



## WEEKLY MENU

### COLD BOWLS

**SPROUTS BOWL:** LENTILS, MIXED SALAD, ROASTED BRUSSEL SPROUTS, FETA, POMEGRANATE, ROASTED SWEET POTATO, TOASTED ALMONDS, HONEY & MUSTARD DRESSING **CHF 16**  
**ADD TO:** GRILLED CHICKEN BREAST **OR** LEMON PEPPER SPICED TOFU **+CHF 2**

**FISHERMAN'S BOWL:** BARLEY, MIXED SALAD, ROASTED NEW POTATOES, CELERY, AVOCADO, PICKLED RED ONION, DILL, LEMON, YOGURT DRESSING **CHF 16**  
**ADD TO:** GRILLED CHICKEN BREAST **OR** SMOKED SALMON **OR** CRAYFISH **+CHF 2**

**COLOR & SPICE BOWL:** QUINOA, MIXED SALAD, KIDNEY BEANS, AVOCADO, CORN, EDAMAME, CORIANDER, LIME, SRIRACHA 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

**GREEN CURRY & BLACK RICE:** MIX OF VEGGIES, GREEN CURRY, COCONUT MILK, GINGER, SPICES, TOASTED NUTS, EDAMAME, LIME, CORIANDER, BLACK RICE **CHF 14**  
**ADD TO:** GRILLED CHICKEN BREAST **OR** GRILLED TOFU **+CHF 2**

### DESSERTS

**BANANA & WALNUT MUFFIN:** BANANA, WALNUTS, FLOUR, EGGS, VEGETABLE OIL, SPICES, RASPBERRIES, ALMONDS, MAPLE SYRUP **CHF 3.5**

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