



roots @ balboa

food and friends

Juices + Smoothies

Protein Shakes

Sandwiches + Soups

Salads + Nutrition Bowls

Açaí + Smoothie Bowls

Coffee + Tea

the eatery

Salads & Nutrition Bowls

mo-fr | 11.30 - 14.00 uhr

	Klein	Gross
Kale Bowl Federkohl, Spinat, Lattich, Apfel, Randen, Granatapfel, Mandeln, Sonnenblumenkerne, Pumpernickel, Orangen-Rooibos-Dressing	15	18
Green Couscous Bowl Couscous, Federkohl-Pesto, Spinat, Avocado, Edamame, Gurke, Blaubeeren, Pekannüsse, Kirsch-Erdbeer-Dressing	16	20
Protein Bowl Quinoa, Erbsen, Kichererbsen, Avocado, Broccoli, Tofu, Kürbis, Apfel-Rote-Beete-Chutney, Jung-Salat, Cashew-Salbei-Dressing	16	20

Sandwiches

mo-sa | ab 11.30 uhr

Avocado Avocado, Federkohl-Pesto, Tomate, Zitrone, Kresse, Dinkel-Brot	10
Smokey Jack Tomaten-Walnuss-Aufstrich, Smokey Seitan, Gurke, Rettich, Baby-Spinat, Chilliflocken, Dinkel-Brot	10

Soups

mo-sa | ab 11.30 uhr

	Klein	Gross
Yellow Pumpkin Soup Kürbis, Gelbe Beete, Ingwer, Zimt, Vanille, Pumpernickel, Walnüsse, Kürbiskernöl	10	13

Açaí & Smoothie Bowls

Superfood Açaí Açaí, Banane, Blaubeeren, Buchweizen, Goji-Beeren, Hanfsamen	12
Body Boost Bowl Mango, Banane, Orange, Chia Samen, Guarana, Passionsfrucht, Quinoa-Granola	11
Warrior Bowl Mandelmilch, Banane, Blaubeeren, Kirschen, Haferflocken, Protein, Hafer-Granola	11

the juicebar

Juices

	3dl	4dl	5dl
Matt's Lemonade Apfel, Zitrone, Ingwer	8	10	12
Immune Booster Karotte, Orange, Kurkuma, Zitrone, Ingwer	8	10	12
Detox Broccoli, Fenchel, Spinat, Grüner Apfel, Zitrone, Ingwer	8	10	12
Winnie Pooh Orange, Banane, Mango, Passionsfrucht, Vanille	8	10	12
Dead Princess Rote Beete, Apfel, Himbeere, Erdbeere	8	10	12
Gorilla Apfel, Banane, Kiwi, Minze, Spinat, Spirulina, Maca	9	11	13

Protein Shakes

	3dl	4dl	5dl
Balboa Power Shot Hafermilch, Blaubeeren, Banane, Mandelmilch, Haferflocken, Protein	9	11	13
Drill by Dill Banane, Erdnussbutter, Mandelmilch, Kakao, Datteln, Protein, Kakao-Nibs	9	11	13
Skinny Bitch Ananas, Himbeeren, Erdbeeren, Blaubeeren, Matcha, Protein, Hanfsamen	9	11	13
Protein & Water Vanilla, Chocolate or Berry Protein with Water			6

Shots

	6cl
Ginger Shot Ingwer, Cayenne, Zitrone, Apfel	5

the café

Coffee

Espresso	4
Doppio	5.50
Americano	5.50
Capuccino	5.50
Latte	6.50
Iced Americano	6
Iced Latte	7

Tea

Golden Tea Kurkuma, Thymian, Orange, Zitrone	6.50
Ginger Tea Ingwer, Zitronenmelisse, Lavendel	6.50
Teabags Chinese Green Tea Assam Black Tea Rooibos & Vanilla	5