

HEARTY BOWLS

from 11:00

Power Dahl Bowl **(NEW • warm)**

21.90 CHF

red Lentils & chickpeas, tomatoes, coconut milk & Indian spices, vegan sour cream, fresh herbs & naan bread

recommended add-ons:

- whole grain rice-quinoa mix +2.00CHF
- planted chicken +6.00CHF
- avocado +2.00CHF

Harvest Poké Bowl **(seasonal)**

FROM 24.90 CHF

roasted hokkaido pumpkin, avocado, pomegranate, edamame, japanese coleslaw, cucumber, spinach, pickled onions, sprouts, pumpkin seeds, sesame seeds, miso-tahini dressing on a brown rice & quinoa mix

choose your protein:

- smoked tofu
- planted chicken +1.00CHF
- smoked wild salmon (113g, FAO 67) +3.00CHF **(new)**

Pumpkin Caesar Salad **(seasonal)**

23.90 CHF

roasted hokkaido pumpkin, avocado, chickpeas, homemade cashew parmesan, homemade coconut bacon & croutons, with cashew caesar dressing on romaine lettuce & spinach

recommended add-ons:

- planted chicken +6.00CHF
- smoked wild salmon (113g, FAO 67) +8.00CHF **(new)**

Mexican Bowl

24.90 CHF

planted chicken, guacamole, pico de gallo, black beans, whole grain rice-quinoa mix, lettuce, cilantro, nachos, chipotle-lime dressing

Oriental Falafel Bowl

25.90 CHF

falafel, hummus, baba ganoush, grilled zucchini & sweet pointed pepper, couscous salad, spinach, pomegranate seeds, power herb mix, harissa nuts, tzatziki dressing

AÇAÍ BOWLS

available all day



Aloha Bowl

SMALL 14.90CHF | REGULAR 17.90CHF | LARGE 20.90CHF

base: açai purée, banana

toppings: paleo granola (gf), cashew butter, strawberries, pineapple, chia seeds



Original Bowl

SMALL 12.90CHF | REGULAR 15.90CHF | LARGE 18.90CHF

base: açai purée, banana

toppings: granola, hemp seeds, bananas, blueberries



Berry Nice Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 19.90CHF

base: açai purée, banana

toppings: granola, coconut flakes, goji berries, blueberries, strawberries



Go Nuts Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 19.90CHF

base: açai purée, banana

toppings: granola, cacao nibs, peanut butter, kiwi, bananas



Snickers Protein Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 19.90CHF

base: coconut purée, banana, cashews, protein powder, cacao powder, peanut butter, mesquite, dates

toppings: granola, protein crisps, peanut butter, cacao sauce, bananas, strawberries



Layered Açai & Snickers Bowl

REGULAR 16.90CHF | LARGE 19.90CHF

base: açai & snickers base

toppings: same as snickers protein bowl

Gluten-free? Swap your Granola for Paleo Granola (gf) +1.00CHF

Add extra Plant Protein Powder (Vanilla, Natural, or Choc/Peanut) +1.50CHF

TOASTS & COMBOS

available all day

Smashed Avo Toast

14.90CHF

power bread, avocado, lime, pickled onions, chili flakes, corn-crumble, hemp seeds, sprouts

recommended add-ons:

- planted chicken +6.00CHF
- smoked wild salmon (113g, FAO 67) +8.00CHF

Power Dahl & Avo Toast Combo (NEW)

26.90CHF

one serving of our warm Power Dahl Bowl & one slice of Smashed Avo Toast

recommended add-ons:

- planted chicken +6.00CHF

PORRIDGE BOWLS

available until 11:00

Apple Pumpkin Bliss (NEW • seasonal)

16.90CHF

steel-cut oats & quinoa, hokkaido pumpkin, homemade pumpkin spice, topped with warm apple compote, cashew butter, pomegranate & roasted pumpkin seeds

PROTEIN SMOOTHIES

available all day

Açaí Power x @luca_fithealth (22g protein) (NEW)

4DL 13.90CHF

açaí, blueberries, cacao-peanut protein, bananas, homemade pumpkin spice, almond butter, soy flakes, pea milk

Matcha Protein (26g protein) (NEW)

4DL 13.90CHF

ceremonial-grade matcha, vanilla protein, kiwi, spinach, coconut purée, bananas, cashew butter, dates

The Run Club Zurich (23g protein)

4DL 13.90CHF

vanilla protein, blue spirulina, graviola (exotic superfruit), maca, dates, chia seeds, pineapple, bananas, coconut cream, oat milk

Beast Mode (34g protein)

4DL 13.90CHF

coconut purée, bananas, maca, vanilla protein, cacao nibs, peanut butter

Add extra protein to your Smoothie: Natural / Choc & Peanut / Vanilla +1.50CHF

AGUAS FRESCAS

Enjoy our freshly prepared Aguas Frescas daily, made with EVOfilter-purified water.

Strawberry Glow

4 D L 6 C H F

strawberry, lemon, water, agave

Combo Deal **new**

Açaí Bowl + Agua Fresca – get your Agua Fresca for just **3 CHF!**

COFFEE, LATTES & TEA

Espresso

4.50 CHF

Doppio / Americano (iced/hot)

5.50 CHF

Cappuccino

6.00 CHF

Flat White

6.50 CHF

Latte Macchiato (iced/hot)

6.50 CHF

Pumpkin Spice Latte (iced/hot) **(NEW • seasonal)**

6.50 CHF

hokkaido pumpkin, homemade pumpkin spice, coffee, maple, pea milk

Matcha Latte (iced/hot)

6.50 CHF

matcha (Ceremonial-grade), Oat Mylk

Chai Latte (iced/hot)

6.50 CHF

chai Syrup, Pea Mylk

Dirty: with Espresso Shot +1.00CHF

Ginger Lemon Infusion (hot)

6.50 CHF

fresh ginger, fresh lemon, ginger concentrate

All lattes & milk drinks available with organic oat, pea, or organic cow's milk.

SWEET TREATS

Homemade Banana Bread (gf)

5.90 CHF

flaxseeds, banana, dates, cinnamon, cacao-sauce

Noshballs

4.00 CHF

Power Balls / Protein Balls