

BREAKFAST & ALL DAY

POWER BOWLS

SAMBAZON Original Acai Bowl: Acai, Banane, Blaubeeren, frischer Apfelsaft, Gurana, Müsli, crunchy Granola & frische Früchte (V) (A/H) **10,50**

Acai Bowl: Acai, Banane, Blaubeeren, Müsli, frische Früchte, Granola & Kokosnuss (V) (A/H) **9,50**

Mango Tango: Mango, Banane, Hafermilch, Honig, Bio Chiasamen, Mandeln, Granola & Himbeeren (V) (A/H) **9,50**

Pink Dragon: Dragon Fruit, Banane, Ananas, Coconutwater, Honig, Bio Chiasamen, Granola & Kokoschips (V) (A/H) **9,50**

Choco Berry: Haferflocken, Kakao, Nussmilch, Blaubeeren & Minze (V) (A/F/H) **9,50**

FEEL GOOD: Müsli, Griechischer Joghurt, Banane, Blaubeeren, Goji Beeren (A/F/E/G/H) **9,50**

(V) mit SKYR (reich an Protein | no sugar) **10,50**

Create a healthy homemade Brekki Bowl (Cals don't count) **9,50**

PORRIDGE

8 - 19 Uhr

Haferflocken, Honig, Hafermilch, Mandelcreme, Griechischer Joghurt, Apfel, Banane, Kiwi & Zimt (A/H/G) **9,50**

(V) mit SKYR (reich an Protein | no sugar) **10,50**

BAGELS

Cream Cheese (A/G) **3,90**

Cream Cheese, smoked Salmon & Gurken (A/D/G) **5,40**

Cream Cheese, Avocado, Ei & Tomaten (A/C/G) **5,40**

Butter / Mandelbutter (A/G - A/H) **3,90**

Butter & Jam / Butter & Nutella (A/G) **4,90**

Peanutbutter & Jam (A/H/G) **4,90**

PANCAKES

Maple Syrup, Butter & Blueberries (A/C) **7,50**

Vanilla Cream & Caramel Syrup (A/C/G) **7,50**

Pistachio & White Chocolate (A/C/G/F) **7,50**



BUBBLE WAFFLE

8 - 19 Uhr

(A/G/C) **4,90**

+ Topping: Strawberry / Banana / Berry mix / Ice Cream Vanilla / Sahne / Crazy Hazel / Hello Bello
Marshmallow / Cookies & Cream / Freaky Fuge / Chocolate- / Strawberry- / Caramel-Sauce **+ 0,70**

HOT/COLD STUFF • FRESH JUICES • SMOOTHIES • PROTEIN • SHAKES & SHOTS

HOT STUFF

Espresso Doppelter Espresso **2,90 / 3,90**

Espresso Macchiato | Verlängerter | Americano **3,10**

Melange | Cappuccino **3,90**

Latte Macchiato **4,20**

+ Vanille | Caramel | Salted Caramel | Choco | Hazelnut **+ 0,20**

Pumpkin Spice Latte **4,90**

Heiße Schokolade weiss/dunkel **4,20**

Chai Latte **4,20**

Matcha Latte **4,50**

Tea (English Breakfast, Green Tea, Wild Berry Wonder & Vitalizing Herbs) **3,90**

COLD STUFF

Espresso on the Rocks **2,90**

Americano on the Rocks **3,10**

Iced Cappuccino **3,90**

Iced Latte Macchiato **4,20**

+ Vanille | Caramel | Salted Caramel | Choco | Hazelnut **+ 0,20**

Iced Chai Latte **4,20**

Iced Matcha Latte **4,50**

Iced Tea (English Breakfast, Green Tea, Wild Berry Wonder & Vitalizing Herbs) **3,90**

Choose your milk type

+0,50



- Mandelmilch
- Sojamilch
- Hafermilch
- Kokosmilch
- L-free Milch

SMOOTHIES

(0,4L) **5,50**

Berry Booster Rote Beete, Apfel, Erdbeeren & Basilikum

Exotic Dreams Ananas, Orange, Mango & Passionsfrucht

Summer Feeling Wassermelone, Erdbeeren & Minze

SUPER SMOOTHIES

(0,4L) **7,50**

Queen Acai Açaí, Ananas, Passionsfrucht, Erdbeere, Banane & Apfelsaft

Doc Savage Mango, Erdbeeren, Banane, Maca & Orangensaft

Market Greenie Avocado, Spinat, Zitronensaft, Kohl, Apfel, Birne, Sellerie & Spirulina (L)

MILKSHAKES

(0,4L) **4,90**

Erdbeer | Banane | Vanille | Kokos

PROTEIN SHAKES

(0,4L) **4,50**

Diverse Sorten: Erdbeer | Vanille | White Chocolate-Cocos (V) **4,50**

Mr. Universe Hanfprotein, Mandelmilch, Banane & Zimt (V) **6,50**

Shehulk Vanilleprotein, Mandelmilch, Kiwi & Spirulina (V) **6,50**

Peanutbutter me up Hanfprotein, Mandelmilch, Peanutbutter, Raw Cacao & Banane **6,50**

SHOTS

Detox Shot Spinat, Gurke, Zitrone & Kollagen **3,50**

No Flu Kurkuma, Pfeffer, Mandelmilch & Agavendicksaft **3,50**

Wake me up Kaltgebrühter Kaffee, Mandelmilch & Karamellsirup **3,50**

Pick me Apfel & Ingwer **3,50**

FRESH JUICES

(0,4L) **5,50**

Orange / Apfel / Karotte / Ananas / Sellerie / Gurke / Rote Beete / Mix 50/50 **5,50**

Ginger Blast: Karotte & Apfel + GINGER !! **5,50**

Hangover: Apfel, Ananas, Minze & Basilikum **5,50**

Honolulu: Kohl, Apfel, Ingwer, Sellerie & Spinat **5,50**

V6 Cleanser: Karotte, Rote Beete, Apfel & Zitrone **5,50**

Pimp your drink with Superfoods:

Acai, Hanfprotein, Raw Kakao, Kurkuma, Collagen, Maca, Spirulina, Curcuma, Makro Greens, Guarana **+2,00**

warme Bowl

Winter Bowl 1

Kalua Pork BBQ

Sushi Reis, slow cooked pulled Pork, Flavor: Teriyaki; mixed Beans, Jungzwiebeln, Rotkraut, Mais, Karotten, Sauce: warme BBQ Sauce & Röstzwiebeln (A/M)

15,90
11,90

warme Bowl

Winter Bowl 2

Huli Huli Curry Chicken

Sushi Reis, Sous-vide Chicken, Flavor: homemade Orange Sesame Sauce; Mango, Karotten, Pumpkin, Jungzwiebeln, Zoodles, Sauce: warme Curry Sauce & Kokoschips (A/F/N)

15,90
11,90

LUNCH & ALL DAY

Bowl 1

Kauai Tofu Salad

Gemischter Salat, Babyspinat, Bio-Tofu, Flavor: creamy Sesame Sauce; Edamame, Granatapfel, Karotten, Kirschtomaten, Mango, Sauce: homemade creamy Avocado Sauce & Kokoschips (C/M/N)

13,90
10,90

Bowl 2

Vegan Protein

Sushi Reis, marinierter Bio Tofu, Flavor: homemade Orange Sesame Sauce; Edamame, mixed Beans, Karotten, Mango, Avocado, Sauce: Peanut Saté Sauce & geröstete Erdnüsse (A/F/N/E) (V)

13,90
10,90

Bowl 3

Planted Chicken BBQ

Sushi Reis, planted Chicken, Flavor: Teriyaki; Mais, mixed Beans, Rotkraut, Sojasprossen, Zoodles, Sauce: Peanut Saté Sauce & gerösteter Mais (A/F/M/E) (V)

15,90
11,90

Bowl 4

Vegan Zalmon

Sushi Reis, Zalmon, Flavor: Teriyaki; Goma Wakame, Karotten, Sushi Ingwer, Kirschtomaten, Gurken, Sauce: Peanut Saté Sauce & black-white Sesame Seeds (A/E/F/N) (V)

15,90
11,90

Bowl 5

Vegan Zuna

Sushi Reis, Zuna, Flavor: Teriyaki; Goma Wakame, Karotten, Sushi Ingwer, Kirschtomaten, Gurken, Sauce: Peanut Saté Sauce & black-white Sesame Seeds (A/E/F/N) (V)

15,90
11,90

Bowl 6

Chicken Sate

Sushi Reis, Sous-vide Chicken, Flavor: homemade Tamari Sesame Sauce; Babyspinat, Edamame, Gurken, Karotten, Kirschtomaten, Sauce: Peanut Saté Sauce & geröstete Erdnüsse (A/E/F/N)

13,90
10,90

Bowl 7

Island Beef

Sushi Reis, Sous-vide Roastbeef, Flavor: homemade Orange Sesame Sauce; Jungzwiebeln, Karotten, mixed Beans, Rotkraut, Mais, Sauce: homemade Honey Dijon Sauce & Röstzwiebeln (A/C/F/M/N)

15,90
11,90

Bowl 8

Tiki Tuna

Sushi Reis, Ahi Thunfisch, Flavor: Teriyaki; Edamame, Goma Wakame, Karotten, Kirschtomaten, Jungzwiebeln, Sauce: creamy Sesame Sauce & Röstzwiebeln (A/C/D/N/O)

15,90
11,90

Bowl 9

Vulcano Salmon

Sushi Reis, Lachs, Flavor: creamy Sesame Sauce; Goma Wakame, Gurken, Kirschtomaten, Karotten, Jungzwiebeln, Sauce: creamy Truffle Mayo & black-white Sesame Seeds (A/C/D/F/M/N)

15,90
11,90

Bowl 10

Truffle Prawn

Sushi Reis, Sous-vide Garnelen, Flavor: homemade Tamari Sesame Sauce; Granatapfel, Gurken, Rotkraut, Zoodles, Jungzwiebeln, Sauce: creamy Truffle Mayo & Röstzwiebeln (A/B/C/F/M/N/O)

15,90
11,90

Miso Ramen & Udon Noodles

Misobrühre, Udon Noodles, Sojasprossen, Mais, Lauch, Karotten, Noriblatt, 1/2 Ei, Röstzwiebel & Koriander

- Bio Tofu (V)
- Roastbeef
- Chicken
- Prawn
- Shiitake (V)

13,90

15,90

fresh & hot

BE CREATIVE & BUILD YOUR OWN BOWL!



1. Base 1x

- Sushi Reis - 50 / 50
- Mixed Salat - Quinoa (+ 1,50)
- Zoodles

2. Protein 1x

- Special: slow cooked pulled Pork **15,90 / 11,90**
- marinierter Bio-Tofu **13,90 / 10,90**
- planted Chicken (BBQ) **15,90 / 11,90**
- sous-vide Chicken **13,90 / 10,90**
- sous-vide Roastbeef | Garnelen **15,90 / 11,90**
- Lachs | Ahi Thunfisch **15,90 / 11,90**
- Zalmon (vegane Lachs) **15,90 / 11,90**
- Zuna (vegane Thunfisch) **15,90 / 11,90**
- Extra-Protein **+ 4,00**

3. Flavor 1x

- homemade Orange Sesame (V)
- homemade Tamari Sesame (V)
- creamy Sesame
- Sojasauce (V)
- Teriyaki (V)

4. Topping 5x

- Special: Pumpkin
- Salat
- Rotkraut
- Mais
- Edamame
- Avocado
- Zoodles
- Babyspinat
- Kirschtomaten
- Gurke
- Mango
- Granatapfel
- Karotten
- Jungzwiebel
- Mixed Beans
- Sushi Ingwer
- Goma Wakama

5. Sauce 1x

- Special: HOT (warm) Curry or BBQ
- homemade Wasabi Cream (V)
- homemade Honey Dijon
- homemade Avocado
- homemade Spicy Mayo (V)
- homemade Peanut Saté (V)
- creamy Sesame
- Sojasauce (V)
- Purple Mayo (V)
- Truffle Mayo (V)

6. Crunch 1x

- Erdnüsse (geröstet)
- Seetang (getrocknet)
- Mais (geröstet - gesalzen)
- Röstzwiebeln
- black-white Sesame Seeds
- Kokoschips
- Granatapfel
- Wasabi (+1,00)