

HEARTY BOWLS

from 11:00

Vegan bases • Wild salmon & egg available as options

SEASONAL

Harvest Poké

Brown rice & quinoa, roasted Hokkaido pumpkin, Japanese coleslaw, avocado, edamame, cucumber, pomegranate, pickled onions, sesame & miso-tahini dressing

Choose your protein:

Sesame-tamari tofu	CHF 24.90
BBQ Planted Chicken	CHF 25.90
Smoked wild salmon	CHF 27.90

Udon Satay

CHF 25.90

Udon noodles, satay-marinated Planted Chicken, carrots, pan-fried pak choi, papaya salad, cucumber, red cabbage, pickled radishes, fresh herbs & Asian vinaigrette

Mexican

CHF 24.90

Brown rice & quinoa, Planted Chicken, guacamole, pico de gallo, black beans, romaine lettuce, sweetcorn, coriander, nachos & chipotle-lime dressing

Power Dahl

CHF 21.90

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

EXTRAS: Brown rice & quinoa + CHF 2 • Planted Chicken + CHF 6

ADD TO ANY BOWL

NEW • Organic Onsen Egg

+ CHF 3

Free-range • gently cooked, with a creamy yolk

AÇAÍ BOWLS

available all day • vegan

Wild-grown organic açai • No refined sugar

Aloha Bowl 2.0

Small CHF 14.90 • Regular CHF 17.90 • Large CHF 21.40

Base: Açai purée & banana

Toppings: Classic Granola, strawberries, mango, almond butter & chia seeds



Original Bowl

Small CHF 12.90 • Regular CHF 15.90 • Large CHF 19.90

Base: Açai purée & banana

Toppings: Classic Granola, hemp seeds, banana & blueberries



Berry Nice Bowl

Small CHF 13.90 • Regular CHF 16.90 • Large CHF 20.90

Base: Açai purée & banana

Toppings: Classic Granola, coconut flakes, goji berries, strawberries & blueberries



Go Nuts Bowl

Small CHF 13.90 • Regular CHF 16.90 • Large CHF 20.90

Base: Açai purée & banana

Toppings: Peanut Crumble Granola (gf), cacao nibs, kiwi, banana & peanut butter



Snickers Protein Bowl

Small CHF 13.90 • Regular CHF 16.90 • Large CHF 21.40

Base: Coconut-banana blend, protein powder, cocoa, peanut butter, mesquite & dates

Toppings: Peanut Crumble Granola (gf), cocoa, protein crispies, peanut butter, strawberries & banana



Layered Açai & Snickers Bowl

Regular CHF 16.90 • Large CHF 21.40

Base: Layers of açai & Snickers

Toppings: Same as the Snickers Protein Bowl



Gluten-free? Swap to Peanut Crumble Granola (gf) for free.

Extra plant protein: Vanilla / Choc & Peanut + CHF 1.50

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, virgin olive oil, hemp seeds & sprouts

NEW EXTRA

2 organic onsen eggs

one per toast

+ CHF 5

Free-range • gently cooked, with creamy yolks

More extras:

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

Power Dahl & Avo Toast Combo

CHF 26.90

A portion of warm Power Dahl & one slice of Smashed Avo Toast

Recommended extra: Planted Chicken + CHF 6

SMOOTHIES

Berry Wild

400 ml • CHF 13.90

Açaí, strawberries, banana, vanilla protein, almond butter & coconut water

Tropic Crush

400 ml • CHF 13.90

Mango, pineapple, banana, vanilla protein, coconut water & a coconut yoghurt swirl with blue spirulina

Beast Mode

400 ml • CHF 13.90

Coconut purée, banana, peanut butter, dates, cocoa & carob, choc & peanut protein, pea milk

Extra plant protein: Vanilla / Choc & Peanut + CHF 1.50

REFRESHERS

Strawberry Agua Fresca
Strawberries, lemon, water & agave

400 ml • CHF 6.00

Swiss Kombucha on Tap
Seasonal flavour: Strawberry Cherry Mint

400 ml • CHF 7.00

COFFEE, MATCHA & MORE

NEW • AUTUMN

Ginger Lemon Infusion
Ginger extract, fresh ginger, lemon juice & hot water

CHF 6.50

Chai Latte
Spiced chai with your choice of milk

CHF 6.50

Espresso

CHF 4.50

Doppio / Americano (hot / iced)

CHF 5.50

Cappuccino

CHF 6.00

Flat White

CHF 6.50

Latte Macchiato (hot / iced)

CHF 6.50

Also available as decaf + CHF 1.00

Matcha Latte (hot / iced)
Ceremonial grade matcha & oat milk

CHF 6.50

Cold Brew Americano

CHF 6.00

Cold Brew Latte

CHF 7.00

All lattes & milk-based drinks with your choice of organic oat milk, pea milk or organic cow's milk

SWEET TREATS

Homemade Banana Bread (gf)
Flaxseed, banana, dates, cinnamon & cocoa sauce

CHF 5.90

Noshballs
Power Balls / Protein Balls

CHF 4.00