

## Favourite Toasts

**Veggie  
Liebe**  
— AUS LIEBE ZUR NATUR —

### 1. Protein Deluxe

13,90

Toasted organic farmhouse bread with cream cheese, chum salmon roe, smoked salmon, cucumber slices, dill and fresh lemon.

 Pescatarian  630kcal  41g  40g  35g



### 2. Morning Glow

9,90

Toasted organic farmhouse bread with cream cheese, avocado and two fried eggs, served with fresh cucumber slices, tomato and leafy greens.

 Vegetarian  590kcal  27g  35g  38g



### 3. Grüne Stulle

7,90

Toasted organic farmhouse bread with cream cheese or vegan hummus, avocado, rocket, cherry tomatoes, leafy greens & fresh cucumber slices.

 Vegetarian/Vegan  480kcal  14g  34g  31g



### 4. Lachs-Liebe

10,90

Toasted organic farmhouse bread with cream cheese, tender smoked salmon, peppery rocket and cherry tomatoes, with cucumber, tomato and leafy greens.

 Pescatarian  520kcal  30g  34g  28g



### 5. Nordgenuss

13,90

Toasted organic farmhouse bread with cream cheese and smoked salmon, with two fried eggs, rocket, tomatoes and lemon.

 Pescatarian  650kcal  38g  35g  38g



### 6. Sunny Brot

8,90

Toasted organic farmhouse bread with melted cheese and two fried eggs, served with fresh cucumber, tomato and leafy greens.

 Vegetarian  610kcal  31g  36g  37g



| Extras | Boiled egg, 1 piece  | Half avocado  | Bread slice  | Caviar (c.5g)  |
|--------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| Prices | + 2,00 €                                                                                                | + 2,50 €                                                                                         | + 1,00 €                                                                                        | + 4,50 €                                                                                           |

prepared with love and fresh ingredients



## Boxes / Snacks



Your choice of dips

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Extra Dip 2,00 €

### 7. Falafelbox

7,90

**Four crispy falafel, golden fries, fresh leafy greens with cherry tomatoes and cucumber, plus a creamy dip of your choice.**

✓ Vegetarian/Vegan 🔥 780kcal 🍳 21g 🍞 82g 🧈 FAT 40g



### 8. Mixbox

8,90

**Three crispy falafel, grilled halloumi, pan-fried Mediterranean vegetables, fries and a dip of your choice.**

✓ Vegetarian 🔥 895kcal 🍳 34g 🍞 74g 🧈 FAT 55g

### 9. Halloumibox

7,90

**Grilled halloumi, golden-brown fries, fresh leafy greens with cherry tomatoes plus a creamy dip of your choice.**

✓ Vegetarian 🔥 820kcal 🍳 30g 🍞 66g 🧈 FAT 48g



### 10. Pommes frites with Mayonnaise or Ketchup

5,90



### 11. Süßkartoffel with Mayonnaise or Ketchup

6,90

Tzatziki Hummus

Avocado Cream

Honey Mustard

Cream Cheese

Chili Sauce

Yoghurt Plain



## Light & Green

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### 12. Vantipasti

11,90

*Creamy feta with aromatic herb oil, juicy oven-roasted tomatoes, Mediterranean olives and crispy organic farmhouse bread.*

✓ Vegetarian 🔥 620kcal 🍅 24g 🍞 36g 🌿 FAT 42g



### 13. Frühstücksglück

9,90

*Creamy yoghurt with fresh fruit, served with a freshly baked croissant, berries and fruity jam.*

✓ Vegetarian 🔥 670kcal 🍅 18g 🍞 78g 🌿 FAT 30g



### 14. Leichter Start

9,90

*Freshly baked croissant and farmhouse bread, with butter, cream cheese, mild cheese & fruity jam, plus cucumber, tomato & leafy greens.*

✓ Vegetarian 🔥 690kcal 🍅 22g 🍞 62g 🌿 FAT 39g



### 15. Sonnenglück

7,90

*Two slices of crispy toasted organic farmhouse bread with two fried eggs, served with tomato, cucumber & fresh parsley.*

✓ Vegetarian 🔥 510kcal 🍅 23g 🍞 34g 🌿 FAT 29g



### 16. Sonnenrührei

8,90

*Freshly scrambled eggs made with three eggs, with two slices of crispy toasted organic farmhouse bread, tomato, cucumber and parsley.*

✓ Vegetarian 🔥 560kcal 🍅 25g 🍞 35g 🌿 FAT 31g



## 17. Veggie-Liebe-Salat

11,90

*Fresh leafy greens and rocket with avocado, feta cheese, walnuts, olives, cucumber and cherry tomatoes, served with toasted organic farmhouse bread.*

✓ Vegetarian 🔥 690kcal 🥚 22g 🍞 38g 🌿 FAT 48g



## 18. Falafel-Salat

13,90

*Leafy greens & rocket with homemade falafel, hummus, avocado cream and grilled market vegetables: courgette, aubergine & peppers, plus cherry tomatoes and olives. With organic farmhouse bread.*

✓ Vegan 🔥 790kcal 🥚 24g 🍞 61g 🌿 FAT 46g



## 19. Halloumi-Salat

13,90

*Leafy greens and rocket with grilled halloumi, cherry tomatoes, cucumber, olives and grilled market vegetables: courgette, aubergine and peppers, with hummus, chilli sauce & toasted organic farmhouse bread.*

✓ Vegetarian 🔥 740kcal 🥚 32g 🍞 36g 🌿 FAT 49g



## 20. Marktsalat

5,90

*Fresh leafy greens and rocket with cucumber, cherry tomatoes, olives & onions. (Small side salad)*

✓ Vegan 🔥 145kcal 🥚 4g 🍞 11g 🌿 FAT 9g



Oil & Vinegar

EXTRAS:  
Dips and  
Toppings

Dip +2 €  
Bread +1 €  
Falafel +1 €  
Avocado +2 €  
Halloumi +2,5 €

## 21. Mediterraner Flammkuchen

8,90

*Mediterranean flammkuchen with a creamy base, feta cheese, green and black olives, red onions, chives and Mediterranean herbs.*

✓ Vegetarian 🔥 620kcal 🍌 22g 🍞 58g 🧈 34g



## 22. Marktgemüse Flammkuchen

8,90

*Mediterranean flammkuchen with grilled aubergine, courgette, peppers, tomatoes, market potatoes, feta cheese & fresh herbs.*

✓ Vegetarian 🔥 540kcal 🍌 16g 🍞 62g 🧈 24g



## 23. Rucola Markt Flammkuchen

7,90

*Flammkuchen with a creamy base, rocket, market tomatoes and finely shaved Parmesan, seasoned with black pepper and Mediterranean herbs.*

✓ Vegetarian 🔥 480kcal 🍌 18g 🍞 55g 🧈 21g



## 24. Lachs & Dill Flammkuchen

9,90

*Flammkuchen with a creamy base, red onions, smoked salmon, fresh dill and courgette strips, seasoned with Mediterranean herbs.*

✓ Vegetarian 🔥 560kcal 🍌 25g 🍞 52g 🧈 27g



## 25. SchokoBanane Flammkuchen

7,90

*Sweet flammkuchen with toasted nuts, fresh banana slices & chocolate-hazelnut spread. Baked until crisp and served on a rustic wooden board.*

✓ Vegetarian 🔥 690kcal 🍌 13g 🍞 78g 🧈 36g



## Wraps & Freshness

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### – Wraps –



#### 28. Falafel Classic

Fresh wrap with crispy falafel balls, tomato, cucumber, parsley, mixed salad, pickled cucumber and creamy hummus dip.

Vegetarian 560kcal

18g 66g FAT 24g



#### 27. Falafel Spezial

Fresh wrap with crispy falafel balls and tomatoes, cucumber, parsley, lettuce, and colourful market vegetables. With creamy hummus dip.

Vegetarian 620kcal

20g 72g FAT 28g



#### 26. Avocado Ei

Fresh wrap with crisp lettuce, rocket, fresh tomato and cucumber, creamy avocado, a fluffy egg omelette and cream cheese as a dip.

Vegetarian 560kcal

21g 48g FAT 32g

### – Sweet Potato Dishes –



#### 30. Süßkartoffel mit Avocado & Ei

Roasted sweet potato with hummus, tomatoes, cucumber, parsley and olive oil, with an omelette made with 2 eggs, avocado & toasted organic bread.

Vegetarian 780kcal

30g 82g FAT 39g



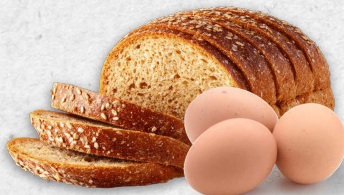
#### 29. Süßkartoffel mit Marktgemüse

Roasted sweet potato with creamy hummus and baked feta cheese, with an omelette made with 2 eggs, market vegetables & toasted organic bread.

Vegetarian 820kcal

34g 88g FAT 38g

|                    |                       |              |             |                    |
|--------------------|-----------------------|--------------|-------------|--------------------|
| Dip of your choice | Boiled egg, per piece | Half avocado | Bread slice | Falafel, per piece |
| + 2,00 €           | + 2,00 €              | + 2,50 €     | + 1,00 €    | + 1,00 €           |



## Plates & Delight

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### 31. Hummus-Teller

10,90

Homemade hummus with olive oil & delicate herbs, served with falafel, olives & organic farmhouse bread.

✓ Vegan 🔥 870kcal 🍌 28g 🍞 71g 🌿 50g



### 32. Falafel-Teller

12,90

Crispy falafel with hummus, your choice of dips, grilled market vegetables, salad, olives & toasted organic bread.

✓ Vegan 🔥 920kcal 🍌 30g 🍞 74g 🌿 54g

### 33. Beet-Love-Teller

12,90

Beetroot on a cream cheese and yoghurt base, tangy feta, walnuts & herbs with toasted organic farmhouse bread.

✓ Vegetarian 🔥 640kcal 🍌 23g 🍞 39g 🌿 41g



### 34. Balance-Teller

14,90

Crispy falafel with market salad, sweet potato fries, creamy hummus, your choice of dips & organic bread.

✓ Vegan 🔥 995kcal 🍌 33g 🍞 92g 🌿 63g



15,90

### 35. Mix-Teller

Mediterranean mixed platter with crispy falafel & grilled halloumi, feta cheese, seasoned potato wedges, mixed salad, tomatoes, cucumber, olives, creamy hummus, avocado dip & organic bread.

✓ Vegetarian 🔥 1350 kcal 🍌 50g 🍞 125g 🌿 64g



## Pizza & Delight



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### 36. **Pizza Margherita**

*Crispy pizza with fruity tomato sauce, mozzarella and basil.*

✓ Vegetarian 🔥 850kcal 🍌 32g 🍞 105g 🧈 32g

8,90



### 37. **Pizza Salami**

*Crispy pizza with fruity tomato sauce, mozzarella and spicy vegan salami.*

✓ Vegetarian 🔥 950kcal 🍌 36g 🍞 108g 🧈 38g

10,90



### 38. **Pizza Greek**

*Fruity tomato sauce, mozzarella, soft cheese, olives, red onions & Mediterranean herbs.*

✓ Vegetarian 🔥 900kcal 🍌 32g 🍞 105g 🧈 35g

11,90



### 39. **Pizza Rucola**

*Fruity tomato sauce, mozzarella, fresh rocket, cherry tomatoes & soft cheese.*

✓ Vegetarian 🔥 850kcal 🍌 32g 🍞 105g 🧈 32g

11,90



### 40. **Pizza Vegetariana**

*Crispy pizza with fruity tomato sauce, mozzarella & fresh seasonal market vegetables.*

✓ Vegetarian 🔥 780kcal 🍌 28g 🍞 95g 🧈 30g

12,90



### 41. **Pizza Lachs**

*Crispy pizza with fruity tomato sauce, mozzarella, salmon, courgette & dill.*

🐟 Pescatarian 🔥 900kcal 🍌 42g 🍞 108g 🧈 30g

13,90



## Soups & Warmth

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### 42. Sweet Potato Soup

Smoothly blended sweet potato soup with carrots and fresh ginger, finished with olive oil and fresh herbs. Served with a slice of rustic bread.

✓ Vegan 🔥 470kcal 🍌 9g 🍞 85g 🌿 12g



### 43. Market Vegetable Soup

Delicate sweet potato and carrot soup with freshly sautéed seasonal vegetables such as zucchini, bell peppers and eggplant. Finished with fresh herbs and olive oil. Served with rustic bread.

✓ Vegan 🔥 390kcal 🍌 8g 🍞 60g 🌿 13g



### 44. Herbed Lentil Soup

Creamy, finely blended lentil soup, warmly seasoned with fresh herbs and a drizzle of olive oil. Served with rustic bread.

✓ Vegan 🔥 470kcal 🍌 19g 🍞 65g 🌿 14g





Soft



Drinks

Let's have a



**COSTA**

# COFFEE



***Kaffee Crema — 3,50 €***

***Cappuccino — 3,90 €***

***Milchkaffee — 4,30 €***

***Espresso — 2,50 €***

***Espresso Doppelt — 3,70 €***

***Heiße Schokolade — 4,30 €***

***Espresso Macchiato — 2,90 €***

***Latte Macchiato — 4,50 €***



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# Tee im Glas

Veggie  
Liebe

Auswahl feiner Teesorten

**3,80 € pro Glas**

**1. Captain Earl Grey**

*Bio Schwarzer Hochland Tee Bergamotte*

**2. Sunrise Breakfast**

*Bio Schwarzer Hochland Assam Tee*

**3. Ceylon's Secret Garden**

*Bio Schwarzer Hochland Uva Tee*

**4. China Green Jewel**

*Bio Grüner Hochland Yunnan Tee*

**5. Cheek to Cheek Vanilla**

*Bio Rooibos Tee, French Vanilla*

**6. Blue Sky Chamomile**

*Bio Kräutertee, Kamille Verbene*

**7. The Turmeric Ginger Treasure**

*Bio Kräutertee, Kurkuma Ingwer*

**8. Unforgettable Moroccan Mint**

*Bio Kräutertee, Minze*

**9. Nordic Blueberry**

*Bio Früchtetee, Waldbeeren*



# VEGGIE BOOSTS



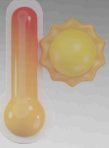
**GOLDEN MILK**  
Warme Milch mit  
würzigem Kurkuma,  
Ingwer & feinem Honig

0,2 L • 5,90 €



**HONEY MOON**  
Warme Milch mit  
feinem Honig und  
aromatischem Zimt

0,2 L • 5,90 €



**ORANGE BOOST**  
Frisch gepresster  
Orangensaft mit  
Ingwer, gekühlt

0,2 L • 4,90 €



**ORANGENSAFT**  
100% frisch gepresst  
und gekühlt

0,2 L • 4,50 €



**Ca**

**ORANGE BOOST**

Frisch gepresster  
Orangensaft mit  
Ingwer, gekühlt

0,2 L • 4,90 €

**ORANGENSAFT**

100% frisch gepresst  
und gekühlt

0,2 L • 4,50 €

**C**

**VITAMIN**



## Freshly prepared tea infusions

1. Ginger, Lemon, Honey
2. Pear, Ginger, Honey
3. Orange, Cinnamon, Honey
4. Garden Herbs, Lemon
5. Lemon, Mint, Honey

approx. 0,7 litres, ideal for 1-2 people

8,90 € per glass teapot

