



juices

Matt's Lemonade 3dl / 8 4dl / 10 5dl / 12
Apfel, Zitrone, Ingwer

Immune Booster
Karotte, Orange, Kurkuma, Zitrone, Ingwer

Detox 3dl / 9 4dl / 11 5dl / 13
Broccoli, Fenchel, Spinat, Apfel, Zitrone, Ingwer

Amino Juice
Rote Beete, Zitrone, BCAA

shots

Ginger Shot 5
Ingwer, Cayenne, Zitrone, Apfel

smoothies

Winnie Pooh 3dl / 8 4dl / 10 5dl / 12
Orange, Banane, Mango, Passionsfrucht

protein shakes

#KingKongInTheSky 3dl / 8 4dl / 10 5dl / 12
Espresso, Kokoswasser, Banane, Protein

Balboa Power Shot 3dl / 9 4dl / 11 5dl / 13
Blaubeere, Banane, Mandelbutter, Haferflocken, Protein, Hafermilch

Drill by Dill
Banane, Datteln, Erdnussbutter, Protein, Mandelmilch, Kakao-Nibs

Skinny Bitch
Açaí, Himbeere, Erdbeere, Ananas, Protein, Kokoswasser, Hanfsamen

nutrition bowls ... ab 11.30 uhr

Protein Bowl klein / 17 gross / 21
Quinoa, Süsskartoffel, Tofu, Broccoli, Avocado, Jungsalat, Kräuter-Hummus, Cashew-Limetten-Dressing

Green Couscous Bowl
Couscous, Edamame, Avocado, Gurke, Kresse, Babyspinat, Haselnüsse, Preiselbeer-Dressing

warm bowls, soups ... ab 11.30 uhr

Soup of the Month 11

Daal & Rice 18
Warmer Reis, rote Linsen, Tomaten, Garam Masala, grüne Papaya, Koriander

Samurai Bowl klein / 18 gross / 22
Warmer Reis, Edamame, Ingwer, grüne Papaya, Rotkohl, Granatapfel, Babyspinat, Sesam-Ingwer-Dressing

sandwiches, wraps ... ab 11.30 uhr

Avocado Sandwich 10
Dinkel-Brot, Kräuter-Aufstrich, Avocado, Kresse, Limette

Seitan Wrap 12
Süsskartoffel, Seitan, Spinat

breakfast ... nur bis 11:30 uhr

Avocado Bagel ... es hât solangs hât 7.5
Dinkel-Laugen-Bagel, Kräuter-Aufstrich, Avocado, Kresse, Limette

Overnight Oats 9
Haferflocken, Leinsamen, Kokosmilch, Banane, Blaubeere

Granola & Yoghurt 9
Kirsch-Zimt-Joghurt, Granola, Mandeln

Porridge 13
Porridge, Apfel, Zimt, Haselnüsse

açaí bowls

Superfood Açaí 12
Açaí, Banane, Agave, Blaubeere, Buchweizen, Hanfsamen, Goji-Beeren

The Original Açaí 13
Açaí, Banane, Agave, Granola, Erdnüsse, Granatapfel

sweets ... es hât solangs hât

Banana Bread 4
Banane, Dinkelmehl, Brombeere, Pekannüsse

saturday specials ... inhouse only

Avocado Toast 16
Dinkel-Brot, Mandelbutter, Avocado, Trauben-Salsa, Kräutersalat

coffees, lattes

Espresso 4

Doppio, Americano 5

Cappuccino 5.5

Latte 6

Israeli Cardamom Coffee 6
Kardamom, Zimt, Espresso

Matcha Latte 6.5
Matcha, Agave, Sojamilch

tea

Golden Tea 6.5
Kurkuma, Thymian, Orange, Zitrone

Red Mint Tea 6.5
Minze, Hibiskus

Ginger Tea 6.5
Ingwer, Zitronenmelisse, Lavendel

roots @ balboa

roots | Lintheschergasse 15, 8001 Zürich
roots @ balboa | Am Schanzengraben 19, 8002 Zürich
roots im silosilo | Limmatstrasse 254, 8005 Zürich

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