



M E N U

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.

s a l a d s

Garden bowl „Super Green Mix“ (a,c,e,f,g*) Fresh microgreens, brown rice, cucumber, edamame, wild broccoli, fresh mango, roasted peanuts, and coriander VEGAN option: vegan meat and guacamole sauce	8,90€
Vegan Poke bowl (a,c,e,f,g,k*) Fresh microgreens, brown rice, cucumber, edamame, green apple, avocado, vegan meat, with a dressing of maple syrup, ginger, garlic soy sauce and sesame oil. (Or choose one of our homemade sauces)	10,90€
Watermelon Poke bowl (a,c,e,f,g*) Fresh microgreens, brown rice, cucumber, edamame, watermelon, fresh mango, avocado, fried onions with a dressing of (vegan if required) sriracha mayonnaise. (Or choose one of our homemade sauces)	9,90€
Mozzarella Watermelon salad (a,c,e,f,g*) Mozzarella, watermelon, cucumber, red bell pepper, black olives, with a dressing of olive oil, fresh basil, lemon juice and coriander seeds	9,90€

Choose your favourite 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 (c,i,j,k,l,*)

s o u p

Healthy Island (a,e,f,k,l,*) White coconut-ginger soup with banana, microgreens, peanuts, and sesame oil	5,90€
Spicy Lemongrass (b,c,d,f,g,h,k,n*) Microgreens, lemongrass, ginger, curry, coconut water, green asparagus, edamame, and sesame oil	5,90€
Gazpacho (a,e,f,k,l,*) A typical cold spanish soup, made with whole grain bread, onion, garlic, cucumber, red bell pepper and tomatoes	5,90€

Want to have more? Add-ons for our salads or soups:

Grilled chicken breast	2,90€
Grilled vegan meat in stripes (f,h)	2,90€
Grilled shrimps (b)	3,90€



b u r g e r

All our burgers 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 an incomparable taste experience.

Lucky Punch Burger (a,c,f,g,h,i,j,k,l*)	11,90€
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*)	13,90€
113g vegan patty, microgreens, cheddar, tomatoes, steamed onions, fresh cucumber, spiced cucumber, roasted onions, cole-slaw and smokey sweet barbecue sauce	
Ocean Burger (a,c,d,i,j,k,l*)	13,90€
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*)	13,90€
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,*)	2,90€
Double cheese (g,*)	1,00€
Extra curly airfries	3,20€

w r a p s

Veggie Wrap (a,c,e,g,i,j,k,l*)	7,90€
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*)	8,90€
Wheat flour tortilla stuffed with chicken, microgreens, tomatoes, cooked egg, pine nuts, cream cheese, and cream cheese with herbs	
GLUTEN FREE option: with rice flour tortilla	1,50€
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	



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flame pizza

Maria Curry (a,c,e,g,i,j,k,l,*)	13,90€
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,*)	14,90€
Pizza with tomato sauce, microgreens, grilled vegan meat in stripes, steamed onions, broccoli and cheese cheese	
Fish & Truffle (a,d,g,*)	22,00€
White base with cream cheese, salmon, truffled microgreens with parmesan, steamed onions, sweet potato slices, green asparagus, and black truffle	

mains

Spicy Chicken Casserole (a,c,e,g,i,j,k,l,*)	16,90€
A spicy chicken casserole with chickpeas, sweet potatoes and tomatoes in a harissa coriander sauce	
Shrimp & Kale with curly airfries (a,c,f,g,h,l,*)	19,90€
A protein bomb of kale and king prawns, with a little lick of the red hot chili pepper	

For our little guests or the small appetite

We thought about how to prepare our much-loved fries in a healthy way. Thanks to the airfryer, it is now possible to have crispy fries without the annoying frying fat and smell. This hot air fryer also called "airfryer" works by circulating very high heated air at high speeds. This ensures that the product is cooked evenly on all sides and is environmentally friendly as no fat is needed. The result is perfect fries, crispy on the outside and tender on the inside.

Curly Airfries (one sauce inclusive)	3,80€
Each additional sauce (honey-mustard, Bbq or curry) (a,c,g,h,j,k,l,*)	1,00€
Guacamole (l,*)	1,50€
Ketchup (i,*) Mayonnaise (c,j,*)	0,70€

sweets

Piece of cake	3,90€
Daily fresh, please ask our staff	
Chia Pudding (h,*)	3,90€
Homemade Chia pudding with chocolate powder, oat milk, coconut flakes and red berries	
Low Carb Brownie (f,g,c,h,*)	4,90€
Homemade chocolate brownie pieces with 70% ecological chocolate and NO wheat flour topped with mango ice cream, mango sauce and microgreens	



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power smoothie

Fullgreen		4,50€
Apple, cucumber, pineapple, microgreens, matcha, moringa, nettle, argan oil, pineapple juice		
Gingergreen		4,50€
Ginger, orange, apple, microgreens, curcuma, cinnamon, sesame oil, orange juice		
Redgreen		4,50€
Strawberry, banana, apple, microgreens, goji berries, acai, argan oil, orange juice		
Mintgreen		4,50€
Mint, carrot, pineapple, microgreens, mango puree, rosehip, olive oil, orange juice		

cold drinks

Tears of the Sun (still or sparkling) 0,5l	2,80€
Wostok Eco 0,33l (Tarragon-Ginger, Dates-Pomegranate, Pino)	3,90€
ON Lemonade Eco 0,33l (Cola, Lemon-Lime, Orange)	4,20€
ON Tea Eco 0,33l (Green Tea, Jasmine Tea)	4,50€
ON Tonic Eco 0,25l	3,90€
Mama Moscow Herbal Eco 0,25l (Lime-Ginger-Cucumber-Fir)	4,40€
Krombacher pilsner bottle 0,33l	3,20€
Krombacher pilsner alcohol free bottle 0,33l	3,50€

alcohol free spirits

100% alcohol free spirits for your favourite mix drinks, without the guilt and headache!

Fluere Smoked Agave No-Tequila 4,5cl	5,50€
Fluere Floral Blend Botanics No-Gin 4,5cl	5,50€
Fluere Unfiltered Raspberry Blend No-Gin 4,5cl	5,50€
Fluere Spiced Cane No-Rum 4,5cl	5,50€
Lyre's American Malt No-Whiskey 4,5cl	5,90€
Plus 0,33l mixer extra	2,50€
Plus 0,25l mixer extra	2,00€

coffee / tea (f, g *)

Espresso	2,20€
Double Espresso	3,90€
Espresso Macchiato	2,50€
Black Coffee	2,60€
Coffee with Milk (Cow-, Soy-, Oat-, Almond Milk)	2,90€
Cappuccino	2,90€
Cup of Tea (Peppermint, Fruit, Black Tea)	2,50€



*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
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