavoured rice
- Hot quinoa

#3

ADD SOME GREENS

4 included then 0,50€ / ingredient

- Rocket
- Pumpkin puree
- Chili
- Black lentils
- Hot edamame
- Broccoli romanesco
- Carrot
- Steamed mushrooms
- Mandarin
- Sauerkraut peppers & tomatoes
- Chickpeas
- Onions
- Beetroot cubes
- Baked sweet potatoes
- Guacamole
- Hummus
- Cherry tomatoes
- Red beans
- Mixed cabbage
- Chicory
- Cucumber
- Olives
- Boiled eggs

#4

CRUNCH IT

1 included then 0,50€ / ingredient

- Goji berries
- Cashew nuts
- Banana chips
- Pumpkin seeds
- Peanuts
- Sunflower seeds

#5

DRESS IT

- Tahini
- Plum
- Thai miso
- Herbal feta
- Lemon-paprika
- Balsamic-walnut

#6

TOP OFF

- Salmon poke **+4,50€**
- Trout fillet **+4,50€**
- Chicken strips **+4€**
- Rump steak strips **+4,50€**
- Baked butternut squash **+0,50€**
- Lentil patty **+1€**
- Parmesan **+1€**
- Herbal mozzarella **+1€**
- Goat cheese **+1€**