

# plant.

We love greens. That's why vegetables play the leading role in our culinary creations. Everything is plant based, many ingredients are homemade, and we put a lot of love into it. Wherever possible, we use regional and seasonal products.

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Instagram



Newsletter



# MITTAG Tuesday to Friday 11.30 –13.30

## BAO BUNS

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**Menu I** 2 Bao Buns 21.0

**Menu II** 2 Bao Buns + 1 Side or Miso Soup 26.0

We serve our homemade bao buns with three different fillings. Choose two of them and if you are very hungry, add a side.

- smoked tofu, chipotle mayo, pickled radish
- teriyaki mushrooms, satay sauce, peanuts, spring onion
- planted duck, wasabi mayo, pickled red onions

## RAMEN & RICE

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**Miso Ramen soup** 21.0

Homemade miso broth, Japanese wheat noodles, tofu, shiitake, edamame and seasonal vegetables. Also available gluten-free with rice noodles.

**Curry Ramen soup** 22.0

Homemade curry broth, Japanese wheat noodles, planted duck, shiitake, pickled pumpkin and seasonal vegetables. Also available gluten-free with rice noodles.

**Rice bowl** (gluten-free) 21.0

Bowl filled with rice, delicious toppings, sauces, tofu, mushrooms, coleslaw, edamame and seasonal vegetables.

## SIDES

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**Miso soup** 7.0

**Seasonal Pickles** homemade 7.0

**Kimchi** homemade, fermented, spicy 7.0

**Edamame Salad** with homemade salted lemons, sesame seeds 7.0

**Spicy Cauliflower** with homemade chilli crunch 7.0

**Togarashi Nuts** roasted 5.0

## SWEETS

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<b>Yuzu Cheezecake</b> (gluten-free) Raw and gluten-free, cashew, almonds, dates, sunflower seeds and refreshing yuzu lemon.	7.0
<b>Brownie</b> Dark and sinfully sweet.	6.0
<b>Löwenkuss Chocolates selection</b>	2.5
<b>Cake &amp; pastry</b> ask for current offering	

## **BREAKFAST Saturday & Sunday 10.00 –14.00**

### **JUICE & SMOOTHIE**

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Daily Juice	7.0
Banana-Peanut Smoothie	7.0

### **BREAKFAST & LUNCH**

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<b>Granola</b> with seasonal fruits und soja yoghurt (gluten-free)	9.0
<b>Sweet toast</b> with almond-cream and seasonal fruits	13.5
<b>Salty toast</b> with smoked carrots, mustard, dill, capers	15.5
<b>Benedict toast</b> scrambled tofu, sauce hollandaise	15.5
<b>Miso Ramen soup</b>	21.0
Homemade miso broth, Japanese wheat noodles, tofu, shiitake, edamame and seasonal vegetables. Also available gluten-free with rice noodles.	
<b>Curry Ramen soup</b>	22.0
Homemade curry broth, Japanese wheat noodles, planted duck, shiitake, pickled pumpkin and seasonal vegetables. Also available gluten-free with rice noodles.	
<b>Rice bowl</b> (gluten-free)	21.0
Bowl filled with rice, delicious toppings, sauces, tofu, mushrooms, coleslaw, edamame and seasonal vegetables.	

### **TOAST COMBOS**

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<b>Toast Combo sweet</b>	23.5
Daily Juice, Smoothie, Granola with seasonal fruits und soja yoghurt, Toast with almond-cream and seasonal fruits	
<b>Toast Combo salty</b>	25.5
Daily Juice, Smoothie, Granola with seasonal fruits und soja yoghurt, Toast with smoked carrots, mustard, dill, capers	
<b>Toast Combo Benedict</b>	25.5
Daily Juice, Smoothie, Granola with seasonal fruits und soja yoghurt, Toast with scrambled tofu, sauce hollandaise, coleslaw	

## BRUNCH à discrétion\*

CHF 38.0

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Served at the table with delicacies from our breakfast menu.

**Granola** with seasonal fruits and soja yogurt, **smoked carrots** with mustard, dill, capers, and onions, **scrambled tofu** with hollandaise sauce, **edamame salad** with homemade salted lemons and sesame seeds, **coleslaw** with crunchy peanuts, **plant-based butter**, **jams**, **fruit compote**, **croissants**, homemade **Japanese milk bread**.

«Pimp your Brunch» with a glass of sparkling wine + 9.0

\* also available gluten-free

\* For children up to 12 years of age CHF 12.0

## SIDES

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<b>Miso soup</b>	7.0
<b>Seasonal Pickles</b> homemade	7.0
<b>Kimchi</b> homemade, fermented, spicy	7.0
<b>Edamame Salad</b> with homemade salted lemons, sesame seeds	7.0
<b>Spicy Cauliflower</b> with homemade chilli crunch	7.0
<b>Togarashi Nuts</b> roasted	5.0

## SWEETS (ask for current offering)

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<b>Yuzu Cheezecake</b> (gluten-free)	7.0
Raw and gluten-free, cashew, almonds, dates, sunflower seeds and refreshing yuzu lemon.	
<b>Brownie</b>	6.0
Dark and sinfully sweet.	
<b>Almond-Frangipani-Croissant</b>	5.0
Croissants filled with homemade almond paste	
<b>Croissant</b>	3.0

## REFRESHING DRINKS

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<b>Mineral water still   sparkling</b> glass	3 dl	4.8
<b>Mineral water still   sparkling</b> bottle	5 dl	6.0   1 l 11.0
<b>Kombucha</b> homebrewed	3 dl	5.0
<b>Waterkefir</b> homebrewed	3 dl	5.0
<b>Jasmin-Matcha Iced Tea</b> homemade	3 dl	5.0
<b>Lemonade</b> with sirup from Zuckerpeitsche Lucerne Ginger   Rhubarb-Tonka   Elderflower	3 dl	5.0
<b>Urban Lemonade</b> Yuzu or Calamansi	3.3 dl	5.3
<b>Zämä</b> Alpine Herbal Lemonade	3.3 dl	5.3
<b>Adam &amp; Uva Grape Spritzer</b>	3.3 dl	5.3
<b>Hamada Sparkling Hibiscus</b>	3.3 dl	5.3
<b>Noè Tonic</b>	2 dl	4.5
<b>Noè Chinotto</b>	2 dl	4.5

Water kefir and kombucha are fermented drinks with a fresh taste and lively culture. Water kefir is made from water, sugar, and kefir cultures, while kombucha is produced by fermenting sweetened tea with a special tea fungus culture. Both contain probiotic microorganisms that can support the intestinal flora. Natural fermentation can result in a low alcohol content (less than 0.5%).

\* For every water kefir sold, 50 rappen go to the non-profit organization Water for Water.

## HOT DRINKS

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<b>Tea</b> from L'art du thé Lucerne	5.0
Jade Oolong   Jasmin   Sencha Fuji   Medina   Verveine   Earl Grey   Roobois Vanilla   Symphonie de Fruits   Alpine Herbs	
<b>Ginger-Lemon-Tea</b>	6.0
<b>Espresso</b>	4.5
<b>Espresso Macchiato</b> with oat- or soymilk	4.8
<b>Americano</b>	5.0
<b>Cappuccino</b> with oat- or soymilk	5.8
<b>Flat White</b> with oat- or soymilk	6.3
<b>Latte Macchiato</b> with oat- or soymilk	6.5
<b>Matcha Latte</b> with oat- or soymilk	6.5
<b>Mushroom Cacao Latte</b> with oat- or soymilk	6.5

\* All coffee drinks, matcha, etc. are also available cold: Iced + 0.50

Unlike cow's milk, plant-based milk drinks are not subsidized by the government through taxes. As a result, they cost considerably more, which is reflected in the price of coffee and latte drinks. Thank you for your understanding.

## BEER & CIDRE

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Luzerner Beer	3.3 dl	5.3
Schluckspecht Wiess Beer	3.3 dl	5.5
Lola I.P.A Beer alcohol free	3.3 dl	5.5
Yuzu Panaché with or without alcohol	3.0 dl	6.5
Panaché Green with or without alcohol	3.0 dl	7.5
Ginger Panaché with or without alcohol	3.0 dl	7.5

## BUBBLES & WINE by glass (1 dl)

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<b>Montagnieu Éléance Brut</b> organic mineral, fresh, bubbles	Yves Duport F	9.0
<b>Souvignier Gris</b> AOC Bio Luzern playful, complex, fresh	Sitenrain LU	9.0
<b>Terzett Cuvée</b> berry, earthy, balanced	Kastanienbaum LU 2022	9.0

**Ask about our current range of open bottles and drinks from the drinks pairing.**

## BUBBLES bottle (7.5 dl)

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<b>Montagnieu Éléance Brut</b> organic mineral, fresh, bubbles	Yves Duport F	59.0
<b>Väterchen Frost Mousseux</b> fruity, sparkling, dry	Herter ZH	67.0
<b>Fläscher Schaumwein Pinot</b> fresh, pink, aromatic	Gat Luzi GR	68.0
<b>Hermann Brut Pinot Noir</b> elegant, fresh, balanced	Weingut Hermann GR	76.0
<b>Champagner Brut Nature</b> AOC zero-dosage, crisp, mineral	Loriot Pagel F	95.0
<b>Hitzkircher Pét Nat</b> raspberry, ticklish, sour	Klosterhof LU	62.0
<b>Xidre Xidre</b> apple, fresh, crunchy	Xidre LU	7.5 dl 54.0

## WHITE WINE bottle (7.5 dl)

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<b>Rún Bán Cuvée</b> AOC Bio balanced, well-rounded, aromatic	Le Murmure BE 2023	58.0
<b>Souvignier Gris</b> AOC Bio Luzern playful, complex, fresh	Sitenrain LU 2023	64.0
<b>Vain du Rû Colombard</b> aromatic, fruity, natural	Andiran F 2021	66.0
<b>Chasselas Vieilles Vignes</b> AOC organic soft, full-bodied, floral	Le vin de l'a VS 2022	69.0
<b>Malanser Chardonnay</b> AOC organic fruity, rich, complex	Wegelin GR 2022	74.0

## ORANGE | ROSÉ | SCHILLER bottle (7.5 dl)

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<b>Mielo Chasselas Orange</b> AOC organic strong, golden yellow, honey	Le Murmure BE 2020	59.0
<b>Topià Rosé Bondola Merlot</b> flowery, fresh, fruity	Vini Bettoni TI 2020	60.0
<b>Le Fou Schiller</b> berry, soft, sweet-salty	Bonnet du Fou BE 2022	75.0

## RED WINE bottle (7.5 dl)

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<b>Terzett Cuvée</b> berry, earthy, balanced	Kastanienbaum LU 2022	60.0
<b>Bella Strasera</b> spicy, mineral, velvety	Vino Hauser TI 2021	66.0
<b>Pinot Noir</b> AOC Lavaux herbal, spicy, wild	Domaine Les Dryades VD 2023	67.0
<b>Manila Blaufränkisch</b> organic soft, spicy, dark berries	Martin Nittnaus A 2022	61.0
<b>Väterchen Frost Cuvée Rouge</b> Landwein peppery, juicy, balanced	Herter Wein ZH 2023	70.0
<b>Syrah</b> AOC Valais powerful, velvety, cherry	Albert Mathier VS 2022	72.0
<b>Blauburgunder Ottoberg</b> AOC organic wild berries, ruby red, elegant	Michael Broger T 2020	83.0
<b>Chlapf Pinot Noir Küng</b> organic strong, aromatic, spontaneous	Weinbau Grob SG 2021	89.0
<b>Gaucheten Pinot Noir</b> AOC Bielersee elegant, complex, smoky	Bonnet du Fou BE 2023	91.0

## ALCOHOL FREE WINE & DRINKS bottle (7.5 dl)

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<b>La Fête sans</b> sparkling, rose	Deux Frères ZH	62.0
<b>Feral N° 1</b> tropical, hoppy, szechuan-pepper	Feral IT	53.0
<b>Feral N° 4</b> spicy, floral, juniper	Feral IT	53.0
<b>Passing Clouds</b> (0.4%) yeast, quince, floral	Muri Drinks DK	62.0
<b>Sherbert Day Dream</b> (0.4%) vibrant, berry, forest	Muri Drinks DK	62.0
<b>Fade to Black</b> (0.4%) lustful, dark, tingling	Muri Drinks DK	62.0

## DRINKS with or without alcohol

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<b>Yuzu Martini</b> with or without alcohol refreshing, bitter, lemony		11.0
<b>Gin Jasmin</b> with or without alcohol dry, floral, cheering	15.0	13.0
<b>Negroni</b> with or without alcohol earthy, fresh, energising	15.0	13.0
<b>Isotta Vermouth red   white</b> with or without alcohol	4 cl	6.5
<b>Isotta Bitter</b> with or without alcohol	4 cl	6.5
<b>Isotta Bitter Tonic</b> with or without alcohol		9.5
<b>Alte Quitte</b> , Haldihof Weggis LU	2 cl	8.5
<b>Theilersbirne</b> , Haldihof Weggis LU	2 cl	8.5

All prices in CHF incl. VAT.

We are happy to provide information about allergens and ingredients in food and drinks.

Bread: Bakery Macchi Luzern