

# BRUNCH SPECIALS

*available all day (Sat + Sun)*

## Açaí Protein Pancakes (v) (ca. 22g Protein)

15.90 CHF

3 fluffy Hafer-Protein-Pancakes, getoppt mit einer Portion Açaí, Banane, Granatapfelkerne, Kakao-Sauce, Ahornsirup, Paleo Granola & frischer Minze

## Loaded Avo Toast

Eine Scheibe Power-Brot mit Guacamole, Gurke, Chili Flakes, eingelegten Zwiebeln, Sprossen & Hanfsamen

### **Wähle deine Variante:**

- Planted mit Chiptole-Lime-Dressing (v) 13.90 CHF
- Schweizer Bio-Spiegelei (veg) 13.90 CHF
- Wildlachs, geräuchert (FAO 67) mit Miso-Tahini Dressing 14.90 CHF

## Build Your Own Açaí Bowl

**Inkludiert:** Base + Granola + 2 Früchte + 1 Superfood + 1 Finish

**Extras:** extra Superfood +1.00 CHF • extra Finish +1.50 CHF

**1. Wähle deine Size:** Small 13.90 • Regular 16.90 • Large 19.90

**2. Wähle deine Base:** Açaí • Snickers • Layered (Açaí & Snickers)

**3. Wähle dein Crunch:** Granola oder Paleo Granola (gf) +1.00 CHF

**4. Wähle deine Früchte (2x):** Banane, Blaubeere, Erdbeere, Kiwi, Ananas, Granatapfel

**5. Wähle dein Superfood Topping (1x):** Hanfsamen, Chiasamen, Kokosflocken, Gojiibeeren, Kakaostücke, Protein-Crispies, Sojaflocken

**6. Wähle dein Finish (alles homemade):**

Salted Erdnussbutter, Salted Cashewbutter, Salted Mandelbutter, Cacao Sauce

**7. Protein-Powder Add-On +1.50 CHF:**

Vanilla • Natural • Choc Peanut

# AÇAÍ BOWLS (v)

*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-Püree, Banane

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



## Original Bowl

SMALL 12.90CHF | REGULAR 15.90CHF | LARGE 19.90CHF

**Base:** Açaí-Püree, Banane

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



## Berry Nice Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 20.90CHF

**Base:** Açaí-Püree, Banane

**Toppings:** Granola, Kokosflocken, Gojiibeeren, Erdbeeren, Blaubeeren



## Go Nuts Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 20.90CHF

**Base:** Açaí-Püree, Banane

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



## Snickers Protein Bowl

SMALL 13.90CHF | REGULAR 16.90CHF | LARGE 21.40CHF

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

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



## Layered Açaí & Snickers Bowl

REGULAR 16.90CHF | LARGE 21.40CHF

**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***

# HEARTY BOWLS

from 11:00

## Sunset Poké Bowl

AB CHF 24.90

Vollkornreis-Quinoa-Mix, Japanese Coleslaw, Avocado, Mango, Gurke, Spinat, Granatapfel, eingelegte Zwiebeln, Sesam & Miso-Tahini-Dressing

### **Wähle dein Protein:**

Sesame Tamari Glazed Tofu inkl.

Planted Chicken + 1 CHF • geräucherter Wildlachs + CHF 3

## Mexican Bowl

CHF 24.90

Vollkornreis-Quinoa-Mix, Planted Chicken, Guacamole, Pico de Gallo, Bohnen, Salat, Mais, Koriander, Nachos, Chipotle-Lime-Dressing

## Power Dahl Bowl **WARM**

CHF 21.90

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

### **Empfohlene Add-ons:**

Vollkornreis-Quinoa-Mix + CHF 2 • Planted Chicken + CHF 6

# SMOOTHIES

## Berry Wild

4DL CHF 13.90

Açaí, Erdbeeren, Banane, Vanilla Protein, Mandelbutter, Kokoswasser

## Tropic Crush

4DL CHF 13.90

Mango, Ananas, Banane, Vanilla Protein, Kokoswasser, Kokosjoghurt-Swirl mit Blue Spirulina

## Beast Mode

4DL CHF 13.90

Kokospüree, Banane, Erdnussbutter, Datteln, Kakao & Carob, Choc & Peanut Protein, Erbsenmilch

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

# REFRESHERS

## Strawberry Agua Fresca

Erdbeere, Zitrone, Wasser, Agave

4 DL CHF 6

## Swiss Kombucha on Tap

Seasonal Flavor

Strawberry Cherry Mint

4 DL CHF 7.00

# COFFEE & MATCHA

## 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)

CHF 6.50

Ceremonial Grade Matcha, Hafermilch

## Cold Brew Americano **NEW**

CHF 6.00

## Cold Brew Latte **NEW**

CHF 7.00

*Auch als Decaf erhältlich + CHF 1.00*

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