

OUR FRESH MENU

SALADS With crusty country bread

- SEA** **Salmon Spring Salad**
Smoked salmon | roast potatoes | sheep cheese | cherry tomato | seed mix | honey mustard dressing
- CHICKEN & BEEF** **Big Easy Beef Salad**
Edamame | carrot | pepper | peanuts | spring onion
balsamic maple syrup dressing
- CHICKEN & BEEF** **Chicken Vitality Salad**
Sheep cheese | carrot | cucumber | free-range egg | seed mix | rocket dressing
- CHICKEN & BEEF** **Caesar Chicken Salad**
Cherry tomato | free-range egg | Italian hard cheese | croûtons | caesar dressing
- VEGGIE & VEGAN** **Avocado Halloumi Salad** ✓
Cherry tomato | cucumber | pomegranate seeds
croûtons | honey mustard dressing
- VEGGIE & VEGAN** **Falafel Tahini Salad** ✓
Sweet potato | hummus | beetroot | cucumber
pomegranate seeds | tahini lemon dressing
- VEGGIE & VEGAN** **Good Greens Salad** ✓
Roast potatoes | red cabbage | grapes
pepper | walnuts | balsamic maple
syrup dressing
- VEGGIE & VEGAN** **Paris Salad** ✓
Goat cheese | grapes | pepper
walnuts | honey mustard dressing



Falafel Tahini Salad

FRESHLY GRILLED

All hot ingredients are freshly grilled for you.

ALL FRESH & NATURAL

All our dishes are freshly prepared and **free from flavor enhancers, colorings and preservatives.**

BOWLS With warm rice & fresh salad mix

- SEA** **Salmon Avocado Bowl**
Brown rice-quinoa-mix | smoked salmon | edamame | beetroot | crunchy onions | soy sesame sauce
- SEA** **California Poke Bowl**
Rice | smoked salmon | avocado | mango | cucumber | spring onion | crunchy onions | sesame
miso mayo | spicy ginger sauce
- CHICKEN & BEEF** **Japanese Beef Bowl**
Rice | red cabbage | mango | cucumber | miso mayo | peanuts | spicy ginger sauce
- CHICKEN & BEEF** **Avocado Chicken Bowl**
Brown rice-quinoa-mix | pepper | cherry tomato | spring onion
lemon herbs sauce
- CHICKEN & BEEF** **Crunchy Chicken Bowl**
Brown rice-quinoa-mix | edamame | cherry tomato | mango
pomegranate seeds | crunchy onions | soy sesame sauce
- CHICKEN & BEEF** **Chicken Teriyaki Bowl**
Rice | red cabbage | cherry tomato | cucumber
spring onion | sesame | teriyaki sauce
- VEGGIE & VEGAN** **Vegan Falafel Bowl** ✓
Brown rice-quinoa-mix | hummus | pomegranate seeds
beetroot | cucumber | carrot | lemon herbs sauce
- VEGGIE & VEGAN** **Veggie Buddha Bowl** ✓
Brown rice-quinoa-mix | grilled vegetables
sweet potato | beetroot | edamame
walnuts | soy sesame sauce



California Poke Bowl

MAKE YOUR CHICKEN VEGAN!

All meat dishes also available with **planted.chicken.**

KIDS MENU

- Mini Chicken Bowl**
Rice | pomegranate seeds | mango | carrot | peanuts | honey mustard dressing
- Mini Falafel Plate** ✓
Hummus | cucumber | pepper | carrot | crispy bread

with 0.3l
orange juice
+2.-

CURRIES With fresh vegetables & jasmine rice

- Asian Beef Curry**
Red cabbage | peanuts | spring onion | sesame | red thai sauce
- Red Thai Chicken Curry**
Red cabbage | edamame | sesame | red thai sauce
- Mango Chicken Curry**
Red cabbage | edamame | peanuts | sesame | mango coconut sauce
- Yellow Avocado Curry** ✓
Edamame | crunchy onions | sesame | mango coconut sauce



Mango Chicken Curry

HOT WRAPS With rice, baby spinach & cherry tomatoes

- Hot Grilled Beef Wrap**
Red cabbage | Italian hard cheese | cucumber | miso mayo
caesar dressing
- Hot Chicken Teriyaki Wrap**
Cream cheese | cucumber | teriyaki sauce
- Hot Sweet Potato Wrap** ✓
Sweet potato | sheep cheese | marinated onions
cress | honey mustard dressing



SANDWICHES, SWEETS & CO.

Freshly grilled flatbreads & sandwiches, handmade wholemeal wraps, vegan smoothie bowls, delicious sweets and much more can be found in our display case.



IN THE MENU

Your curry or hot wrap + side salad & menu drink

SMOOTHIES & JUICES

- SUPERFOOD SMOOTHIES (0.4 l)** ✓
- Green Machine**
Baby spinach | cucumber | orange | pineapple | mint
- Açaí Sunrise**
Strawberries | banana | orange | açaí | mint
- Mango Passion**
Mango | pineapple | banana | orange
- COLD PRESSED JUICES (250 ml)** ✓
- Berry Love**
Orange | pineapple | strawberry | açaí
- Green Guru**
Orange | apple | celery | spinach
- Glow Kit**
Apple | pineapple | cucumber | celery



veggie ✓ vegan

You can find detailed information about our allergens in our allergen guide at the checkout. Our staff will be happy to help you.

CARETRADE COFFEE & TEA

- Espresso / Doppio**
- Espresso Macchiato**
- Coffee**
- Cappuccino**
- Flat White**
- Latte Macchiato**
- Caffè Latte**
- Fresh mint tea**

All hot drinks also with oat drink ✓



dean & david