





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



Goat cheese Burger (a,c,f,g,h,i,j,l*) 12,90€

113g vegan patty, microgreens, goat cheese, walnuts, steamed onions, slices apples and 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

Want to have more?

- Extra vegan patty   (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 🌱 🌱

Spicy Lemongrass (b,c,df,g,h,k,n*) 5,20€

Microgreens, Lemongrass, Ginger, Curry, coconut water, green asparagus, edamame, and sesame oil 🌱

Want more? Add on

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

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



Flame pizza



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

Base with curry sauce, fried chicken breast, microgreens, mango, tomatoes, 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 **3,90€**

Daily fresh, 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

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BEAUTY BEERS

Our philosophy revolves around product quality, tradition and at the same time the avant-garde. The result is a project that goes far beyond the usual gourmet drinks.

This is achieved by merging two opposing worlds such as premium drinks and the most special foods in the world (superfoods)

With our Beauty Craft Beer, we combine elegance and balance with the sophistication and quality of the craft beer.

Once again, we bring together two opposing worlds,
but you know how opposites attract...



BEAUTY BEER with ALOE VERA

A light and refreshing beer, with a very special touch provided by the "magic" plant, Aloe Vera

PALE ALE
4,8%



BEAUTY BEER with BLACK GARLIC Welcome to the dark side of beauty

The flavor and intensity of black garlic are fused in a umami craft beer

BROWN ALE
6%



BEAUTY BEER with YERBA MATE

Are you ready to enjoy its unique complexity, flavors and nuances? A powerful and bitter finish, like Mate. Different from everything you've tried. Are you ready?

IPA
6%



BEAUTY BEER with QUINOA

Gluten Free top quality It's also suitable for non-celiacs let it surprise you


AMERICAN PALE ALE
5,5 %

Price per bottle 3,90€




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, apple, 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

Komvida Kombucha 3,90€

(different flavors)

Bionade 0,33l 2,90€

(different flavors)

Eco Juice Bornholm Mosteri

(different flavors) 4,00€

ACE Juice 3,00€

(Apple, orange, carrot)

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€

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€

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



* All our dishes may contain the following additives:

coloring, preservative, antioxidant, flavor 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