

VOLL HEALTHY

served in a bowl

SUPERFOOD SALAT 7,7
vegan
 beetroot, spinach, quinoa, cranberries, nuts and miso dressing

CHICKPEA FATTOUSH 8,2
vegan
 hummus, paprikas, tomatoes, cucumber, pita chips, dukkah and spicy dressing

COCO-BEET PACHADI 8,5
vegetarian - option to serve vegan
 corn fritters with beet and carrot salad, coconut, ginger, cucumber, yoghurt

add optional toppings: (+2,5€):

fried halloumi poached organic eggs
 home-cured salmon pulled pork

TOAST OF THE TOWN

includes side dish (fries, sweet potatoes or salad)

VEGAN TACOS 7,8
vegan
 pumpkin, onion, bell peppers, BBQ sauce, cucumber salad, guacamole, corn tortillas

PHILLY CHEESESTEAK 8,7
sandwich with irish grass-fed beef
 stir-fried beef, red and green peppers, onion, provolone and beef-bacon-mayo on ciabatta

SOUTHERN FRIED CHICKEN 8,7
sandwich with paderborn chicken
 buttermilk chicken with crispy coating, coleslaw, provolone cheese, chili-mayo on brioche

pimp your sandwich - add optional (+1€):

BBQ Sauce	streaky bacon
caramelised onion	beef bacon mayo
guacamole	cheddar cheese
chimichurri	provolone cheese
chili Mayo	gorgonzola cheese
harissa	fried egg (organic)
fried halloumi (+2,5)	corn fritter
cured salmon (+2,5)	pulled pork (2,5€)

CHOOSE YOUR BOWL

SUMMER BOWL 8,5
create your own bowl
 select your own ingredients - price includes:

-two choices from category:
 VEG OUT and

-one choice from each category of:
 FILL ME UP, SAUCY!, CRUNCH IT! & PROTEIN PILL

OR JUST ADD AS MANY AS YOU WANT:

SURE AS EGGS IS EGGS

crack it open!

SALMON MISO BUN 9,9
salmon ecoregion north atlantic
 home-baked miso bun, home-cured salmon, steamed greens, shitake, beetroot-ginger, poached egg

FULL ENGLISH BREAKFAST 9,5
homemade recipe, hot grill pan
 english sausages, mushrooms, bacon, salad, toast and two fried eggs, BBQ sauce, caramelised onions

LEBANESE HASHWEH 9,9
beef and onions
 aubergine stuffed with spiced minced beef, hummus, tomatoes, yoghurt, pita chips, fried egg

ROAST AUBERGINE 9,5
vegetarian - option to serve vegan
 aubergine stuffed with spiced rice and mushrooms, hummus, tomatoes, yoghurt, pita chips, fried egg,

EGGS ON TOAST 6,5
organic eggs
 two eggs - please select: poached, fried or boiled on mafra bread with salad

add optional toppings (+1€):

guacamole	extra egg (organic)
streaky bacon	halloumi (+2,5€)
cured salmon (+2,5€)	pulled pork (+2,5€)

SIDES

served as sides

FRENCH FRIES 3,7
vegetarian - option to serve vegan
 homemade potato fries

SWEET POTATOES 4,5
vegetarian - option to serve vegan
 homemade sweet potato fries

GARDEN SALAD 3,5
vegan
 salad leaves, vegetables & dressing

BURGER

single double
 homemade, hot grill pan, medium-rare, bun, salad

MOROCCAN 8,7 13,7
100% beef 170gr.
 hummus, yoghurt, harissa, cucumber salad, in pita bread

HANGOVER 10,7 15,7
100% beef 170gr.
 fried egg, bacon, cheddar, guacamole, caramelised onion

BACON CHEESE 9,7 14,7
100% beef 170gr.
 cheddar, bacon, caramelised onion, beef-bacon-mayo

MUSE 9,7 14,7
100% beef 170gr.
 gorgonzola, caramelised onion, bacon, guacamole

ARGENTINA 8,7 13,7
100% beef 170gr.
 provolone cheese, chimichurri, guacamole

TIGER SALMON 10,0 15,0
salmon ecoregion north atlantic
 170gr. crispy salmon burger, yoghurt, chili-mayo, cucumber salad

MUSHROOM-LENTIL 7,9 12,9
vegan patty 170gr.
 mushrooms, lentils, pumpkin seed, sweet potato, chimichurri, guacamole

BUILD YOUR OWN 7,7 12,7
beef, vegan or salmon patty
 select your own toppings (2 included)

build your own - incl. 2 toppings (each add +1€)::

BBQ sauce	streaky bacon
caramelised onion	beef bacon mayo
guacamole	cheddar cheese
chimichurri	provolone cheese
chili mayo	gorgonzola cheese
harissa	coleslaw
corn fritter	pulled pork (+2,5€)

DESSERTS

homemade

CHOCOLATE BROWNIE 4,0
 chocolate brownie with walnuts

CHEESECAKE 4,0
 cheesecake with berries

2 X VEG OUT	1 X FILL ME UP	1 X SAUCY!	1 X CRUNCH IT!	1X PROTEIN PILL
-spicy beets&carrots	-lentils	-chimichurri	-pinenuts	-home-cured salmon
-coleslaw	-quinoa	-guacamole	-walnuts	-pulled pork
-cucumber salad	-bread	-yoghurt	-dukkah	-fried halloumi
-roast pumpkin	-french fries	-chilli mayo	-pumpkin seeds	-fried chicken
-roast beets	-sweet potato fries	-BBQ sauce	-almonds	-corn fritters
-cherry tomatoes	-chickpeas	-harissa	-coconut flakes	-two eggs
-steamed greens	-rice	-caramelised onions		
	-hummus			

(+1€ each) (+1€ each) (+1€ each) (+1€ each) (+2,5€ each)

BRUNCH

SA: 12:00 - / SO: 11:00-16:00h

28.04.2019 / ENGLISH

VOLL HEALTHY

served in a bowl

SUPERFOOD SALAD 7,7
vegan
 beetroot, spinach, quinoa, cranberries, nuts and miso dressing

CHICKPEA FATTOUSH 8,2
vegan
 hummus, paprikas, tomatoes, cucumber, pita chips, dukkah and spicy dressing

COCO-BEET PACHADI 8,5
vegetarian - option to serve vegan
 corn fritters with beet and carrot salad, coconut, ginger, cucumber, yoghurt

add optional toppings: (+2,5€):

fried halloumi chipotle chicken
 home-cured salmon pulled pork

HOT STUFF

warm up!

LEBANESE HASHWEH 8,9
beef and onions
 aubergine stuffed with spiced minced beef, hummus, tomatoes, yoghurt, pita chips

ROAST AUBERGINE 8,5
vegetarian - option to serve vegan
 aubergine stuffed with spiced rice and mushrooms, hummus, tomatoes, yoghurt, pita chips

PUMPKIN PORK 9,5
havelländer apfelschwein
 pulled pork with apple and ginger, chili quinoa, lentils and pumpkin, cucumber salad

DESSERTS

homemade

CHOCOLATE BROWNIE 4,0
 chocolate brownie with walnuts

CHEESECAKE 4,0
 cheesecake with berries

CHOOSE YOUR BOWL

SUMMER BOWL 8,5
create your own bowl
 select your own ingredients - price includes:

-two choices from category:
 VEG OUT and

-one choice from each category of:
 FILL ME UP, SAUCY!, CRUNCH IT! & PROTEIN PILL

OR JUST ADD AS MANY AS YOU WANT:

SANDWICHES

includes side dish (fries, sweet potatoes or salad)

VEGAN TACOS 7,8
vegan
 pumpkin, onion, bell peppers, BBQ sauce, cucumber salad, guacamole, corn tortillas

PHILLY CHEESESTEAK 8,7
sandwich with irish grass-fed beef
 stir-fried beef, red and green peppers, onion, provolone and beef-bacon-mayo on ciabatta

SOUTHERN FRIED CHICKEN 8,7
sandwich with paderborn chicken
 buttermilk chicken with crispy coating, coleslaw, provolone cheese, chili-mayo on brioche

NAANWICH VEG. 8,2
vegetarian - option to serve vegan
 spicy halloumi, cauliflower, cucumber, coriander and yoghurt in flatbread

NAANWICH CHICKEN 8,7
paderborner chicken
 spicy chicken, cauliflower, cucumber, coriander and yoghurt in flatbread

pimp your sandwich - add optional (+1€):

BBQ Sauce	streaky bacon
caramelised onion	beef bacon mayo
guacamole	cheddar cheese
chimichurri	provolone cheese
chili Mayo	gorgonzola cheese
harissa	fried egg (organic)
fried halloumi (+2,5)	corn fritter
cured salmon (+2,5)	pulled pork (2,5€)

SIDES

served as sides

FRENCH FRIES 3,7
vegetarian - option to serve vegan
 homemade potato fries

SWEET POTATOES 4,5
vegetarian - option to serve vegan
 homemade sweet potato fries

GARDEN SALAD 3,5
vegan
 salad leaves, vegetables & dressing

BURGERS

single double
 homemade, hot grill pan, medium-rare, bun, salad

MOROCCAN 8,7 13,7
 100% beef 170gr.
 hummus, yoghurt, harissa, cucumber salad, in pita bread

BACON CHEESE 9,7 14,7
 100% beef 170gr.
 cheddar, bacon, caramelised onion, beef-bacon-mayo

MUSE 9,7 14,7
 100% beef 170gr.
 gorgonzola, caramelised onion, bacon, guacamole

ARGENTINA 8,7 13,7
 100% beef 170gr.
 provolone cheese, chimichurri, guacamole

TIGER SALMON 10,0 15,0
salmon ecoregion north atlantic
 170gr. crispy salmon burger, yoghurt, chili-mayo, cucumber salad

MUSHROOM-LENTIL 7,9 12,9
vegan patty 170gr.
 mushrooms, lentils, pumpkin seed, sweet potato, chimichurri, guacamole

BUILD YOUR OWN 7,7 12,7
beef, vegan or salmon patty
 select your own toppings (2 included)

build your own - incl. 2 toppings (each add +1€):

BBQ sauce	streaky bacon
caramelised onion	beef bacon mayo
guacamole	cheddar cheese
chimichurri	provolone cheese
chili mayo	gorgonzola cheese
harissa	coleslaw
corn fritter	pulled pork (+2,5€)

2 X VEG OUT

-spicy beets&carrots
 -coleslaw
 -cucumber salad
 -roast pumpkin
 -roast beets
 -roast cauliflower
 -cherry tomatoes
 -steamed greens

(+1€ each)

1 X FILL ME UP

-lentils
 -quinoa
 -bread
 -french fries
 -sweet potato fries
 -chickpeas
 -rice
 -hummus

(+1€ each)

1 X SAUCY!

-chimichurri
 -guacamole
 -yoghurt
 -chilli mayo
 -BBQ sauce
 -harissa
 -caramelised onions

(+1€ each)

1 X CRUNCH IT!

-pinenuts
 -walnuts
 -dukkah
 -pumpkin seeds
 -almonds
 -coconut flakes

(+1€ each)

1X PROTEIN PILL

-home-cured salmon
 -pulled pork
 -fried halloumi
 -chipotle chicken
 -fried chicken
 -corn fritters

(+2,5€ each)

LUNCH

MO - FR 12:00-16:00h

28.04.2019 / ENGLISH

SIDES & SNACKS

served as snacks or sides

SOUTHERN FRIED CHICKEN 7,0
paderborner chicken
buttermilk crispy fried chicken
with coleslaw & chili mayo

CORN FRITTERS 6,0
option to serve vegetarian or vegan
crispy sweetcorn, coriander and
chickpea fritters, Thai chili dip

EAT YOUR GREENS 4,5
vegan, served cold
cold steamed pakchoi, broccoli,
greens, miso, sesame and soy

FRENCH FRIES 3,7
vegetarian - option to serve vegan
homemade potato fries

SWEET POTATOES 4,5
vegetarian - option to serve vegan
homemade sweet potato fries

GARDEN SALAD 3,5
vegan
salad leaves, seasonal vegetables & dressing

VOLL HEALTHY small large
served in a bowl

SUPERFOOD SALAD 7,9 10,9
vegan
beetroot, spinach, quinoa, nuts,
cranberries, miso dressing

SALMON MISO BUN 12,5
salmon ecoregion north atlantic
home-baked miso bun, home-cured salmon,
steamed greens, shitake, beetroot-ginger

CHICKPEA FATTOUSH 8,5 11,2
vegan
hummus, paprikas, tomatoes, dukkah,
pita chips, cucumber, spicy dressing

COCO-BEET PACHADI 8,9 11,5
vegetarian - option to serve vegan
corn fritters, spicy beets and carrot salad,
coconut, ginger, cucumber, yoghurt

add optional toppings (+2,5€):

fried halloumi chipotle chicken
home-cured salmon pulled pork

CHOOSE YOUR BOWL

SUMMER BOWL 10,5
create your own bowl

select your own ingredients - price includes:

-two choices from category:
VEG OUT and

-one choice from each category of:
FILL ME UP, SAUCY!, CRUNCH IT! & PROTEIN PILL

OR JUST ADD AS MANY AS YOU WANT:

STEAKS

irish grass-fed beef, grilled to order

STEAK FRITES 23,5
sirloin 180g, hot grill pan
steak, beef-bacon-mayo sauce,
roast tomatoes, salad leaves, french fries

EL GAUCHO 22,5
sirloin 180g, hot grill pan
steak with onions, red and green peppers,
guacamole, chimichurri, sweet potatoes

TAGLIATA 19,5
sirloin 180g, on a plate
steak served sliced, Italian style, rosemary,
garlic, parmesan, olive oil, rucola, pinenuts

THAI STEAK 20,5
sirloin 180g, on a plate
steak served sliced, chili sauce, shiitake,
pak choi, beetroot, lime, coconut, peanuts

HOT STUFF

warm up!

LEBANESE HASHWEH 10,5
beef and onions
aubergine stuffed with spiced minced
beef, hummus, tomatoes, yoghurt,
pita chips

ROAST AUBERGINE 9,5
vegetarian - option to serve vegan
aubergine stuffed with spiced rice
and mushrooms, hummus, tomatoes,
yoghurt, pita chips

PUMPKIN PORK 11,5
havelländer apfelschwein
pulled pork with apple and ginger,
chili quinoa, lentils and pumpkin,
cucumber salad

VEG. TIKKA MASALA 10,5
vegetarian - option to serve vegan
halloumi, tomato almond curry sauce,
cauliflower, coriander, ginger, with
spiced rice or flatbread

CHICKEN TIKKA MASALA 11,5
paderborner chicken
grilled chicken thigh, tomato-almond
curry sauce, ginger, cauliflower, coriander,
ginger, with spiced rice or flatbread

BURGERS

single double
homemade, hot grill pan, medium-rare, bun, salad

MOROCCAN 10,5 15,5
100% beef 170gr.
hummus, yoghurt, harissa,
cucumber salad, in pita bread

BACON CHEESE 11,5 16,5
100% beef 170gr.
cheddar, bacon, caramelised onion,
beef-bacon-mayo

MUSE 11,5 16,5
100% beef 170gr.
gorgonzola, caramelised onion,
bacon, guacamole

ARGENTINA 10,5 15,5
100% beef 170gr.
provolone cheese, chimichurri,
guacamole

TIGER SALMON 11,5 16,5
salmon ecoregion north atlantic
170gr. crispy salmon burger, yoghurt,
chili-mayo, cucumber salad

MUSHROOM-LENTIL 9,5 14,5
vegan patty 170gr.
mushrooms, lentils, pumpkin seed,
sweet potato, chimichurri, guacamole

BUILD YOUR OWN 9,5 14,5
beef, vegan or salmon patty
select your own toppings (2 included)

build your own - incl. 2 toppings (each add +1€):

BBQ sauce	streaky bacon
caramelised onion	beef bacon mayo
guacamole	cheddar cheese
chimichurri	provolone cheese
chili mayo	gorgonzola cheese
harissa	coleslaw
corn fritter	pulled pork (+2,5€)

DESSERTS

homemade

CHOCOLATE BROWNIE 4,0
chocolate brownie with walnuts

CHEESECAKE 4,0
cheesecake with berries

2 X

VEG OUT

-spicy beets&carrots
-coleslaw
-cucumber salad
-roast pumpkin
-roast beets
-roast cauliflower
-cherry tomatoes
-steamed greens

(+1€ each)

1 X

FILL ME UP

-lentils
-quinoa
-bread
-french fries
-sweet potato fries
-chickpeas
-rice
-hummus

(+1€ each)

1 X

SAUCY!

-chimichurri
-guacamole
-yoghurt
-chilli mayo
-BBQ sauce
-harissa
-caramelised onions

(+1€ each)

1 X

CRUNCH IT!

-pinenuts
-walnuts
-dukkah
-pumpkin seeds
-almonds
-coconut flakes

(+1€ each)

1X

PROTEIN PILL

-home-cured salmon
-pulled pork
-fried halloumi
-chipotle chicken
-fried chicken
-corn fritters

(+2,5€ each)