

# AÇAÍ BOWLS

*organic, refined sugar free, no additives, nutrient-dense*

## Original Bowl

Small 11CHF | Regular 14CHF | Large 17CHF

**Base:** Açaí Püree, Banane

**Toppings:** Granola, Hanfsamen, Banane, Blaubeeren



## Berry Nice Bowl

Small 12CHF | Regular 15CHF | Large 18CHF

**Base:** Açaí Püree, Banane

**Toppings:** Granola, Kokos, Gojibeeren, Erdbeeren, Blaubeeren

## Go Nuts Bowl

Small 12CHF | Regular 15CHF | Large 18CHF

**Base:** Açaí Püree, Banane

**Toppings:** Granola, Kakaostücke, Erdnussbutter, Banane, Kiwi



**new**



## Tropical Dream Bowl

Regular 15.50CHF | Large 18.50CHF

**Base:** Açaí Püree, Banane

**Toppings:** Granola, Mango, Ananas, Kokos-Chia-Pudding, Buckini, Strawberry-Pitaya Sauce

## Snickers Protein Bowl

Small 12CHF | Regular 15CHF | Large 18CHF

**Base:** Kokos, Banane, Cashew, Mesquite, Kakao, Protein, Dattel

**Toppings:** Granola, Soy-Crispies, Erdnussbutter, Cacao-Sauce, Banane, Erdbeeren



## Layered Açaí & Snickers

Regular 15CHF | Large 18CHF

**Base:** Açaí & Snickers Base

**Toppings:** analog Snickers Bowl



# BOWLS

*freshly made daily, clean, nutritious & tasty A.F.*

## Mexican Bowl

Regular 23CHF | Small 18CHF

Vollkorn Reis/Quinoa-Mix,  
Planted, Guacamole, schwarze  
Bohnen, Salsa, Eisbergsalat,  
Koriander, Nachos,  
Chipotle-Lime-Dressing



## Poké Bowl

Regular 23CHF | Small 18CHF

Vollkorn Reis/Quinoa-Mix, Mango,  
Avocado, Gurke, Edamame,  
Japanese Coleslaw, Kale, Tofu  
gepickelte Zwiebeln, Erdnüsse,  
Rüebli, Sesam, Sprossen,  
Ponzu-Peanut-Dressing  
*ersetze Tofu mit Planted +1CHF*

# TOASTS & WRAPS

## Smashed Avo Toast

14CHF

Powerbrot, Avocado, Limette,  
gepickelte Zwiebeln, Chiliflocken,  
Mais-Crumble, Hanfsamen,  
Sprossen, Olivenöl, Meersalz  
*add Planted +4.50CHF*



## It's a Wrap

15CHF

Tortilla, Planted, Reis/Quinoa,  
Paprika, Spinat, Rüebli, Mais,  
Avocado, Limette, Tahini,  
Sour Cream (v), Hanfsamen  
*Wähle deine Dip-Sauce:  
Chipotle / Ponzu-Peanut*



# SUPERFOOD SMOOTHIES

*packed with antioxidants, proteins, vitamins and minerals*

## Beast Mode (26g Protein)

4dl 11CHF

Kokos, Banane, Maca, Protein (v),  
Kakaonibs, Erdnussbutter



## Berry Wild

4dl 10CHF

Wilde-Blaubeeren & Açaí-Beeren,  
Banane, Ananas, Leinsamen,  
Erbсенprotein

## Summer Crush

4dl 11CHF

Erdbeeren, Pitaya, Kokos,  
Avocado, Mandelbutter,  
Vanilla Collagen Protein (v),  
Dattel, Erbsenprotein



**new**



## Green Glow

Ananas, Mango, Spinat, Kale, Chia,  
Dattel, Spirulina, Kokoswasser

Add extra protein to your smoothie +1.50CHF

Nature / Choc&Peanut / Vanilla

# FRESH JUICES

## Tropical Immunity

4dl 9CHF

Ananas, Orange, Apfel,  
Kurkuma, Ingwer



## Vitamin Booster

4dl 9CHF

Rüebli, Orangen,  
Ingwer, Kurkuma

## Supergreen

4dl 9CHF

Spinat, Gurke,  
Ingwer, Apfel



# PORRIDGE BOWLS

*our warm breakfast bowls are a nutritional powerhouse!  
only available from 09:00 until 11:00 o'clock*

## Original Porridge

9CHF

**Base:** Steel Cut Oats, Quinoa, Erbsenprotein, Agave

**Toppings:** Apfel, Zimt, Mandelbutter

## Super Cacao Porridge

9CHF

**Base:** Steel Cut Oats, Quinoa, Erbsenprotein, Kakao, Mesquite, Reishi, Chaga, Zimt, Cayenne, Agave

**Toppings:** Banane, Kakaostücke, Goji-Beeren

# SUPERFOOD LATTES & TEA

## Matcha Latte (iced/hot)

Matcha, Spirulina, Hafermilch, Agave - 6.50CHF

## Chai Latte (iced/hot)

Chai Gewürzmischung, Erbsenmilch - 6.50CHF

**Dirty** - mit Espresso Shot + 1.00CHF

## Bulletproof (iced/hot)

Kaffee, Mandelbutter, Kokosöl, MCT, Ashwaganda, Rübensirup- 6.50CHF

## Hot Super Chocolate

Kakao, Zimt, Mesquite, Reishi, Chaga, Cayenne, Sprouds - 6.50CHF

## Golden Latte

Golden Latte Gewürzmischung, Kokosöl, Sprouds, Agave - 6.50CHF

## Ginger Lemon Infusion

Ingwer, Zitrone 5.50CHF

## Hot Tea

Auf Anfrage an der Bar