



# SUPERFOOD.GARDEN



## Menu

In all our dishes you'll find our homegrown Microgreens. These small Greens are the new Superfood, they contain far more vitamins, minerals, and other nutrients than full grown plants and vegetables. One handful of microgreens replace a large bowl of salad. Try it!

**Tipp:** For some of our dishes we have **GLUTEN FREE**  also as **VEGAN**  options. Pay attention to the symbols and for further questions don't hesitate to ask us.

### Garden Bowl „Super Green Mix“ (a,c,e,f,g\*) **8,90€**

Fresh microgreens, bulgur, cucumber, edamame, wild broccoli, fresh mango, roasted peanuts, and coriander

 **GLUTEN FREE** option: no Bulgur

 **VEGAN** option: vegan meat and guacamole sauce

### Want to have more? Add-ons

Grilled chicken breast  2,90€

Grilled vegan meat in stripes   (f,h) 3,90€

Grilled shrimps  (b) 4,90€



### Choose your favorite dressing from our three delicious homemade sauces:

Honey-mustard sauce with sweet mustard, coconut milk and some garlic  (c,j,l,\*)

Green guacamole sauce with fresh avocado, microgreens, and some garlic   (l,\*)

Yellow curry dressing with curry, pineapple, and mango jam  (a,c,i,j,k,l,\*)





## Burger

All our Burger we serve with our own sourdough buns, they mature 24h before baking and contain 80% rye flour. What else can't be missed? Of course, our delicious Microgreens which make our burger to an incomparable taste experience.

**Lucky Punch Burger (a,c,f,g,h,i,j,k,l\*) 10,90€**

113g vegan patty, microgreens, cheddar, tomatoes, steamed onions, guacamole, and curry sauce

 VEGAN option: with vegan cheese and hummus instead of curry sauce

**Iron Man Burger (a,c,d,f,g,h,i,k,l\*) 12,90€**

113g vegan patty, microgreens, cheddar, tomatoes, steamed onions, fresh cucumber, spiced cucumber, roasted onions, Cole-slaw and smokey sweet barbeque sauce

**Ocean Burger (a,c,d,i,j,k,l\*) 12,90€**

Fresh fried salmon filet breaded with oatmeal, microgreens, steamed onions, cucumber, steamed sweet potato slices and our delicious honey-mustard sauce

**Truffle Burger (a,c,f,g,h,l\*) 22,00€**

113g vegan patty, microgreens, cheddar, tomatoes, steamed onions, parmesan cheese, sliced truffle, and homemade truffle sauce

**Gambas Burger (a,b,c,i,j,k,l\*) 22,00€**

Garlic shrimps, microgreens, steamed onions, fresh cucumber, fried sweet potato slices and curry sauce



### Want to have more?

- Extra vegan pattie   (f,h,\*) 3,90€
- Double cheese (g,\*) 1,00€
- Extra spiced cucumber (l,\*) 1,00€





### Soup

**Healthy Island (a,e,f,k,l,\*)** **5,20€**

White Coconut-Ginger soup with banana, microgreens, peanuts, and sesame oil  

### **Want more? Add ons**

Grilled chicken breast  2,90€

Grilled shrimps  (b) 4,90€

### Power Wraps

**Vegi Wrap (a,c,e,g,i,j,k,l\*)** **6,90€**

Wheat flour tortilla stuffed with grilled bell pepper, microgreens, tomatoes, roasted peanuts, bulgur, hummus, guacamole, and curry sauce

 VEGAN option: no curry sauce but delicious hummus

**High Protein Wrap (a,c,g,h,l\*)** **7,90€**

Wheat flour tortilla stuffed with chicken, microgreens, tomatoes, cooked egg, pine nuts, cream cheese, and homemade sauce "Cesar style"

 GLUTEN FREE option: with rice flour tortilla

**Strong Immune System Wrap (a,b,c,g,i,j,k,l\*)** **8,90€**

Wheat flour tortilla stuffed with smoked salmon, microgreens, fried sweet potato slices, onions, green asparagus, bulgur, cream cheese, and curry sauce



**LIFE  
ENERGY  
FOOD**

## Flame pizza



**Maria Curry** (a,c,e,g,i,j,k,l,\*) **12,90€**

Base with curry sauce, fried chicken breast, microgreens, mango, tomato, steamed onions, cheese and roasted peanuts

**The Mad Max Bomb** (a,f,g,h,l,\*) **13,90€**

Pizza with tomato sauce, microgreens, grilled vegan meat in stripes, steamed onions, broccoli and cheese

**Fish & Truffle** (a,d,g,\*) **22,00€**

White base with cream cheese, smoked salmon, truffled microgreens with parmesan, steamed onions, sweet potato slices, green asparagus and black truffle

## Sweets

**Piece of cake** **2,90€**

Baked fresh daily, please ask our staff 

**Chia Pudding** (h,\*) **3,40€**

Homemade Chia pudding with chocolate, oat milk, coconut flakes, microgreens  

**Low Carb Brownie** (f,g,c,h,\*) **4,60€**

Homemade chocolate brownie pieces with 70% ecological chocolate and NO wheat flour topped with mango ice cream, mango sauce and microgreens 



# MICROGREEN



## Power Smoothies

**Fullgreen 3,70€**

Apple, cucumber, pineapple, microgreens, matcha, moringa, nettle, argan oil, pineapple juice

**Gingergreen 3,90€**

Ginger, orange, apple, microgreens, curcuma, cinnamon, sesame oil, orange juice

**Redgreen 3,90€**

Strawberry, banana, mint, microgreens, goji berries, acai, argan oil, orange juice

**Mintgreen 3,80€**

Mint, carrot, pineapple, microgreens, mango puree, rosehip, olive oil, orange juice



## Drinks

### Alcohol free

Energy Water (still) 0,00€

Bionade 0,33l 2,90€

(Elderberry, Herbs, Lychee)

Eco Rhubarb 3,90€

(cold pressed rhubarb juice)

ACE Juice 3,00€

(Apple, orange, carrot)

### Cava (l\*)

Mistinguet Cava 0,2l 5,90€

### House wine (l\*)

Sauvignon Blanc Campos Reales, La Mancha (w) 0,2l 3,40€ 0,75l 15,00€

Garnacha rosé Campos Reales, La Mancha (rs) 0,2l 3,40€ 0,75l 15,00€

Monastrell Honoro Vera, Jumilla (r)  0,2l 3,40€ 0,75l 15,00€

### Beer

Krombacher 0,33l 2,90€

Krombacher alcohol free 0,33l 2,90€

### Coffee (normal, soy, almond or oat milk)

Espresso 2,00€

Black coffee 2,20€

Coffee with milk 2,40€

Cappuccino 2,40€

We also have more bottled wine, please ask the waiter for help.



\* All our dishes may contain the following additives:

colouring, preservative, antioxidant, flavour enhancer, sulphites and sweeteners

All our wines and cava contain sulphites

Allergens subject to declaration

- a Cereals containing gluten
- b Crustaceans and products thereof
- c Eggs and products thereof
- d Fish and products thereof
- e Peanuts and products thereof
- f Soy (beans) and products thereof
- g Milk and products thereof
- h Nuts
- i Celery and products thereof
- j Mustard and products thereof
- k Sesame seeds and products thereof
- l Sulphur dioxide and sulphites
- m Lupins and products thereof
- n Molluscs and products thereof