

HEARTY BOWLS

from 11:00

Chili Sin Carne Bowl (NEW • warm)

24.90 CHF

Bohnen-Tomaten-Chili mit Süsskartoffeln, Chipotle, Vollkornreis-Quinoa-Mix, geröstetem Mais, eingelegten Zwiebeln, Sour Cream (v) & Koriander

empfohlene Add-ons:

- Planted Chicken +6.00CHF
- Avocado +2.00CHF

Power Dahl Bowl (NEW • warm)

21.90 CHF

Rote Linsen & Kichererbsen, Tomaten, Kokosmilch & indische Gewürze, vegane Sour Cream, frische Kräuter & Naan-Brot

empfohlene Add-ons:

- Vollkornreis-Quinoa-Mix +2.00CHF
- Planted Chicken +6.00CHF

Harvest Poké Bowl (seasonal)

AB 24.90 CHF

Gerösteter Hokkaidokürbis, Avocado, Granatapfel, Edamame, Japanese Coleslaw, Gurke, Spinat, eingelegte Zwiebeln, Sprossen, Kürbiskerne, Sesam, Miso-Tahini-Dressing auf Vollkornreis-Quinoa-Mix

Wähle dein Protein:

- Räuchertofu
- Planted Chicken +1.00CHF
- Wildlachs, geräuchert (FAO 67) +3.00CHF

Pumpkin Caesar Salad (seasonal)

23.90 CHF

Gerösteter Hokkaidokürbis, Avocado, Kichererbsen, Homemade Cashew-Parmesan, Homemade Coconut-Bacon & Croutons, dazu Cashew-Caesar-Dressing auf Lattichsalat & Spinat

empfohlene Add-ons:

- Planted Chicken +6.00CHF
- Wildlachs, geräuchert (FAO 67) +8.00CHF

Mexican Bowl

24.90 CHF

Planted Chicken, Guacamole, Pico de Gallo, marinierte Bohnen, Lattichsalat, gerösteter Mais, Koriander & Nachos, Chipotle-Lime-Dressing auf Vollkornreis-Quinoa-Mix

Oriental Falafel Bowl

25.90 CHF

Falafel, Hummus, Baba Ganoush, Couscous-Salat, gegrillte Zucchini und Spitzpaprika, Spinat, Granatapfelkerne, Power-Kräutermix, Harissa-Nüsse, Tzatziki-Dressing

AÇAÍ BOWLS

available all day

wild-grown & organic Açaí • rich in antioxidants • omega-3 & plant protein • no refined sugar



Aloha Bowl

SMALL 14.90CHF | REGULAR 17.90CHF | LARGE 20.90CHF

Base: Açaí-Püree, Banane

Toppings: Paleo Granola (gf), Cashewbutter, Erdbeere, Ananas, Chiasamen



Original Bowl

SMALL 12.90CHF | REGULAR 15.90CHF | LARGE 18.90CHF

Base: Açaí-Püree, Banane

Toppings: Granola, Hanfsamen, Banane, Blaubeeren



Berry Nice Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 19.90CHF

Base: Açaí-Püree, Banane

Toppings: Granola, Kokosflocken, Gojiibeeren, Erdbeeren, Blaubeeren



Go Nuts Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 19.90CHF

Base: Açaí-Püree, Banane

Toppings: Granola, Kakaostücke, Erdnussbutter, Kiwi, Banane



Snickers Protein Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 19.90CHF

Base: Cremige Kokos-Bananen-Mischung mit Proteinpulver, Kakao, Erdnussbutter, Mesquite, Dattel

Toppings: Granola, Protein-Crispies, Erdnussbutter, Kakao-Sauce, Erdbeeren & Banane



Layered Açaí & Snickers Bowl

REGULAR 16.90CHF | LARGE 19.90CHF

Base: Açaí & Snickers Layer

Toppings: Wie bei der Snickers 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

Zwei Scheiben Powerbrot mit Avocado, Limette, eingelegten Zwiebeln, Chiliflocken, Mais-Crumble, natives Olivenöl, Hanfsamen & Sprossen

empfohlene Add-ons:

- Planted Chicken +6.00CHF
- Wildlachs, geräuchert (FAO 67) +8.00CHF

Power Dahl & Avo Toast Combo **(NEW)**

26.90CHF

Eine Portion Power Dahl Bowl (warm) & eine Scheibe Smashed Avo Toast

empfohlene Add-ons:

- Planted Chicken +6.00CHF

PORRIDGE BOWLS

available until 11:00

Apple Pumpkin Bliss **(NEW • seasonal)**

16.90CHF

Hafergrütze & Quinoa, Hokkaidokürbis, Homemade Pumpkin Spice, getoppt mit warmem Apfelkompott, Cashewbutter, Granatapfel & gerösteten Kürbiskerne

PROTEIN SMOOTHIES

available all day

Açaí Power x @luca_fithealth (22g Protein) **(NEW)**

4 DL 13.90CHF

Açaí, Blaubeeren, Cacao-Peanut-Protein, Bananen, Homemade Pumpkin Spice, Mandelbutter, Sojaflocken, Erbsenmilch

Matcha Protein (26g Protein) **(NEW)**

4 DL 13.90CHF

Ceremonial-grade Matcha, Vanilla Protein, Kiwi, Spinat, Kokospüree, Bananen, Cashewbutter, Datteln

The Run Club Zurich (23g Protein)

4 DL 13.90CHF

Vanilla Protein, Blue Spirulina, Graviola, Maca, Datteln, Chiasamen, Ananas, Bananen, Kokoscreme, Hafermilch

Beast Mode (34g Protein)

4 DL 13.90CHF

Kokospüree, Banane, Vanilla Protein, Erdnussbutter, Maca, Kakaonibs

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

AGUAS FRESCAS

Geniesse täglich frisch zubereitete Aguas Frescas mit EVOfilter-gefiltertem Wasser.

Strawberry Glow

4 D L 6 CHF

Erdbeere, Zitrone, Wasser, Agave

Combo Deal

Açaí Bowl + Agua Fresca – dein Agua Fresca für nur **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

Hokkaidokürbis, Homemade Pumpkin Spice, Kaffee, Ahorn, Erbsenmilch

Matcha Latte (iced/hot)

6.50 CHF

Ceremonial-grade Matcha, Hafermilch

Chai Latte (iced/hot)

6.50 CHF

Chai Sirup, Erbsenmilch

Dirty: mit Espresso Shot +1.00CHF

Ginger Lemon Infusion (hot)

6.50 CHF

Frischer Ingwer, frische Zitrone, Ingwerkonzentrat

Alle Lattes & Milchgetränke wahlweise mit Bio Hafer-, Erbsen- oder Bio Kuhmilch

SWEET TREATS

Homemade Banana Bread (gf)

5.90 CHF

Leinsamen, Banane, Dattel, Zimt, Kakao-Sauce

Noshballs

4.00 CHF

Power Balls / Protein Balls