

HARU

Coffee | Breakfast | Lunch

Daily 8:00 to 16:00
Kitchen 8:00 to 14:00

MON to SAT at 16:00 Stern Bar is open

Follow us on Instagram



BREAKFAST 8.00 to 14.00

JUICE & SMOOTHIE

Orange juice Daily juice	7.0
Banana-peanut smoothie	7.0

BREAKFAST & LUNCH

HARU breakfast	22.0
Homemade Japanese milk bread, sourdough bread, pastries, butter, jam, salty spread, fresh fruit, granola or overnight oats, Orange juice	
Upgrade your breakfast:	
+ crispy rösti	7.5
+ scrambled tofu with hollandaise sauce	6.5
+ smokey carrot Lox	6.5
+ cheese	6.5
Granola with seasonal fruits und yoghurt (gluten-free)	11.5
Overnight oats with seasonal fruits, yogurt, dates, nuts	9.5
Japanese milk bread toast homemade	
Mushrooms with creamy miso mushrooms, chives and furikake	16.5
Carrot Lox with smoked carrots, mustard, dill, capers, pickled onions	16.5
Tofu Benedict with scrambled tofu, hollandaise sauce	16.5
Sando with black bean patty, coleslaw, pickled cucumber, chipotle mayo	15.5
Grilled croissant with kimchi, creme fraiche and cheese or vegan option	13.5
Waffle with matcha creme, fresh fruits and maple sirup	13.0

LUNCH 11.00 to 14.00

BAO BUNS

1 Bao Bun	11.0
2 Bao Buns	21.0
Bao Bun Menu 2 Bao Buns + 1 Side or Miso Soup	26.0

Homemade bao bun filling options:

- smoky tofu, chipotle mayo, pickled radish
- teriyaki mushrooms, satay sauce, peanuts, spring onion
- planted asian style, wasabi mayo, pickled red onions

RAMEN

Miso Ramen soup	21.0
-----------------	------

Homemade miso broth, Japanese wheat noodles, tofu, shiitake, edamame and seasonal vegetables. Also available gluten-free with rice noodles.

Curry Ramen soup	22.0
------------------	------

Homemade curry broth, Japanese wheat noodles, planted asian style, shiitake, pickled pumpkin and seasonal vegetables. Also available gluten-free with rice noodles.

BOWLS

Rice bowl (gluten-free)	19.0
-------------------------	------

Bowl filled with rice, delicious toppings, sauces, tofu, mushrooms, coleslaw, edamame and seasonal vegetables.

Green bowl (gluten-free)	18.0
--------------------------	------

Bowl filled with fresh greens, edamame, cabbage, seasonal vegetables, pickles and our green ceasar dressing.

Tofu patties (gluten-free)	21.0
----------------------------	------

Homemade tofu-shiitake-patties with cold rice noodles, soy-eggplants, cucumber, pickled shiitake, peanuts and sweet chili.

SIDES

Miso soup	7.0
Seasonal pickles homemade	7.0
Kimchi homemade, fermented, spicy	7.0
Edamame salad with homemade salted lemons, sesame seeds	7.0
Spicy cauliflower with homemade chilli crunch	7.0
Eggplant with sticky soysauce, sesame, chili, peanuts	7.0
Togarashi nuts roasted	5.0

SWEETS

Yuzu cheezecake (gluten-free) Raw and gluten-free, cashew, almonds, dates, sunflower seeds and refreshing yuzu lemon.	7.5
Brownie	6.0
Matcha cake with white chocolate	6.5
Almond frangipani croissant Croissants filled with homemade almond paste	5.0
Croissant	3.0
Pain au chocolat	3.0

Our food and drinks are made with plant-based ingredients. For those who prefer, we also offer selected vegetarian options, including cows milk, yogurt, cheese, and butter croissants.

All prices in CHF incl. VAT.

We are happy to provide information about allergens and ingredients in food and drinks.

Bread: Bakery Macchi Luzern

REFRESHING DRINKS

Still or sparkling water	3 dl 4.0 5 dl 5.0 1 l 9.0
Jasmin-Matcha Iced Tea homemade	30 cl 6.0
Homemade Lemonades	30 cl 6.0
Komeo Kombucha Ginger Hibiscus	33 cl 5.5
Zämä Alpine herbal lemonade	33 cl 6.5
Vivi Apfelschorle	33 cl 5.5
ChariTea Red	33 cl 5.5
El Tony Mate Zero	33 cl 6.5
Coca Cola Zero	33 cl 5.5
Orangina	25 cl 5.0
Rivella red blue	33 cl 5.5
Schweppes Tonic	20 cl 5.5
Schweppes Bitter Lemon	20 cl 5.5
Sanbitter Rosso	10 cl 5.0
Orange juice Daily juice	25 cl 7.0

For every water sold, 10% go to the non-profit organization Water for Water.

BEER

Eichhof Lager	3 dl 5.0	5 dl 7.5
Eichhof Klosterbräu unfiltered	3 dl 6.0	5 dl 8.5
Birra Moretti	3 dl 6.0	5 dl 8.5
Lola IPA (alcoholfree 0.5%)		33 cl 7.5
Eichhof (alcoholfree 0.0%)		33 cl 6.0

COFFEE & HOT DRINKS

Tea from L'art du thé Lucerne	5.5
English Breakfast Earl Grey Jade Oolong Jasmin Sencha Fuji Medina Mint Verveine Roobois Vanilla Symphonie de Fruits Alpine Herbs	
Ginger-Lemon-Tea	6.5
Espresso	4.8
Espresso Macchiato	5.0
Americano	5.2
Cappuccino	5.5
Flat White	6.0
Latte Macchiato	6.5
Matcha Latte	6.5
Chai Latte	6.5
Mushroom Cacao Latte	6.5

Milk options: cow or oat

All coffees are available caffeine free.

Iced Coffee, Matcha, Mushroom Cacao + CHF 0.50

BUBBLES & SPRITZ

Espresso Tonic				8.0
Campari Tonic				11.0
Aperol Spritz				12.0
Campari Spritz				12.0
Prosecco Il Colle extra dry, D.O.C Treviso, IT	1 dl	8.0	7.5 dl	54.0
Crémant Rosé d'Alsace Brut, Bio-Demeter, FR	1 dl	9.5	7.5 dl	67.0

WHITEWINE

Müller Thurgau Müller-Thurgau, CH, 2025	1 dl	8.5	7.5 dl	57.0
Null ohm Chardonnay, Weissburgunder, DE, 2025	1 dl	9.0	7.5 dl	62.0
Alturis Pinot Grigio, IT, 2024	1 dl	8.5	7.5 dl	57.0

ROSÉ

Rosé la Jasse Syrah, Caladoc, Grenache, F, 2024	1 dl	8.5	7.5 dl	57.0
Rosé Wingman Pinot Noir, Merlot, HUN, 2024	1 dl	8.5	7.5 dl	57.0

REDWINE

Cornalin AOC Valais, CH, 2024	1 dl	9.0	5 dl	40.0
Genestrerio Tenimento la Prella, Merlot Ticino, CH, 2024	1 dl	9.5	7.5 dl	64.0
Valpolicella Classico DOC, Corvina, Rondinella, IT, 2024	1 dl	9.0	7.5 dl	61.0