

## URBAN NATURAL DRINKS

### SPECIAL DRINKS

Dirty-O (freshly squeezed Orange juice* on ice + Espresso Shot)	6
Matcha-O (freshly squeezed Orange juice* on ice + Matcha Shot)	6
Iced White Peach Matcha Latte	6,8
Iced Cherry Matcha Latte	6,8

### COLD

Viva con Aqua Mineral water (sparkling, still)	0,33	3,5   5,9
Limoment (Apple-Mint, Pear Green Tea, Apfelschorle)	0,33	4,5
Cucumis (Lavender & Bergamotte, Cucumber & Basil)	0,33	4,5
Ai:tea, coldbrewed Ice Tea (White Peach, Pomegranate, Black Berry)	0,33	4,5
Fritz (Cola, Sugar-Free, MischMasch, Lemon, Rhubarb)	0,33	4
Juices (juices from the region, various juices)	0,2	4,5
Freshly squeezed Orange juice*	0,2	5,8
Natural Infused Water *(Ginger   Mint   Orange   Lemon)	Flatrate	6

### DAYDRINKING

Natural wine: Orange *	Nature's Calling	0,15	7,9
Natural wine: Riesling *	Nature's Calling	0,15	7,5
Natural wine: Rosé *	Nature's Calling	0,15	7,5
Silvaner VDP. Estate wine winery* Rudolf MAY		0,15	6,5
Rosé VDP. Estate wine winery* Rudolf MAY		0,15	6,5
Crémant/ Winzersekt from Germany		0,1	8,5
Mimosa (crémant, optionally with apple, rhubarb, grape, orange juice)			6   20,5
Bellini mit Crémant   white peach			6,5
Avaa Rosé Spritz with Crémant   Avaa Rosé   Orange   fresh Mint			7
Lavendel Spritz mit Crémant   Lavendelsirup   frische Minze			7
Rhubarb Spritz with Crémant   Rhubarb   Fresh Mint   Orange			7,5
Fiege Beer (Helles, Pils)		0,33	4

### WARM

All hot drinks are also available on ice.

Espresso single   double	2,9   3,8
Americano	3,2
Cappuccino	3,9
Flat White	4,6
Latte Macchiato	4,6
Hot chocolate	4,5
Dirty Hot Chocolate (Chocolate + Espresso Shot)	5,5
Hot milk with regional honey	4,5
Chai Latte	5
Dirty Chai (Chai Latte + Espresso Shot)	5,5
Lavender Latte	5
Lavender Matcha Latte	6,5
Natural Matcha Latte	5,5
Fresh Tea *(Ginger   Mint   Orange   Lemon)	4

+ oat drink  
 + Choice of regional Demeter cow's milk + 0,3  
 + glutenfree oat drink + 0,3

\*from sustainable agriculture  
 (V) = Vegan

All our food and drinks contain no additives  
 For allergen information, please ask our staff for the allergen card.

**URBAN NATURAL FOOD**  
Breakfast, Brunch, Lunch, Snack, Dinner

**SWEETS**

Homemade baked <b>Cake</b> with and without crumble	(V)	4,5 – 5,5
<b>Grandma's cheesecake</b> in variations		5,5 – 6,5
<b>Changing pastries</b>	(V)	2,5 – 4
<b>French Toast</b>		12,5
Sweet sourdough brioche*   Plantbased Lemon Curd   Almond slivers   Blackberryjam with lavender and rosemary   Bourbon vanilla cheesecake cream		
<b>Yoghurt</b>	(V)	9,5
Plantbased Yoghurt*   homemade crunchy Granola   Hazelnut oil*   Seasonal Fruits*   lemon zest   Blackberryjam with lavender and rosemary		
<b>Pancakes</b>	(V)	14,5
with Bourbon Vanilla Cheesecake Cream   natural syrup   Cardamom granola   Date caramel   Apple and pear confit   Seasonal local fruit + plantbased Lemon Curd		
	(V)	+1,5
<b>Sweet breakfast</b>		
Sweet Sourdough Brioche* "Bomboloni"   whipped Butter   Red Marmalade from the region		
		7,5
<b>Fudge Brownie</b>		6,5
with homemade Date Caramel		
<b>Handmade croissant</b>		3,5
freshly baked (it takes 15min)		

**SMALL SAVOURY SNACKS**

+ All dishes can be served with our **Mix & Match**

<b>Bread Butter &amp; Cheese</b>		7,5
Sourdough breads* Blond and Nut   Cheese* "wild Bernd"   whipped Brown Butter		
<b>Sourdough bread bites</b>		5
+ Brown Butter „Nut butter“   Seasalt		
+ plantbased spicy Aioli   Harissa-Oil	(V)	5,5
+ plantbased curry Aioli   Harissa-Oil	(V)	5,5
+ Homemade whipped feta*   herbal-infused oil		6

**DELI-LUNCH** (Tuesday – Friday)

<b>Deli-Lunch (small bowl   large bowl)</b>	(V)	10,5   13,5
Create your own! Choose your own compilation of homemade, field-fresh salads directly at the counter: Green base + your salad creations + dressing + toppings		

**SAVORY**

(of course also possible in vegan)

+ All dishes can be supplemented with our **Mix & Match** .

<b>Rosemary Butter Bean Soup</b>	(V)	8
with sourdough nut croutons   Harissa crunch   Garden cress + Extra sourdough bread*		+2
<b>Hummus Brioche</b>		12
Sourdough brioche   hummus   roasted root veggies   pickled onions   harissa-oil   Cress		
<b>Pulled Mushroom</b>	(V)	11,5
Sourdough bread "Blond"   pickled Cabbage   pulled Mushrooms   spicy Aioli   Harissa Oil   pickled red Onions   Cress   Kale Chips		
<b>Butter Beans</b>	(V)	12
Walnut Sourdough Bread   Plant-Based Curry Aioli   White Butter Beans   Pickled Carrot   Cress   Pickled Red Onions*   Sage		
<b>No Avo Bread</b>	(V)	12,5
Sourdough bread "Blond"   Crushed Peas   pickled Mustard seeds   Zucchini   Lemon zest   Wild garlic oil   Core mix		
<b>Grilled Cheese Sandwich</b>		13,5
Sandwich of sourdough bread "Blond"   Cheese variation*   Miso Mayo   pickled regional vegetables and with		
	+ Natural Kimchi*	
	+ Walnut and lentil ragout	+1,5
	+ Grilled-Paprika-Pesto	
	+ Plum-Tomato-Chutney	
<b>Whipped Feta</b>		14.5
Whipped Feta Cheese*   Quinoa from Germany*   Wild Herb Salad   Sumac   Chickpeas from Germany*   Caramelized Carrot*   Garlic Sourdough Bread		
<b>Hummus</b>	(V)	12,5
Hummus   Plum-cherry tomato chutney   Pickled onions   Harissa oil Green herb oil   Nut bread crunch   Garlic sourdough bread + Poached pecorino egg*		+ 4.5
<b>Walnut-Lentil-Ragout</b>	(V)	16
Smashed potatoes*   Walnut and lentil ragout   roasted root vegetables   wild herbs   Harissa oil   pickled mustard seeds   Cress		(+ pecorino)

+ **Mix & Match**. Top your savoury soul food with:

+ poached egg*		+ 3,5
+ Scrambled eggs made from 3 regional eggs*		+ 6
+ Farmer's ham* from pasture-raised pigs of NRW		+ 4,5
+ Side salad from the deli counter	(V)	+ 4,5
+ homemade pickled Veggies from the region	(V)	+ 4,5
+ seasonal: Wild Herb-Quinoa Salad* with Miso broth	(V)	+ 5
+ Garlic-Sourdough Bread	(V)	+ 2,5
+ Smashed potatoes* as a side dish	(V)	+ 4,5
+ Exchange: Gluten-free millet bread	(V)	+ 1

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**We work with nature – not against it.**

**We work with our partners – for the best quality from the region.**

We are not allowed to use a bio-certification, as we are not a certified operation ourselves. However, that does not change the fact that we are fans and followers, and maybe someday even pioneers, of a sustainable, regenerative food culture. Even without certification, it is a MUST for us to work with sustainable partners. A sustainable origin is the basis for the quality of our snacks! We source our products directly from 100% certified operations. Our fruits and vegetables come from sustainable agriculture, are regional, and always vary seasonally. Naturally, our animal products come exclusively from sustainable producers. Make your own picture below of where our products come from ☺

Ham from free-range pigs in NRW from Bio-Fleischei Bernd Burchhardt, Essen

Fresh cow's milk from the biodynamic farm Gut Marienhof, Hattingen

Regional eggs from Oberschuirshof, Essen

Handmade croissants from Genussbutze Rabauken, Essen

Grains and legumes from local agriculture, Good Crop

Regional fruits & vegetables from Wilma & Willi, Essen

Regional vegetables from the pick-your-own field at Hof Bockholt, Witten

Local honey from the Summasummarum beekeeping, Bochum

Fair-trade espresso beans from Kaffeemanufaktur Heilandt, Cologne

Cold-pressed regional oils from Ruhrmühle, Bottrop

Handmade ceramics from the NEA Collection by abc.ramics, Dortmund

What is important to us? Practicing transparency regarding the origin of our products, their respectful processing, an open production chain in which people enjoy participating, resulting in a high-quality end product.

We believe you can truly taste the difference.

## OUR PHILOSOPHY

With NEA The Deli & Urban Concept Store, we want to take you back to a time when fruits and vegetables were freshly picked from grandma's garden, hand-prepared, and served for lunch... It rarely tasted so good!

We source this field-fresh produce directly from the farms. Sometimes we even use rescued vegetables from regenerative and thus sustainable agriculture.

Every day, our team, our partners, and our suppliers give their best to provide you, our guest, with the best feeling and taste experience. And, practically, we are doing something good for nature and our environment at the same time.

Thanks to our regional approach, we have super short supply chains, as our farmers are right in the neighborhood. Moreover, we value their work and products, so we work with great respect and conserve resources. Many of our products are zero waste because grandma already didn't like waste.

We stand behind this ideal, with open arms, and warmly welcome you to experience that small changes and conscious thinking can be fun. Sustainability tastes fantastic and can also be modern and cool.

Our homeland connects, and shared meals connect. That's exactly what NEA The Deli & Urban Concept Store stands for.

We offer you enjoyment and consumption with a holistic social impact.