



## WEEKLY MENU

### COLD BOWLS

**ZAATAR BOWL:** SPICED QUINOA, MIXED SALAD, ZAATAR ROASTED CAULIFLOWER, TURMERIC HUMMUS, CHICKPEAS, POMEGRANATE SEEDS, ZAATAR SPICED SEEDS, OLIVE OIL & BALSAMIC DRESSING **CHF 16**  
**ADD TO:** GRILLED CHICKEN BREAST **OR** TOFU **+CHF 2**

**OSLO BOWL:** BARLEY, MIXED SALAD, ROASTED NEW POTATOES & PARSNIP, DILL COTTAGE CHEESE, PICKLED CUCUMBER, MIXED SEEDS, OLIVE OIL & BALSAMIC DRESSING **CHF 16**  
**ADD TO:** GRILLED CHICKEN BREAST **OR** GRILLED TOFU **OR** SMOKED SALMON **+CHF 2**

**FARMERS BOWL:** LENTILS, MIXED SALAD, ARUGULA, ROASTED SWEET POTATO, APPLES, FETA, CHICKPEAS, DRIED CRANBERRIES, HEMPSEEDS, HONEY & MUSTARD DRESSING **CHF 16**  
**ADD TO:** GRILLED CHICKEN BREAST **OR** GRILLED TOFU **OR** EGG **+CHF 2**

**NORWEGIAN TOAST:** RYE BREAD, SMOKED SALMON, CREAM CHEESE, LEMON PEPPER, DILL **CHF 7**

### WARM BOWLS

**PEANUT & VEGGIE CURRY:** PEANUTS, COCONUT MILK, CHICKPEAS, SPINACH, PEPPERS, RED CURRY, GINGER, EDAMAME, TOASTED PEANUTS, LIME, HERBS, WILD RICE **CHF 14**  
**ADD TO:** GRILLED CHICKEN BREAST **OR** GRILLED TOFU **+CHF 2**

### DESSERTS

**LEMON & VANILLA CREAM:** LEMON, GREEK YOGURT, MASCARPONE, RAW VANILLA, MAPLE SYRUP, LIME, COCONUT, GF SPICED CRUMBS, MINT, FRESH BERRIES **CHF 5**

**BANANA & DARK CHOCOLATE MUFFIN:** BANANA, 70% DARK CHOCOLATE, SUNFLOWER OIL, COCONUT SUGAR, FLOUR, EGGS, OATS, SEA SALT **CHF 4.5**

**COCONUT CHIA PUDDING:** CHIA SEEDS, COCONUT MILK, MAPLE SYRUP, RASPBERRY COULIS, BERRIES, SHREDDED COCONUT **CHF 4.5**