HEARTY BOWLS

BUDDHA STYLE ····· 18.–
Reis-Mix, Kale, Broccoli-Karotten-Shiitake Pilz Trio, Kefen, roter Kabis, Frühlingszwiebeln, Cashew Nüsse, Teriyaki Sauce. | **Empfehlung: Crispy Tofu**

BY THE INKAS ····· 21.–
Kale, Quinoa, Süsskartoffeln-grüne Peperoni-rote Bohnen Trio, Salsa Roja, Avocado-Kale Gucamole, Nachos, Koriander, Black Mole Sauce
| Empfehlung: PUR

DELIGHTED BY GANDHI ····· 18.–
Reis-Mix, Kale, Süsskartoffel-Fenchel-Zucchini Trio, Beluga Linsen, grüne Bohnen, Cole Slaw, Cashewnüsse, Malabar Sauce. | **Empfehlung: Halloumi**

WARM POKÉ ····· 22.–
Blumenkohl Reis, Algen, marinierte Rande, Rotkohl, Kefen, marinierte Karotten, Edamame, Frühlingszwiebeln, Avocado, Sesam, Togarashi, Creamy Ponzu. | **Empfehlung: Planted.Pulled**

AUTUMN SEASONAL 22.–
Kale, Reis-Mix, Rosenkohl-Kürbis-Eierschwämmli Trio, marinierter Kabis, Apfel-Tonka Kompott, Portulak, karamellisierte Walnüsse, Trüffelöl, Tomaten Balsamico Sauce
| Empfehlung: PUR

SOUPS

MAIS CURRY ····· 9.–
Mais-Kokos-Curry Suppe, Maisfilets, Koriander öl, Reiswabenchip — 330ml

ADD ONS

+ BEET HUMMUS ····· 3.–
+ FAKE TUNA MOUSSE ····· 3.–
+ GUACAMOLE ····· 3.–
+ BIO SPIEGELEI ····· 4.50
+ FETA ····· 4.50
+ GRILLIERTER HALLOUMI ·· 4.50
+ HOMEMADE FALAFEL ···· 5.–
+ CRISPY TOFU ····· 5.–
+ PLANTED.PULLED ····· 6.–

LUNCH SPECIAL

BOWL/SALAD + HOMEMADE GETRÄNK ····· +3.–

TOAST/SOUP + SIDE SALAD ····· +3.–

TOAST + SOUP ····· +4.–

VEGAN LAKTOSEFREI GLUTENFREI

DELIGHTED BY GANDHI

| 18.-

BUDDHA STYLE

| 18.-

WARM POKÉ

| 22.-

AUTUMN SEASONAL

| 22.-

BY THE INKAS

| 21.-

SALADS

THE GARDENER VG GF .. 18.–
Spinat, Beluga Linsen, marinierter Fenchel, gepickelter Sellerie, Cole Slaw, Apfelscheiben, karamellisierte Walnüsse, BEET Dressing
| Empfehlung: Feta

VEGAN NIÇOISE VG GF .. 20.–
Lollo rosso, Süsskartoffeln, grüne Bohnen, marinierter Fenchel, gepickelte Rande, gepickelte rote Zwiebeln, Oliven, Fake Tuna Mousse, geröstete Mandelstifte, Schnittlauch, Classic Herb Dressing
| Empfehlung: PUR

POWER GREEN VG GF ... 20.–
Kale, Spinat, Quinoa, Gurke, gepickelte Radieschen, Kefen, Edamame, Togarashi Broccoli, Avocado, Granatapfel, Sonnenblumenkerne, Gartenkresse, Green Goddess Dressing
| Empfehlung: Homemade Falafel

SOBA SALAD VG 22.–
Soba Nudeln, Spinat, gepickelter Sellerie, Gurke, gepickelte Radieschen, marinierter Fenchel, Edamame, Schnittlauch, Koriander, Sesam, Umami Dressing | **Empfehlung:**

Crispy Tofu

ADD ONS

+ BEET HUMMUS VG GF 3.–
+ FAKE TUNA MOUSSE VG GF .. 3.–
+ GUACAMOLE VG GF 3.–
+ BIO SPIEGELEI EGGS GF BIO 4.50
+ FETA GF 4.50
+ GRILLIERTER HALLOUMI GF 4.50
+ HOMEMADE FALAFEL VG GF . 5.–
+ CRISPY TOFU VG GF 5.–
+ PLANTED.PULLED VG 6.–

TOASTS

SMASHED AVOCADO-KALE
VG 14.–
2 Scheiben
getoastetes Dinkel Powerbrot, Avocado-Kale Guacamole, Salsa Roja, Schnittlauch, Granatapfel, Gartenkresse

FAKE TUNA VG 14.–
2 Scheiben
getoastetes Dinkel Powerbrot, Fake Tuna Mousse, Gurke, gepickelte Radieschen, Kapern, Zaatar, Hanfsamen, Fenchelkraut-Dill Mix

CHEESE & BEETS VG 14.–
2 Scheiben
getoastetes Dinkel Powerbrot, Mandel Sour Cream, gepickelte Rande, gepickelte rote Zwiebeln, Haselnuss Crunch, Beetup, Gartenkresse

CHOCO BANANA BIO 9.–
1 Scheibe
getoastetes Dinkel Powerbrot, Schoko-Nuss Aufstrich, Banane, Schokoladensauce, Cacao Nibs

APPLE ALMOND VG 9.–
1 Scheibe
getoastetes Dinkel Powerbrot, Mandelbutter, Apfelscheiben, Zimt, Kokosflocken, Beetup

SOBA SALAD

| 22.-

THE GARDENER

| 18.-

VEGAN NIÇOISE

| 20.-

POWER GREEN

| 20.-

CHEESE & BEETS

| 14.-

CHOCO BANANA

| 9.-

SMASHED AVOCADO-KALE

| 14.-

FAKE TUNA

| 14.-

APPLE ALMOND

| 9.-

SMOOTHIES

+ VEGANES PROTEIN ····· 2.-

BERO MÜESLI ····· 11.-
Banane, Himbeeren, Vanille, Haferflocken, Zimt, Tonka, Zitronensaft, Camu Camu, Leinsamen, Mandelmilch — 400ml

MACA MUSCOLO ··· 11.-
Banane, Zimt, Vanille, Erdnussbutter, Ahornsirup, Leinsamen, Cacao Nibs, Haferflocken, Maca, Mandelmilch — 400ml

ALERTA VERDA ··· 12.-
Apfel, Ananas, Ingwer, Gurke, Zitronensaft, Weizengras, Spinat, Kale, Kokoswasser — 400ml

AÇAI VIDA ····· 12.-
Banane, Heidelbeeren, Açai, Passionsfrucht, Cacao Nibs, Limettensaft, Kokoswasser — 400ml

SMOOTHIE BOWLS

KLASSIKA AÇAI ···· 13.-
Açai, Heidelbeeren, Mandelmilch oder Apfelsaft, Granatapfel, Banane, Kokos, Granola, Ananas, Agave.

DRAGON'S BLOOD · 14.-
Pitaya, Banane, Himbeeren, Passionsfrucht, Mango, Kokoswasser, Kokosflocken, Granola.

ALOHA BLUA ···· 14.-
Kiwi, Himbeeren, Heidelbeeren, Quinoa Pops, Goji Beeren, blue Spirulina, Kokos-Soja Joghurt, Kokoswasser, Banane, Maracuja, Zitrone, Mango, Trauben.

BLISSFUL TREATS

NOSHBALL ····· 4.-

BROWNIE ····· 5.50
+ VEGANES VANILLEGLACÉ ····· 9.-

ZUCCHINI-SCHOKO-CAKE ····· 5.50
+ VEGANES VANILLEGLACÉ ····· 9.-

MOHNCAKE ····· 5.50
+ MIT VEGANEM VANILLEGLACÉ · 9.-

RAW PASSIONFRUIT CHEESCAKE ····· 6.-
+ VEGANES VANILLEGLACÉ ···· 11.-

WARM BEVERAGES

KAFI CREME ···· 4.50

KAFFEE AMERICANO ····· 4.50

ESPRESSO ····· 3.-

MILCHKAFFEE ····· 5.-

CAPPUCCINO ····· 5.-
+ EXTRA SHOT ESPRESSO ····· 1.50
+ HAFERMILCH
+ SOJAMILCH

LATTE MACCHIATO ····· 5.50
+ EXTRA SHOT ESPRESSO ····· 1.50
+ HAFERMILCH
+ SOJAMILCH

ALMOND CHAI LATTE ····· 7.-

ALMOND GOLDEN MYLK ····· 7.-

GINGER LEMON INFUSION ····· 5.50

VERSCHIEDENE SORTEN TEE ····· 5.-

SOFTDRINKS

BEETNUT WASSERFLASCHE

75cl ····· 28.–

+ LEBENSLANGER REFILL ····· *GRATIS*

MEHRWEGFLASCHE *50cl*

····· 2.50

+ WASSER FILL MIT/OHNE ····· *2.50*

+ WASSER FILL MIT/OHNE (am selben Tag) ····· *GRATIS*

HOMEMADE ICE TEA *50cl* 5.–

HOMEMADE LEMONADE ORIGINAL *50cl* ····· 5.50

HOMEMADE GINGER LEMONADE *50cl* ····· 5.50

GARTENGOLD APFEL-SCHORLE *27.5cl* ····· 6.–

CHARI TEA MATE *33cl* ···· 6.–

GOBA COLA *33cl* ····· 6.–

GINGER BEER *33cl* ····· 6.–

HEYLIFE COCONUT WATER *33cl* ····· 6.–

HEYLIFE BUBBLY GURKE INGWER *33cl* ····· 6.–

WARM BEVERAGES

KAFI CREME (V)(GF)(BIO) ····· 4.50

KAFFEE AMERICANO (V)(GF)(BIO) ····· 4.50

ESPRESSO (V)(GF)(BIO) ····· 3.–

MILCHKAFFEE (GF)(BIO) ····· 5.–

CAPPUCCINO (GF)(BIO) ····· 5.–

+ EXTRA SHOT ESPRESSO ····· +1.50

+ MIT HAFERMILCH

+ MIT SOJAMILCH

LATTE MACCHIATO (GF)(BIO) ····· 5.50

+ EXTRA SHOT ESPRESSO ····· 1.50

+ MIT HAFERMILCH

+ MIT SOJAMILCH

ALMOND CHAI LATTE (V)(GF)(BIO) ····· 7.–

ALMOND GOLDEN MYLK (V)(GF)(BIO) ····· 7.–

GINGER LEMON INFUSION (V)(GF)(BIO) ····· 5.50

VERSCHIEDENE SORTEN TEE (V)(GF)(BIO) ····· 5.–

(V) VEGAN (LF) LAKTOSEFREI (GF) GLUTENFREI

HEARTY BOWLS

BUDDHA STYLE ····· 18.-
rice mix, kale, veggie trio of broccoli-carrot-shiitake mushroom, sugar snap peas, red cabbage, spring onion, cashews, Teriyaki sauce | **recommendation: crispy Tofu**

BY THE INKAS ····· 21.-
kale, quinoa, sweetpotatoes-green peppers-red beans trio, salsa roja, avocado-kale guacamole, nachos, cilantro, Black Mole sauce | **recommendation: PURE**

DELIGHTED BY GANDHI ····· 18.-
rice mix, kale, veggie trio of sweet potatoes-fennel-courgettes, beluga lentils, green beans, coleslaw, cashews, Malabar sauce | **recommendation: halloumi**

WARM POKÉ ····· 22.-
cauliflower rice, seaweed, pickled beets, red cabbage, sugar snap peas, pickled carrots, edamame, spring onion, avocado, sesame, togarashi, Creamy Ponzu | **recommendation: planted.chicken**

AUTUMN SEASONAL 22.-
kale, rice-mix, brussels sprouts-pumpkin-chanterelle trio, marinated cabbage, apple-tonka chutney, purslane, caramelized walnuts, truffle oil, Tomato Balsamico sauce | **recommendation: PURE**

SOUPS

MAIS CURRY ····· 9.-
mais coconut curry soup, corn filet, cilantro oil, rice honeycomb chip — 330ml

ADD ONS

+ BEET HUMMUS ····· 3.-
+ FAKE TUNA MOUSSE ····· 3.-
+ GUACAMOLE ····· 3.-
+ BIO FRIED EGG ····· 4.50
+ FETA ····· 4.50
+ GRILLED HALLOUMI ····· 4.50
+ HOMEMADE FALAFEL ···· 5.-
+ CRISPY TOFU ····· 5.-
+ PLANTED.PULLED ····· 6.-

LUNCH SPECIAL

BOWL/SALAD + HOMEMADE BEVERAGE ····· +3.-

TOAST/SOUP + SIDE SALAD ····· +3.-

TOAST + SOUP ····· +4.-

VEGAN LACTOSE FREE GLUTEN FREE

DELIGHTED BY GANDHI

| 18.-

BUDDHA STYLE

| 18.-

WARM POKÉ

| 22.-

AUTUMN SEASONAL

| 22.-

BY THE INKAS

| 21.-

SALADS

THE GARDENER 18.–
Spinat, Beluga Linsen, marinierter Fenchel, gepickelter Sellerie, Cole Slaw, Apfelscheiben, karamellisierte Walnüsse, BEET Dressing
| Empfehlung: Feta

VEGAN NIÇOISE 20.–
lollo rosso, sweet potatoes, green beans, marinated fennel, pickled beetroot, pickled red onions, olives, fake tuna mousse, roasted sliced almonds, chives, Classic Herb Dressing | **recommendation: PURE**

POWER GREEN 20.–
spinach, beluga lentils, marinated fennel, pickled celery, coleslaw, apple slices, caramelized walnuts, BEET Dressing | **recommendation: feta**

SOBA SALAD 22.–
soba noodles, spinach, pickled cellery, cucumber, pickled radish, marinated fennel, edamame, chives, cilantro, sesame, Umami Dressing | **reommendation: crispy tofu**

ADD ONS

+ BEET HUMMUS 3.–
+ FAKE TUNA MOUSSE 3.–
+ GUACAMOLE 3.–
+ BIO FRIED EGG 4.50
+ FETA 4.50
+ GRILLED HALLOUMI 4.50
+ HOMEMADE FALAFEL 5.–
+ CRISPY TOFU 5.–
+ PLANTED.PULLED 6.–

TOASTS

SMASHED AVOCADO-KALE 14.–
2 slices
toasted spelt powerbread, avocado kale guacamole, salsa roja, chives, pomegranate, garden cress

FAKE TUNA 14.–
2 slices
toasted spelt power bread, fake tuna mousse, cucumber, pickled radish, capers, zaatar, hemp seeds, fennel-herb dill mix

CHEESE & BEETS 14.–
2 slices
toasted spelt powerbread, almond sour cream, pickled beetroot, pickled red onions, hazelnut crunch, Beetup, garden cress

CHOCO BANANA 9.–
1 slice
toasted spelt power bread, choco nut spread, banana, chocolate sauce, cacao nibs

APPLE ALMOND 9.–
1 slice
toasted spelt power bread, almond butter, apple slices, cinnamon, coconut flakes, Beetup

SOBA SALAD

| 22.-

THE GARDENER

| 18.-

VEGAN NIÇOISE

| 20.-

POWER GREEN

| 20.-

CHEESE & BEETS

| 14.-

CHOCO BANANA

| 9.-

SMASHED AVOCADO-KALE

| 14.-

FAKE TUNA

| 14.-

APPLE ALMOND

| 9.-

SMOOTHIES

BERO MÜESLI ····· 11.–
banana, raspberries, vanilla, oat meal, cinnamon, tonka, lemon juice, camu camu, linseeds, almond millk — 400ml
+ VEGAN PROTEIN ····· *2.–*

MACA MUSCOLO ··· 11.–
banana, cinammon, vanilla, peanut butter, maple syrup, linseeds, cacao nibs, oat meal, cocoa powder, Be-etup, macao, almond milk — 400ml
+ VEGAN PROTEIN ····· *2.–*

ALERTA VERDA ··· 12.–
apple, pineapple, ginger, cucumber, lime juice, wheatgrass, spinach, kale, coconut water — 400ml

AÇAI VIDA ····· 12.–
banana, blueberries, açai, passion-fruit, ginger, cacao nibs, lime juice, coconut water — 400ml
+ VEGAN PROTEIN ····· *2.–*

SMOOTHIE BOWLS

KLASSIKA AÇAI ···· 13.–
açai pulp, blueberries, almond milk or apple juice, pomegranate, ba-nana, coconut, granola, pineapple, agave

DRAGON'S BLOOD · 14.–
pitaya, banana, raspberries, passion fruit, mango, coconut water, coco-nut flakes, granola

ALOHA BLUA ····· 14.–
kiwi, raspberries, blueberries, quinoa pops, crispy goji berries, seaweed, coconut soya yoghurt, coconut wa-ter, banana, passion fruit, lemon, mango, grapes

BLISSFUL TREATS

NOSHBALL ····· 4.–

BROWNIE ····· 5.50
+ VEGAN VANILLA ICE CREAM ··· *9.–*

ZUCCHINI-CHOCO-CAKE ····· 5.50
+ VEGAN VANILLA ICE CREAM ··· *9.–*

POPPY SEED CAKE ··· 5.50
+ VEGAN VANILLA ICE CREAM ··· *9.–*

RAW PASSIONFRUIT CHEES-CAKE ····· 6.–
+ VEGAN VANILLA ICE CREAM ··· *9.–*

WARM BEVERAGES

„KAFI CREME" BIO ·· 4.50

COFFEE „AMERICANO" BIO ····· 4.50

ESPRESSO BIO ····· 3.–

MILK COFFEE BIO ····· 5.–

CAPPUCCINO BIO ····· 5.–
+ EXTRA SHOT ESPRESSO ····· *1.50*
+ OAT MILK
+ SOYA MILK

LATTE MACCHIATO BIO ····· 5.50
+ EXTRA SHOT ESPRESSO ····· *1.50*
+ OAT MILK
+ SOYA MILK

ALMOND CHAI LATTE BIO ····· 7.–

ALMOND GOLDEN MYLK BIO ····· 7.–

GINGER LEMON INFUSION BIO ····· 5.50

VARIOUS TEAS BIO ··· 5.–

SOFTDRINKS

BEETNUT WATER BOTTLE

75cl ····· 28.–

+ LIFELONG REFILL ····· *FOR FREE*

DISPOSABLE BOTTLE *50cl*

····· 2.50

+ WASSER FILL STILL/SPARKLING ·· *2.50*

+ WASSER FILL STILL/SPARKLING (the same day) ····· *FOR FREE*

HOMEMADE ICE TEA *50cl* · 5.–

HOMEMADE LEMONADE ORIGINAL *50cl* ····· 5.50

HOMEMADE GINGER LEMONADE *50cl* ····· 5.50

GARTENGOLD APPLE SPRITZER *27.5cl* ····· 6.–

CHARI TEA MATE *33cl* ···· 6.–

GOBA COLA *33cl* ····· 6.–

GINGER BEER *33cl* ····· 6.–

WARM BEVERAGES

„KAFI CREME“ (V)(G)BIO ···· 4.50

COFFEE „AMERICANO“ (V)(G)BIO ····· 4.50

ESPRESSO (V)(G)BIO ····· 3.–

MILK COFFEE (G)BIO ····· 5.–

CAPPUCCINO (G)BIO ····· 5.–

+ EXTRA SHOT ESPRESSO ····· +1.50

+ OAT MILK

+ SOYA MILK

LATTE MACCHIATO (G)BIO ····· 5.50

+ EXTRA SHOT ESPRESSO ····· 1.50

+ OAT MILK

+ SOYA MILK

ALMOND CHAI LATTE (V)(G)BIO ····· 7.–

ALMOND GOLDEN MYLK (V)(G)BIO ····· 7.–

GINGER LEMON INFUSION (V)(G)BIO ····· 5.50

VARIOUS TEAS (V)(G)BIO ····· 5.–

VEGAN LACTOSE FREE GLUTEN FREE