



RIPE & RÅ

WEEKLY MENU

BOWLS & TOASTS

- VIKING BOWL:** BARLEY, MIXED SALAD, ROASTED FENNEL, AVOCADO, MIXED SEEDS, DILL, OLIVE OIL & BALSAMIC DRESSING **CHF 16**
ADD TO: GRILLED CHICKEN BREAST OR SMOKED SALMON **+CHF 2**
- SUNNY BOWL:** PEARL COUSCOUS, MIXED SALAD, SUN DRIED TOMATOES, CUCUMBER, CHERRY TOMATOES, FETA, MIXED SEEDS, HONEY & MUSTARD DRESSING **CHF 16**
ADD TO: GRILLED CHICKEN BREAST **+CHF 2**
- TOMATO & AVOCADO TOAST:** TOASTED WHOLE WHEAT BREAD, CREAM CHEESE, CHERRY TOMATOES, AVOCADO, BALSAMIC GLAZE, SPROUTS **CHF 6**

WARM BOWLS

- HABIBI BOWL:** SPICED QUINOA, ROASTED ZUCCHINI & PEPPERS, OVEN BAKED FALAFEL, FETA, MINT, YOGURT DRESSING **CHF 16**
- MANGO & TURMERIC CURRY:** MANGO, COCONUT MILK, RED LENTILS, GINGER, TURMERIC, SPICES, LIME, TOASTED CASHEW NUTS, BROWN RICE **CHF 14**
ADD TO: GRILLED CHICKEN BREAST **+CHF 2**

DESSERTS

- CARROT CAKE & COCONUT FROSTING:** CARROT, APPLE, FLOUR, HONEY, EGGS, SPICES, CREAM CHEESE, STEVIA, COCONUT **CHF 4**
- SNICKERS CAKE:** PEANUTS, RAW CACAO, DATES, OATS COCONUT MILK, COCONUT OIL, HONEY, SEA SALT **CHF 3-5**