**GOOD LIFE BOWLS**

**SEA**

- **Salmon Avocado Bowl**: salmon, avocado, edamame, beef, crunchy onions, coriander, sesame, quinoa, brown rice, salad, soy-sesame-sauce

**CHICKEN & BEEF**

- **Crunchy Beef Bowl**: grilled beef strips or chicken breast strips, edamame, tomatoes, mango, pomegranate seeds, crunchy onions, quinoa, brown rice, salad, soy-sesame-sauce

**VEGGIE & VEGAN**

- **Avocado Chicken Bowl**: grilled chicken breast strips, avocado, tomato, lettuce, coriander, tomatoes, sweet corn, quinoa, brown rice, salad

- **Chicken Curry Bowl**: grilled chicken breast strips, red Thai Curry with vegetables, red cabbage, crunchy onions, sweet corn, peanuts, coriander, sesame, quinoa, brown rice, salad

- **Veggie Buddha Bowl**: grilled veggies, sweet potatoes, aubergine, pepper, zucchini, onions, edamame, walnuts, beefsteak, salted, quinoa, brown rice, basil, soy-sesame-sauce

- **Vegan Curry Bowl**: red Thai Curry with veggies, red cabbage, crunchy onions, sweet corn, peanuts, coriander, sesame, quinoa, brown rice, salad

**SALAD BAR**

**VEGETABLES**

- *Salads are served with crusty country bread. All allergen information only apply to the respective salad without bread.*

**DRESSINGS**

- Balsamic-Maple-Syrup
- French-Herbs
- Ginger-Sesame
- Paris
- Rocket-Dressing
- Sweet-Honey-Mustard
- Tahini-Lemon

**CURRY & SOUPS**

Let us enthrall you by our daily changing, passionately cooked soups and curries with delicious fragrant rice – a nice change from the fresh dean&david salads. How about for example a Peanut or Red Thai Chicken Curry?

**JUICES & SMOOTHIES**

**FRESH JUICES**

- **Green Glow**: baby spinach, cucumber, apple, ginger, mint
- **ACE**: orange, carrots, apple
- **Classic**: apple, carrots, ginger

**GREEN SMOOTHIES**

- **Green Machine**: baby spinach, cucumber, orange, pineapple, date, mint
- **Super Green Matcha**: baby spinach, matcha, green tea, basil, grapes, banana, mango

**SUPERFOOD SMOOTHIES**

- **Mango Chia Booster**: mango, pineapple, soy drink, chia seeds, dates, honey
- **Sunrise**: strawberry, banana, orange, mint
- **Supersweet**: strawberry, pineapple, orange, açai

**INGWER SHOTS**

- **Ginger Mint**: ginger, apple, mint
- **Ginger Beet**: ginger, apple, beetroot

**COLDRESSED JUICES**

**REFRESHERS**

- **Orange, Beetroot, Apple, Carrots**
- **Botol**: apple, mint, ginger
- **Spring Break**: orange, apple, ginger

**SANDWICHES & CO.**

**GRILLED FLATBREADS**

- **Chicken Salsa Flatbread**: grilled chicken breast strips, tomato slices, sweet corn, coriander, cream cheese, mexican salsa
- **Grilled Veggies Mozzarella**: grilled veggies, mozzarella cheese, tomatoes, rocket, sun-dried tomato spread
- **Olivas Sheep’s Cheese Flatbread**: sheep’s cheese, kalamata olives, tomato slices, fresh crisp, rocket, cream cheese

**HANDMADE WRAPS**

- **Caesar Wrap**: grilled chicken breast strips, tomato slices, egg, Gran Brough (italian hard cheese), rocket, fresh salad, cream cheese, Sweet Honey-Mustard-Dressing
- **Vegan Oriental Wrap**: bulgur, beetroot, grapes, walnuts, rocket, fresh salad, sweet-mustard spread

**GRILLED SANDWICHES**

- **Sweet Chili Chicken Sandwich**: chicken, baby spinach, cream cheese
- **Avocado M ozzarella Sandwich**: avocado, tomato slices, mozzarella cheese, fresh basil, sun-dried tomato spread
- **Grilled Vegan Sandwich**: grilled veggies, tomato slices, sweet corn, basil, baby spinach, sweet-mustard spread

**SWEETS**

- **Acai Smoothie Bowl**: strawberries, bananas, red berries, almonds, chia seeds, acai
- **Berry Chia Pudding**: berries, acai, chia seeds, banana
- **Mango Coconut Rice Pudding**

Check out our display counter to choose from our daily selection!

**PREMIUM COFFEE & TEA**

- **Espresso / Doppio**
- **Cappuccino**
- **Latte Macchiato**
- **Cha Latte Green Tea Chai / Sugar Free**
- **Matcha Soy with Matcha Green Tea, soy drink, maple syrup**
- **Caffè Latte**
- **Wellness Luxury Tea**
- **Fresh Ginger Tea with honey**
- **Fresh Mint Tea**
- **Ginger-Mint Tea with fresh mint & fresh ginger**

*contains xanthan / **contains wheyproducts*

For more information please visit our digital allergy-information board on the website.