



## WEEKLY MENU

### COLD BOWLS

**SATAY BOWL:** QUINOA, MIXED SALAD, ZOODLES (ZUCCHINI NOODLES), MANGO, RED CABBAGE, EDAMAME, CRISPY ONION, SESAME SEEDS, LIME, SATAY DRESSING **CHF 16**  
**ADD TO:** GRILLED CHICKEN BREAST **OR** GRILLED TOFU **+CHF 2**

**POWER BOWL:** QUINOA, MIXED SALAD, TURMERIC HUMMUS, CRISPY CHICKPEAS, BROCCOLI, FETA, POMEGRANATE, SHAVED ALMONDS OLIVE OIL & BALSAMIC DRESSING **OR** TAHINI DRESSING **CHF 16**  
**ADD TO:** GRILLED CHICKEN BREAST **+CHF 2**

**NORDIC BOWL:** BARLEY, MIXED SALAD, AVOCADO, ROASTED NEW POTATOES, RED CABBAGE, PICKED DILL CUCUMBER, DILL, HONEY & MUSTARD DRESSING **CHF 16**  
**ADD TO:** GRILLED CHICKEN BREAST **OR** SMOKED SALMON **+CHF 2**

### WARM BOWL

**GREEN CURRY:** GREEN CURRY, COCONUT MILK, MIX OF VEGETABLES, EDAMAME, TOASTED NUTS, SESAME SEEDS, CILANTRO, LIME, BROWN RICE **CHF 14**  
**ADD TO:** GRILLED CHICKEN BREAST **OR** GRILLED TOFU **+CHF 2**

### DESSERTS

**GREEK YOGURT & FULL TOPPING:** GREEK YOGURT, GRANOLA, NUTS & SEEDS, DRIED FRUIT, NUT BUTTER, FRESH FRUIT **CHF 4**  
**OPTIONAL:** COCONUT YOGURT **+CHF 1.5**

**CARROT MUFFIN WITH FROSTING:** CARROT, APPLE, FLOUR, EGGS, SPICES, NUTS, VANILLA, COCONUT SUGAR, SUNFLOWER OIL, CREAM CHEESE, MAPLE SYRUP **CHF 4**