

HEARTY BOWLS

from 11:00

Sunset Poké Bowl **SEASONAL**

FROM CHF 24.90

Wholegrain rice-quinoa mix, Japanese coleslaw, avocado, mango, cucumber, spinach, pomegranate, pickled onions, sesame & miso tahini dressing

Choose your protein:

Sesame Tamari Glazed Tofu included

Planted Chicken + 1 CHF • smoked wild salmon + CHF 3

Udon Satay Bowl **NEW**

CHF 25.90

Udon noodles, satay marinated Planted, pan-seared pak choi, papaya salad, cucumber, carrot, red cabbage, pickled radish, fresh herbs & Asian vinaigrette

Asparagus Caesar Bowl **SEASONAL**

CHF 23.90

Romaine lettuce & spinach, organic Danube asparagus, avocado, pickled radish, chickpeas, homemade cashew parmesan, coconut bacon, croutons & cashew Caesar dressing

Recommended add-ons:

Planted Chicken + CHF 6 • smoked wild salmon + CHF 8

Mezze Soul Bowl **NEW**

CHF 25.90

Falafel, hummus, warm roasted sweet potato & roasted cauliflower, cucumber, figs, pomegranate, pickled onions, parsley, harissa nuts, mint oil & fresh lemon

Optional with naan bread

Mexican Bowl

CHF 24.90

Wholegrain rice-quinoa mix, Planted Chicken, guacamole, pico de gallo, black beans, lettuce, corn, coriander, nachos & chipotle lime dressing

Power Dahl Bowl **WARM**

CHF 21.90

Red lentils & chickpeas, tomatoes, coconut milk & Indian spices, vegan sour cream, fresh herbs & naan bread

Recommended add-ons:

Wholegrain rice-quinoa mix + CHF 2 • Planted Chicken + CHF 6

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: açaí purée, banana

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



Original Bowl

SMALL 12.90CHF | REGULAR 15.90CHF | LARGE 19.90CHF

base: açaí purée, banana

toppings: granola, hemp seeds, bananas, blueberries



Berry Nice Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 20.90CHF

base: açaí purée, banana

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



Go Nuts Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 20.90CHF

base: açaí 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 crisps, peanut butter, cacao sauce, bananas, strawberries



Layered Açaí & Snickers Bowl

REGULAR 16.90CHF | LARGE 21.40CHF

base: açaí & 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

CHF 14.90

Two slices of power bread with avocado, lime, pickled onions, chilli flakes, corn crumble, hemp seeds & sprouts

Recommended add-ons:

Planted Chicken + CHF 6 • smoked wild salmon + CHF 8

Power Dahl & Avo Toast Combo

CHF 26.90

One portion of warm Power Dahl Bowl & one slice of Smashed Avo Toast

Recommended add-on: Planted Chicken + CHF 6

PROTEIN SMOOTHIES

available all day

Açaí Power x @luca_fithealth (22g Protein)

4DL CHF 13.90

Açaí, blueberries, choc peanut protein, banana, homemade pumpkin spice, almond butter, soy flakes, pea milk

Matcha Protein (26g Protein)

4DL CHF 13.90

Ceremonial-grade matcha, vanilla protein, kiwi, spinach, coconut purée, banana, cashew butter, dates

The Run Club Zurich (23g Protein)

4DL CHF 14.90

Vanilla protein, blue spirulina, graviola, maca, dates, chia seeds, pineapple, banana, coconut cream, oat milk

Beast Mode (34g Protein)

4DL CHF 13.90

Coconut purée, banana, vanilla protein, peanut butter, maca, cacao nibs

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

AGUAS FRESCAS

Enjoy our freshly prepared Aguas Frescas daily

Strawberry Glow

strawberry, lemon, water, agave

4DL CHF 6

COFFEE, LATTES & TEA

Espresso

CHF 4.50

Doppio / Americano (iced/hot)

CHF 5.50

Cappuccino

CHF 6.00

Flat White

CHF 6.50

Latte Macchiato (iced/hot)

CHF 6.50

Matcha Latte (iced/hot)

matcha (Ceremonial-grade), Oat Mylk

CHF 6.50

Chai Latte (iced/hot)

chai Syrup, Pea Mylk

Dirty: with Espresso Shot ^{+1.00CHF}

CHF 6.50

Ginger Lemon Infusion (hot)

fresh ginger, fresh lemon, ginger concentrate

CHF 6.50

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

SWEET TREATS

Homemade Banana Bread (gf)

flaxseeds, banana, dates, cinnamon, cacao-sauce

CHF 5.90

Noshballs

Power Balls / Protein Balls

CHF 4.00