



## WEEKLY MENU

### COLD BOWLS AND TOASTS

- SPRING BOWL:** QUINOA, SALAD, STRAWBERRIES, CUCUMBER, AVOCADO, BUFFALO MOZZARELLA, ROASTED PECANS, OLIVE OIL & BALSAMIC  
**ADD ON:** GRILLED CHICKEN BREAST **OR** GRILLED TOFU **CHF 16**  
**+CHF 2**
- HABIBI BOWL:** QUINOA, SALAD, BEETROOT FALAFELS, GRILLED ZUCCHINI, GRILLED BELL PEPPERS, FETA, MINT, YOGURT & HERB SAUCE  
**ADD ON:** GRILLED CHICKEN BREAST **OR** GRILLED TOFU **CHF 16**  
**+ CHF 2**
- OSLO BOWL:** BARLEY, LEMON PEPPER, SALAD, ROASTED POTATOES, FENNEL, PICKLED CUCUMBER, ROASTED SEEDS, DILL, HONEY MUSTARD VINAIGRETTE  
**ADD ON:** GRILLED CHICKEN BREAST **OR** GRILLED TOFU **OR** SMOKED SALMON **CHF 16**  
**+ CHF 2**
- NORWEGIAN TOAST:** WHOLE WHEAT BREAD, SMOKED SALMON, CREAM CHEESE, LEMON PEPPER, DILL **CHF 8**

### WARM BOWL

- CHILI & BLACK RICE:** TOMATOES, RED BEANS, CORN, SPICES, ONIONS, SOUR CREAM (QUARK), LIME, CORIANDER, BLACK RICE **CHF 16**  
**ADD ON:** GRILLED CHICKEN BREAST **OR** GRILLED TOFU **+ CHF 2**

### DESSERTS & SNACKS

- YOGURT GRANOLA):** GREEK YOGURT, HOMEMADE GRANOLA, PEANUT BUTTER, RED FRUIT COULIS, FRESH FRUIT **CHF 5**
- CHIA COCONUT & MANGO:** CHIA SEEDS, COCONUT MILK, VANILLA, MAPLE SYRUP, MANGO COULIS, FRESH MANGO, SHREDDED COCONUT **CHF 5**
- MANGO YOGURT & RAW GRANOLA:** MANGO, COCONUT YOGURT, VANILLA, NUT MIX, OATS, CHIA SEEDS, COCONUT, MAPLE SYRUP, SPICES, NUT BUTTER, BERRIES/FRESH FRUIT **CHF 6**