Juices & Smoothies

3.3dl / 4.5dl

Matt's Lemonade Juice 8 / 11
Apfel, Zitrone, Ingwer

Winnie Pooh Smoothie 8 / 11
Orange, Banane, Mango, Passionsfrucht

Immune Booster Juice 8 / 11
Karotte, Orange, Kurkuma, Zitrone, Ingwer

Wake Up Juice 8 / 11
Yuzu, Orange, Zitrone, Ingwer

Detox Juice 8 / 11
Broccoli, Fenchel, Spinat, Apfel, Zitrone, Ingwer

Green Glow Juice 9 / 12
Spinat, Sellerie, Gurke, Chia-Samen, Limette, Apfel

Bulletproof Smoothie (K) 9 / 12
Ananas, Mango, Passionsfrucht, Kokoswasser, Kurkuma, Zitrone, Ingwer

Jungle Juice (K) 9 / 12
Açai, Ananas, Banane, Blaubeeren, Kokoswasser, Chia-Samen

Mean Green Smoothie 9 / 12
Spinat, Avocado, Gurke, Sellerie, Apfel, Zitrone, Ingwer, Chia-Samen

Do you want your drink bottled? +1

roots

(G) Gluten
(N) Nüsse
(K) Kokos

Protein Shakes

3.3dl / 4.5dl

Balboa Power Shot (N) 9 / 12
Blaubeeren, Banane, Mandelbutter, Haferflocken, Protein, Hafermilch

Drill by Dill (N) 9 / 12
Banane, Dattel, Erdnussbutter, Protein, Kakao, Mandelmilch, Kakao-Nibs

Million Dollar Shake (N) 9 / 12
Espresso, Dattel, Protein, Kakao, Cashewmilch, Cayenne

Skinny Bitch (K) 9 / 12
Açai, Himbeeren, Ananas, Protein, Kokoswasser

+ **Add to your juice, smoothie or shake**
Himbeeren, Blaubeeren, Passionsfrucht, Espresso Shot, Kokosöl, Cayenne, Chia-Samen, Kakao-Nibs +1
Açai, Spinat, Avocado, Protein +2

Do you want your drink bottled? +1

Shots

6cl / 12cl

Ginger Shot 5 / 7
Apfel, Ingwer, Zitrone, Cayenne

Kurkuma Shot 5 / 7
Orange, Kurkuma, Ingwer, Zitrone, Schwarzer Pfeffer

Yuzu Shot 5 / 7
Yuzu, Ingwer, Zitrone, Matcha, Spirulina, Kokosblüte

Nutrition Bowls

kl. / gr.
ab 11.30 uhr

Protein Bowl (G) (N) 18 / 22
Quinoa, Rote-Beete-Hummus, Broccoli, Tofu, Avocado, Süsskartoffeln, Mesclun-Salat, Cashew-Zitronen-Dressing

Paleo Bowl (N) 18 / 22
Zucchini-Noodles, Tomate, Rotkohl, Broccoli, Avocado, Blaubeeren, Kresse, Mesclun-Salat, Zitronen-Basilikum-Dressing

Mezze Bowl 19 / 23
Blumenkohl-Reis, Falafel, Rote-Beete-Hummus, Süsskartoffeln, Rotkohl, Granatapfel, Kresse, Mesclun-Salat, Tahini-Dressing

Samurai Bowl, nur Montag bis Freitag 19 / 23
Reis, Granatapfel, Wasabi, Edamame, Not Chicken Chunks, Sojasprossen, Rotkohl, Kresse, Mesclun-Salat, Mango-Dressing

Curry Bowl, nur Montag bis Freitag (K) 19 / 23
Reis, Gelbes Curry, Süsskartoffeln, Karotten, Kichererbsen, Linsen, Federkohl, Kräuter, Mango, Trauben, Kokosmilch-Joghurt, Limette

+ **Add to your nutrition bowl**
Avocado, Broccoli, Süsskartoffeln, Granatapfel, Edamame +2
Tofu +3
Falafel +4
Not Chicken Chunks +5

Sandwiches, Bagels & Toasts

Avocado Sandwich (G) (N) 10
Kräuter-Limetten-Frischkäse, Avocado, Kresse, Limette

Palestine Sandwich (G) (N) 10
Dinkel-Brot, Aubergine, Rote-Beete-Hummus, Rotkohl, Pickles, Mango-Sauce

Bagel (G) 11
Kräuter-Limetten-Frischkäse, Tomate, Pickles, Kresse, Limette

Avocado Toast, inhouse only (G) (N) 12
Dinkel-Toast, Mandelbutter, Avocado, Mango-Sauce, Granatapfel, Microgreens by UMAMI

Peanutbutter Banana Toast, inhouse only (G) (N) 10
Dinkel-Toast, Erdnussbutter, Banane, Himbeer-Kirsch-Sauce, Kakao-Nibs

+ **Add to your sandwich, bagel or toast**
Avocado, Tomate, Kresse +2

Brunch Specials

Nur Samstags & Sonntags

Protein Pancakes (G) (K) 19
Blaubeer-Protein-Pancakes, Beeren-Kompott, Blaubeeren, Granatapfel, Trauben, Kokosmilch-Joghurt, Superfood-Crunch

Big Brunch Açaì (N) (K) 19
Açai, Banane, Dattel, Granola, Blaubeeren, Granatapfel, Trauben, Erdnussbutter, Superfood-Crunch

Brunch Tacos (G) (N) 15
Mais Tortilla, Blumenkohl-Reis, Süsskartoffeln, Rotkohl, Kräuter, Granatapfel, Limette, Chiliflocken, Zitronen-Basilikum-Dressing

Breakfast Bowls

kl. / gr.
bis 11.30 uhr

Coconut Porridge (K) 10 / 13
Hafer-Quinoa-Amaranth-Porridge, Beeren-Kompott, Blaubeeren, Kokosmilch-Joghurt, Superfood-Crunch, Zimt

Nadia Damaso`s Cashew Berry Dream (N) 12 / 15
Cashew-Tonka-Crème, Himbeer-Kirsch-Purée, gefrorene Himbeeren, süss-salziger Nuss-Crunch, Thymian

Açaì Bowls

kl. / gr.
Basis aus Açai, Banane, Dattel und Topping nach Wahl

Original Topping (N) (K) 13 / 17
Granola, Erdnüsse, Granatapfel

Fruit & Berry Topping 13 / 17
Banane, Blaubeeren, Trauben, Goji-Beeren, Himbeer-Kirsch-Purée

Superfood Topping (K) 13 / 17
Superfood-Crunch, Goji-Beeren, Blaubeeren

+ **Add to your breakfast or açai bowl**
Erdnussbutter, Mandelbutter, Granatapfel, Blaubeeren, Goji-Beeren, Superfood-Crunch, Protein +2
Granola +3

Coffees & Lattes

Espresso / Doppio 4 / 5

Americano / Iced Americano 4

Cappuccino/ Flat White 5 / 6

Caffè Latte / Iced Latte 6

Macacao Latte / Iced Macacao Latte (K) 6
Maca, Kakao, Zimt, Kokosblüte, Kokosöl, Hafermilch

Kurkuma Latte / Iced Kurkuma Latte (K) (K) 6
Kurkuma, Ingwer, Zimt, Pfeffer, Kokosöl, Cashewmilch

Matcha Latte / Iced Matcha Latte (K) (K) 6
Matcha, Spirulina, Kokosblüte, Cashewmilch

+ **Add to your coffee or latte**
Espresso Shot, Kokosöl, Zimt +1

Teas

Cold Killer (K) 6
Ingwer, Zitrone, Cayenne, Zimt, Salbei, Kokosblüte

Ginger Tea 6
Ingwer, Zitronenmelisse, Salbei

Golden Tea 6
Kurkuma, Thymian, Orange

Yuzu Mint Tea 6
Yuzu, Rote Minze