

MENU



SOUPS

Carrot Soup with Coriander Pesto 6.70 € plus Homemade Bread

Vegan | No Gluten | No Lactose

Ingredients: carrot, onion, chili, ginger, garlic, pine nuts, olive oil, vegetable consommé, lemon, coriander, salt, pepper, herbs. **Bread:** water, psyllium seed, carob, linseed, pumpkin seeds, sunflower seeds, sesame, buckwheat, millet, rice flour, salt

SMALL SALADS

Hearty Tomato Avocado Corn Salad 5.40 €

Raw Vegan | No Gluten | No Lactose

Ingredients: Maize, cherry tomato, avocado red onion, coriander, sunflower seeds, pumpkin seeds, lime, olive oil, salt, spices

Green Garden Salad 4.90 €

Vegan | No Gluten | No Lactose

Ingredients: lettuce, cherry tomatoes, cucumber, yellow bell pepper, olive oil, vinegar, spices, herbs

LARGE SALADS

Lentil Salad with Tofu Chips and Apple 8.20 €

Vegan | No Gluten | No Lactose

Ingredients: red lentils, lettuce, spring onions, green apple, lemon, tofu, rapeseed oil, olive oil, sprouts, cider vinegar, spices, herbs

Power Salad 8.20 €

Vegan | No Gluten | No Lactose

Ingredients: lettuce, spinach, mango, cherry tomatoes, coconut, coriander, lemon, olive oil, salt, pepper

Big Garden Salad 6.90 €

Vegan | No Gluten | No Lactose

Ingredients: lettuce, cherry tomatoes, cucumber, yellow bell pepper, olive oil, vinegar, spices, herbs

Chicken salad 8.40 €

No Gluten | No Lactose

Ingredients: chicken, lettuce, cherry tomatoes, cucumber, yellow bell pepper, olive oil, vinegar, spices, herbs

Fresh Salmon Salad 9.10 €

No Gluten | No Lactose

Ingredients: salmon, lentils, lettuce, asparagus, lemon, olive oil, vinegar, spices, herbs

Add 2 slices of Homemade Bread 3.90 €

No Gluten | No Lactose

Ingredients: butter, Coconut flour, egg, lactose free yoghurt, almond flour, linseed, potato fiber, pumpkin seed, baking powder, salt, psyllium seed

Add 2 slices of Vegan Homemade Bread 3.50 €

Vegan | No Gluten | No Lactose

Ingredients: water, psyllium seed, carob, linseed, pumpkin seeds, sunflower seeds, sesame, buckwheat, millet, rice flour, salt

Add 3 Homemade Crackers 1.20 €

Vegan | No Gluten | No Lactose

Ingredients: linseed, soya sauce, water

BREADS WITH TOPPING

Homemade Vegan Bread and Crackers with Carrot Hummus and Olive Artichoke Tapenade 5.90 €

Vegan | No Gluten | No Lactose

Ingredients: water, psyllium seed, carob, linseed, pumpkin seeds, sunflower seeds, sesame, buckwheat, millet, rice flour, salt, carrots, chick peas, garlic, olive oil, lemon, sesame paste (tahin), spices and herbs, artichokes, olives, olive oil, lemon, spices, herbs

2 slices of Homemade bread with tuna-mousse 5.50 €

No Gluten | No Lactose

Ingredients: tuna, lactose free yoghurt, spices, lemon, celery, parsley, almonds, walnuts, sunflower seeds, pumpkin seeds, cranberries, egg, olive oil, apple, salt, butter, coconut flour, egg, lactose free yoghurt, almond flour, linseed, potato fiber, pumpkin seed, baking powder, salt, psyllium seed



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DISHES

Baked Courgette with Avocado-Pine-Filling 15.90 €

Vegetarian | No Gluten | No Lactose

Ingredients: courgette, avocado, pine nuts, lactose free yoghurt, lactose free cheese, garlic, spices and herbs

Served with a small Green Garden salad & homemade bread

Happy Meatballs served with quinoa-apple salad 12.00 €

No Gluten | No Lactose

Ingredients: Minced meat (veal/porc), red onions, pistacio, cranberries, egg, lactose free milk, gluten free bread crumbs, olive oil, salt, pepper, thyme

Salad ingredients: quinoa, apple, spring onion, raddicchio salad, walnuts, sesame, cranberries, olive oil, lemon, salt, pepper

Quiche with Spinach & Feta-cheese 13.40 €

No Gluten | No Lactose

Ingredients: butter, potato fiber, almond flour, psyllium seeds, salt, egg, lactose free yoghurt, feta cheese, salt, pepper, muscat nut, spinach

Served with a small Green Salad

Vegetarian Pizza 10.90 €

Vegetarian | No Gluten | No Lactose

Ingredients: soya flour, rice flour, potato flour, psyllium seeds, potato fibers, salt, yeast, lactose free butter, water, tomatoes, artichokes, olives, mushrooms.

Ruccola-Parma Pizza 12.90 €

No Gluten | No Lactose

Ingredients: soya flour, rice flour, potato flour, psyllium seeds, potato fibers, salt, yeast, lactose free butter, water, parma ham, tomatoes, lactose free mozzarella, lactose free cheese, ruccola

SEASONAL SUGGESTIONS

SOUP

Green Harmony Courgette Avocado Soup (cold) 7.40 € plus Homemade Bread

Raw Vegan | No Gluten | No Lactose

Ingredients: courgette, parsnip, fennel, avocado, orange, basil, agave syrup, pine nuts, salt. **Bread:** water, psyllium seed, carob, linseed, pumpkin seeds, sunflower seeds, sesame, buckwheat, millet, rice flour, salt

SMALL SALAD

Small Mango-Mozzarella Salad 5.60 €

Vegetarian | No Gluten | No Lactose

Ingredients: Mango, lactose free mozzarella, pine nuts, basil, vinegar, olive oil, herbs, salt, pepper

DISH

Penne with a symphony of tomato varieties & asparagus 9.50 €

Vegan | No Gluten | No Lactose

Ingredients: gluten free penne, asparagus, tomatoes, pine nuts, basil, onion, olive oil, salt, pepper, herbs
Served with lactose-free cheese apart (vegetarian)

JUICE

Pear Lemon Celery Juice 4.90 €

DESSERTS & SNACKS

Chocolate mousse 4.90 €

Vegetarian | No Gluten | No Lactose

Ingredients: Lactose free chocolate, egg, lactose free cream

Apple Dessert 3.30 €

Vegetarian | No Gluten | No Lactose

Ingredients: apple, vanilla, cinnamon, lemon, sugar, water, gluten free breadcrumbs, lactose free butter, berries

Carrot and Courgette Muffin 2.90 €

Vegetarian | No Sugar | No Gluten | No Lactose

Ingredients: dates, egg, olive oil, natron, baking powder, salt, cinnamon, carrots, courgettes, rice flour, almond milk

Blueberry muffin 2.90 €

Vegan | No Sugar | No Gluten | No Lactose

Ingredients: blueberry, dates, rice flour, buckwheat flour, almond milk, baking powder, bi-carbonate, lemon, olive oil, salt

Chocolate Cake 2.20 €

Vegetarian | No Sugar | No Gluten | No Lactose

Ingredients: lactose free butter, sugar, rice flour, potato flour, cacao, psyllium seeds, egg

Energy-bar 4.30 €

Vegetarian | No Sugar | No Gluten | No Lactose

Ingredients: abricots, dates, almonds, honey, vanilla, coconut, cranberries, oat flakes, pumpkin seeds

JUICES

Carrot Ginger Orange Lemon 4.90 €

Spinach Apple Fennel 4.90 €