

# HEARTY BOWLS

*from 11:00*

## Chili Sin Carne Bowl (warm)

24.90CHF

bean & tomato chili with sweet potato, chipotle, whole-grain rice-quinoa mix, roasted corn, pickled onions, vegan sour cream & fresh cilantro

### ***empfohlene Add-ons:***

- planted chicken +6.00CHF
- avocado +2.00CHF

## Power Dahl Bowl (warm)

21.90CHF

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 24.90CHF

roasted hokkaido pumpkin, avocado, pomegranate, edamame, japanese coleslaw, cucumber, spinach, pickled onions, sprouts, pumpkin seeds, sesame seeds, whole-grain rice-quinoa mix, miso-tahini dressing

### **choose your protein:**

- smoked tofu
- planted chicken +1.00CHF
- smoked wild salmon (FAO 67) +3.00CHF

## Pumpkin Caesar Salad (seasonal)

23.90CHF

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

## Mexican Bowl

24.90CHF

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

## Oriental Falafel Bowl

25.90CHF

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*

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



## Aloha Bowl

SMALL 14.90CHF | REGULAR 17.90CHF | LARGE 21.40CHF

**base:** açai purée, banana

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



## Original Bowl

SMALL 12.90CHF | REGULAR 15.90CHF | LARGE 19.90CHF

**base:** açai purée, banana

**toppings:** granola, hemp seeds, bananas, blueberries



## Berry Nice Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 20.90CHF

**base:** açai purée, banana

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



## Go Nuts Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 20.90CHF

**base:** açai purée, banana

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



## Snickers Protein Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 21.40CHF

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

**toppings:** granola, protein crispies, peanut butter, cacao sauce, bananas, strawberries



## Layered Açai & Snickers Bowl

REGULAR 16.90CHF | LARGE 21.40CHF

**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 (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 (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)

4DL 13.90CHF

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

## Matcha Protein (26g protein)

4DL 13.90CHF

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

## The Run Club Zurich (23g protein)

4DL 14.90CHF

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 CHF

strawberry, lemon, water, agave

## Combo Deal

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 (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