



WEEKLY MENU

COLD BOWLS & TOASTS

AUTUMN BOWL: BARLEY, MIXED SALAD, ROASTED SWEET POTATO, APPLES, CRANBERRIES, TOASTED WALNUTS, GOAT CHEESE, HONEY & MUSTARD DRESSING **CHF 16**

ADD TO: GRILLED CHICKEN BREAST **OR** GRILLED TOFU **+CHF 2**

HABIBI BOWL: SPICED QUINOA, MIXED SALAD, BEETROOT FALAFEL, ROASTED ZUCCHINI, ROASTED PEPPERS, TURMERIC HUMMUS, FETA, MINT, OLIVE OIL & BALSAMIC DRESSING **CHF 16**

ADD TO: GRILLED CHICKEN BREAST **OR** GRILLED TOFU **+CHF 2**

CAULI BOWL: SPICED QUINOA, MIXED SALAD, ZA'ATAR ROASTED CAULIFLOWER, CHICKPEAS, AVOCADO, POMEGRANATE, TOASTED & SPICED SEEDS, TAHINI & LEMON 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

LENTIL & COCONUT DAHL: RED LENTILS, CURRY, ONION, GINGER, COCONUT MILK, TOMATOES, MIXED VEGETABLES, SESAME SEEDS, LIME, BLACK RICE **CHF 15**

ADD TO: GRILLED CHICKEN BREAST **OR** GRILLED TOFU **+CHF 2**

DESSERTS

COCONUT & RASPBERRY CHIA: CHIA SEEDS, COCONUT MILK, MAPLE SYRUP, VANILLA, RASPBERRY COULIS, COCONUT YOGURT **CHF 4.5**

MATCHA RÅ CAKE: MATCHA, LEMON, COCONUT MILK, MAPLE SYRUP, DATES, OATS, CASHEW NUTS, VANILLA, SEA SALT **CHF 5.5**

CARROT MUFFIN & VANILLA FROSTING: CARROT, APPLE, FLOUR, EGGS, WALNUTS, SPICES, CREAM CHEESE, LEMON, VANILLA **CHF 4.5**

APRICOT & CASHEW ENERGY BITES (5 PER PACK): APRICOT, CASHEW NUTS, CRANBERRIES, COCONUT, LEMON, SEA SALT **CHF 6**