



WEEKLY MENU

COLD BOWLS & TOASTS

EASTER BOWL: BARLEY, ARUGULA, MIXED SALAD, BOILED EGG, BROCCOLI, GREEN BEANS, AVOCADO, TOASTED SEEDS, PARMESAN, PICKLED RED ONION, HONEY & MUSTARD DRESSING

CHF 16

ADD TO: GRILLED CHICKEN BREAST **OR** GRILLED TOFU

+CHF 2

CURRY & SPICE BOWL: SPICED QUINOA AND LENTILS, MIXED SALAD, ROASTED CAULIFLOWER, CURRY HUMMUS, POMEGRANATE, HEMP SEEDS, MINT, OLIVE OIL & BALSAMIC DRESSING

CHF 16

ADD TO: GRILLED CHICKEN BREAST **OR** GRILLED TOFU

+CHF 2

SPRING BOWL: SPICED QUINOA, MIXED SALAD, KALE, ROASTED SWEET POTATO, CHICKPEAS, FETA, TOASTED WALNUT, GOJI BERRIES, LEMON & TAHINI DRESSING

CHF 16

ADD TO: GRILLED CHICKEN BREAST **OR** GRILLED TOFU

+CHF 2

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

CHF 7

WARM BOWLS

MANGO CURRY & RED RICE: MANGO, RED LENTILS, COCONUT MILK, ONION, GINGER, CURRY, SPICES, TOASTED NUTS, CORIANDER, LIME, RED RICE

CHF 15

ADD TO: GRILLED CHICKEN BREAST **OR** GRILLED TOFU

+CHF 2

DESSERTS

RÅ BOUNTY CUPS (3 CUPS): COCONUT, MAPLE SYRUP, RAW VANILLA, COCONUT OIL, SEA SALT, 70% DARK CHOCOLATE

CHF 5

WILD BERRIES RAW CAKE: BERRIES, CASHEW, OATS, DATES, COCONUT MILK, MAPLE SYRUP, VANILLA, COCONUT OIL, SEA SALT, 70% DARK CHOCOLATE

CHF 5.50

RÅ CACAO & AVOCADO MOUSSE: AVOCADO, COCOA, COCONUT MILK, MAPLE SYRUP, SEA SALT, COCONUT YOGURT, FRESH BERRIES

CHF 5.50

GREEK YOGURT & GRANOLA: GREEK YOGURT, OATS, MAPLE SYRUP, SPICES, COCONUT OIL, NUTS, SEEDS, DRIED FRUITS, FRESH FRUITS

CHF 5