

# HARU

Coffee | Breakfast | Lunch

Daily 7:00 to 16:00

MON to SAT at 16:00 Stern Bar is open

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## **BREAKFAST 7.00 to 14.00**

### **JUICE & SMOOTHIE**

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Daily juice	7.0
Banana-peanut smoothie	7.0

### **BREAKFAST & LUNCH**

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<b>Continental breakfast</b>	22.0
Homemade Japanese milk bread, sourdough bread, pastries, butter, jam, fresh fruit, granola or overnight oats, juice	
<b>Upgrade your breakfast:</b>	
+ crispy rösti	7.5
+ scrambled tofu with hollandaise sauce	5.5
+ smokey carrot Lox	5.5
+ cheese	4.5
<b>Granola</b> with seasonal fruits und yoghurt (gluten-free)	9.0
<b>Bircher muesli</b> with seasonal fruits, yogurt, dates, nuts	9.0
<b>Japanese milk bread toast</b> homemade	
<b>Mushrooms</b> with creamy miso mushrooms, chives and furikake	15.5
<b>Lox</b> with smoked carrots, mustard, dill, capers, pickled onions	15.5
<b>Benedict</b> with scrambled tofu, hollandaise sauce	15.5
<b>Sando</b> with black bean patty, coleslaw, pickled cucumber, chipotle mayo	13.0
<b>Grilled croissant</b> with kimchi, creme fraiche and cheese	12.0
<b>Waffle</b> with matcha creme, fresh fruits and maple sirup	13.0

## LUNCH 11.00 to 14.00

### BAO BUNS

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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

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Miso Ramen soup	21.0
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Homemade miso broth, Japanese wheat noodles, tofu, shiitake, edamame and seasonal vegetables. Also available gluten-free with rice noodles.

Curry Ramen soup	22.0
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Homemade curry broth, Japanese wheat noodles, planted asian style, shiitake, pickled pumpkin and seasonal vegetables. Also available gluten-free with rice noodles.

### BOWLS

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Rice bowl (gluten-free)	18.0
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Bowl filled with rice, delicious toppings, sauces, tofu, mushrooms, coleslaw, edamame and seasonal vegetables.

Green protein bowl (gluten-free)	18.0
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Bowl filled with fresh greens, edamame, cabbage, seasonal vegetables, pickles and our green power dressing.

Tofu patties (gluten-free)	21.0
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Homemade tofu-shiitake-patties with cold rice noodles, soy-eggplants, cucumber, pickled shiitake, peanuts and sweet chili.

## SIDES

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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

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Yuzu cheezecake (gluten-free) Raw and gluten-free, cashew, almonds, dates, sunflower seeds and refreshing yuzu lemon.	7.0
Brownie Dark and sinfully	6.0
Löwenkuss chocolates selection	2.5
Almond frangipani croissant Croissants filled with homemade almond paste	5.0
Croissant	3.0
Mini pastries	2.0

For more cakes & pastries ask for current offering

***Most dishes are available gluten-free and vegan.***

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

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<b>Sparkling water</b>	3 dl 4.0   5 dl 5.0   1 l 9.0
<b>Jasmin-Matcha Iced Tea</b> homemade	30 cl 5.0
<b>Lemonade</b> with sirup from Zuckerpeitsche Lucerne Ginger   Haskap berrie   Elderflower	30 cl 5.0
<b>Coca Cola   Zero</b>	33 cl 5.5
<b>Orangina</b>	25 cl 5.0
<b>Rivella</b>	33 cl 5.5
<b>Zämä</b> Alpine Herbal Lemonade	33 cl 6.5
<b>El Tony Mate</b>	33 cl 6.5
<b>Fizzy Mandarine</b>	35 cl 6.5
<b>Schweppes Tonic</b>	20 cl 5.5
<b>Schweppes Lemon</b>	20 cl 5.5
<b>Sanbitter Rosso</b>	10 cl 5.0
<b>Crodino</b>	17.5 cl 5.5
<b>Three Cents Grape</b>	20 cl 6.0

For every water sold, CHF 2.0 go to the non-profit organization Water for Water.

## HOT DRINKS

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

***Milk options: cow or oat***

***All coffees are available caffeine free.***

***Iced Coffee, Matcha + CHF 0.50***

## BEER

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Eichhof Lager	3 dl 5.0	5 dl 7.5
Eichhof Klosterbräu	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

## BUBBLES & SPRITZ

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Campari Tonic		11.0
Aperol oder Campari Spritz		12.0
Prosecco Campo del Passo extra dry, IT	1 dl 8.0	7.5 dl 54.0
Crémant Rosé Collard-Picard Extra Brut, FR	1 dl 9.5	7.5 dl 67.0

## WHITE WINE & ROSÉ

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Dahu Petit Arvine fresh, fruity, CH	1 dl 8.5	7.5 dl 57.0
3Weiss Cuvée floral, aromatic CH	1 dl 9.0	7.5 dl 62.0
Alturis Pinot Grigio elegant, citrusy, IT	1 dl 8.5	7.5 dl 57.0
Wingman Pinot Noir Rosé light, summery, HU	1 dl 8.5	7.5 dl 57.0

## RED WINE

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Piramide Tempranillo charming, cherry, ESP	1 dl 6.5	7.5 dl 52.0
Meerlust Cuvée full-bodied, berry-like, SA	1 dl 9.0	7.5 dl 62.0