


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.

b o w l s & s a l a d s


Vegan Garden bowl „Super Green Mix“ (a,c,e,f,g*)  8,90€
Fresh microgreens, black rice, cucumber, edamame, wild broccoli, fresh mango, roasted peanuts, and coriander


Vegan Poke bowl (a,c,e,f,g,k*)  10,90€
Fresh microgreens, black rice, cucumber, edamame, green apple, avocado, vegan meat, with a dressing of agave syrup, ginger, garlic, soy sauce, spicy sriracha and sesame oil

Vegan Melon Poke bowl (a,c,e,f,g*)  9,90€
Fresh microgreens, black rice, cucumber, edamame, melon, mango, avocado, fried onions, with a dressing of spicy sriracha vegan mayonnaise

Mozzarella Watermelon salad (a,c,e,f,g*) 9,90€
Mozzarella, melon, cucumber, and black olives, with a dressing of red bell pepper, olive oil, fresh basil, lemon juice and coriander seeds.

Dressings:

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,*) 


Add-ons:


Grilled chicken breast 2,90€


Grilled vegan meat (f,h)  2,90€

Grilled shrimps (b) 4,90€

s o u p

Healthy Island (a,e,f,k,l,*)  6,90€
White coconut-ginger soup with banana, microgreens, peanuts, and sesame oil

Spicy Lemongrass (b,c,d,f,g,h,k,n*)  6,90€
Microgreens, lemongrass, ginger, curry, coconut water, green asparagus, edamame, and sesame oil

Kale-spinach soup (a,e,f,k,l,*)  6,90€
AGreen Coconut-Kale and spinach soup with vibrant lime and spicy chilli kick

Add-ons:









Grilled chicken breast 2,90€

Grilled vegan meat (f,h)  2,90€


Grilled shrimps (b) 4,90€

burger

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.

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| Lucky Punch Burger <i>(a,c,f,g,h,i,j,k,l*)</i>  | 11,90€ |
| 113g vegan patty, microgreens, cheddar, tomatoes, steamed onions, guacamole, and curry sauce □ VEGAN option: with vegan cheese  | |
| Iron Man Burger <i>(a,c,d,f,g,h,i,k,l*)</i>  | 13,90€ |
| 113g vegan patty, microgreens, cheddar, tomatoes, steamed onions, fresh cucumber, spiced cucumber, roasted onions, Cole-slaw □ and smokey sweet barbeque sauce VEGAN option: with vegan cheese  | |
| Ocean Burger <i>(a,c,d,i,j,k,l*)</i> | 13,90€ |
| Fresh fried salmon fillet breaded with oatmeal, microgreens, steamed onions, cucumber, steamed sweet potato slices and our delicious honey-mustard sauce | |
| Goat cheese Burger <i>(a,c,f,g,h,i,j,l*)</i> | 13,90€ |
| 113g vegan patty, microgreens, goat cheese, walnuts, steamed onions, slices apples and honey mustard sauce | |
| Truffle Burger <i>(a,c,f,g,h,l*)</i> | 22,00€ |
| 113g vegan patty, microgreens, cheddar, tomatoes, steamed onions, parmesan cheese, sliced truffle, and homemade truffle sauce VEGAN option: with vegan chees  | |
| Add air-fried potatoes to your burger: | |
| Curly airfries  | 3,20€ |
| Sweet potato fries  | 3,90€ |
| Add-ons: | |
| Extra vegan patty (f,h,*)  | 2,90€ |
| Double cheese (g,*) | 1,00€ |

w r a p s

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| Veggie Wrap <i>(a,c,e,g,i,j,k,l*)</i>  | 7,90€ |
| Wheat flour tortilla stuffed with grilled bell pepper, microgreens, tomatoes, roasted peanuts, bulgur, hummus, guacamole, and curry sauce | |
| High Protein Wrap <i>(a,c,g,h,l*)</i> | 8,90€ |
| Wheat flour tortilla stuffed with chicken breast, microgreens, tomatoes, egg, pine nuts, Parmesan, bulgur, cream cheese and curry sauce | |
| Strong Immune System Wrap <i>(a,b,c,g,i,j,k,l*)</i> | 8,90€ |
| Wheat flour tortilla stuffed with smoked salmon, microgreens, fried sweet potato slices, onions, green asparagus, bulgur, cream cheese, and curry sauce | |
| GLUTEN FREE option for all wraps: rice flour tortilla and black rice instead of bulgur | 1,50€ |

flame pizza

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| Maria Curry (a,c,e,g,i,j,k,l,*) Base with curry sauce, fried chicken breast, microgreens, mango, tomatoes, steamed onions, cheese, and roasted peanuts VEGAN option: vegan patty and vegan cheese | 13,90€ |
| The Mad Max (a,f,g,h,l,*) Pizza with tomato sauce, microgreens, grilled vegan meat in stripes, steamed onions, broccoli and cheese VEGAN option: vegan cheese | 14,90€ |
| Fish & Truffle (a,d,g,*) White base with cream cheese, salmon, truffled microgreens with parmesan, steamed onions, sweet potato slices, green asparagus, and black truffle | 22,00€ |

mains

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| Spicy Chicken Casserole (a,c,e,g,i,j,k,l,*) A spicy chicken casserole with kale, lentils, red onions and carrots, in a spicy harissa sauce with cream cheese | 16,90€ |
| Shrimp & Kale with curly airfries (a,c,f,g,h,l,*) A protein bomb of kale and king prawns, with a kick of the red hot chili pepper, which comes with curly airfries | 19,90€ |

sides





We thought about how to prepare our much-loved fries in a healthy way: in the oil free air-fryer!

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| Curly Airfries (one sauce inclusive) 🌱 | 3,80€ |
| Sweet potato air fries (one sauce included) 🌱 | 4,10€ |
| Extra sauce Honey-mustard, BBQ 🌱, Curry 🌱, Guacamole 🌱, Ketchup or Mayonnaise (regular or vegan 🌱) (a,c,g,h,j,k,l,*) | 1,00€ |





sweets

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

power smoothie

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| 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




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| 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!

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| 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 *)

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| 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
 - l** Sulphur dioxide and sulphites
 - m** Lupins and products thereof
 - n** Molluscs and products thereof
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