



RIPE & RA

WEEKLY MENU

COLD BOWLS & TOASTS

- SWEET GREEN BOWL:** CAULIFLOWER "RICE", MIXED SALAD, ROASTED SWEET POTATO, POMEGRANATE, TOASTED ALMONDS, MINT, ASIAN DRESSING **CHF 16**
ADD TO: GRILLED CHICKEN BREAST **+CHF 2**
- HABIBI BOWL:** SPICED QUINOA, OVEN BAKED FALFEL, ROASTED ZUCCHINI AND PEPPERS, FETA, MINT, YOGURT DRESSING **CHF 16**
- MEXICAN BOWL:** BULGUR, MIXED SALAD, BROAD BEANS, TOMATOES, AVOCADO, KIDNEY BEANS, CORN, SPRING ONION, LIME, HONEY & MUSTARD DRESSING **CHF 16**
ADD TO: BBQ SPICED GRILLED CHICKEN **+CHF 2**
- BEET HUMMUS & CHICKPEAS TOAST:** RYE BREAD, BEETROOT, HUMMUS, CHICKPEAS, HERBS **CHF 6**

WARM BOWLS

- ZOODLES & PESTO:** ZUCCHINI, BROAD BEANS, PESTO, PARMESAN, TOASTED PINE NUTS, BLACK LENTILS, LEMON, FRESH HERBS **CHF 14**
ADD TO: GRILLED CHICKEN BREAST **+CHF 2**

DESSERTS

- MANGO & TURMERIC TARTLET:** GF OATS, DATES, SEA SALT, COCONUT, COCONUT OIL, MANGO, TURMERIC, COCONUT CREAM, AGAR, MAPLE SYRUP, EDIBLE FLOWERS **CHF 3**
- RAW BROWNIE:** ALMONDS, OATS, RAW CACAO, DATES, COCONUT OIL, WALNUTS, SEA SALT **CHF 3.5**