

OUR FRESH MENU

SALADS



SEA
Salmon Spring Salad
Norwegian premium salmon, roast potatoes, sheep cheese, cherry tomatoes, pumpkin and sunflower seed mix, fresh cress, Honey Mustard Dressing

CHICKEN & BEEF
Grilled Beef Salad
grilled pasture beef, cherry tomatoes, cucumbers, avocado, Miso Mayo, Gran Soresina (Italian premium hard cheese), Caesar Dressing

DEAN'S FAVOURITE

Tuscany Chicken Salad
grilled chicken fillet, roast potatoes, cherry tomatoes, olive tapenade, spring onions, croûtons, Gran Soresina (Italian premium hard cheese), Rocket Dressing

Caesar Chicken Salad
grilled chicken fillet, cherry tomatoes, free-range eggs, Gran Soresina (Italian premium hard cheese), croûtons, Caesar Dressing

Chicken Vitality Salad
grilled chicken fillet, sheep cheese, carrots, cucumbers, free-range egg, pumpkin and sunflower seed mix, fresh cress, Rocket Dressing

Avocado Halloumi Salad
grilled halloumi, avocado, cherry tomatoes, pomegranate seeds, croûtons, fresh mint, Pink Balsamic Vinaigrette

Falafel Tahini Salad
green falafel, sweet potato chunks, hummus, beetroot, pomegranate seeds, cucumbers, fresh mint, Tahini Lemon Dressing

MOST PLANET FRIENDLY SALAD

Good Greens Salad
roast potatoes, red cabbage, grapes, peppers, cress, walnuts, Pink Balsamic Vinaigrette

Paris Salad
French goat cheese, walnuts, peppers, grapes, Honey Mustard Dressing

Vitality Salad
sheep cheese, carrots, cucumbers, free-range egg, pumpkin and sunflower seed mix, cress, Rocket Dressing

All salads served with crispy country bread



Avocado Halloumi Salad

BOWLS



DAVID'S FAVOURITE

California Poke Bowl
Norwegian premium salmon, avocado, mango, cucumbers, spring onions, jasmine rice, crunchy onions, sesame, miso mayo, Spicy Ginger Sauce

SEA
Salmon Avocado Bowl
Norwegian premium salmon, avocado, edamame, beetroot, crunchy onions, sesame, fresh coriander, Soy Sesame Sauce

CHICKEN & BEEF
Japanese Beef Bowl
grilled pasture beef, red cabbage, cucumbers, mango, miso mayo, jasmine rice, peanuts, fresh coriander, Spicy Ginger Sauce

Crunchy Beef Bowl
grilled pasture beef, edamame, cherry tomatoes, mango, pomegranate seeds, crunchy onions, Soy Sesame Sauce

Crunchy Chicken Bowl
grilled chicken fillet, edamame, cherry tomatoes, mango, pomegranate seeds, crunchy onions, Soy Sesame Sauce

Chicken Teriyaki Bowl
grilled chicken fillet, red cabbage, cherry tomatoes, cucumbers, spring onions, jasmine rice, sesame, lime, Teriyaki Sauce

Avocado Chicken Bowl
grilled chicken fillet, avocado, peppers, cherry tomatoes, fresh coriander, spring onions, lime, Mexican Salsa

MOST PLANET FRIENDLY BOWL

Vegan Falafel Bowl
green falafel, hummus, pomegranate seeds, beetroot, cucumbers, carrots, fresh mint, Lemon Herbs Sauce

VEGGIE & VEGAN
Veggie Buddha Bowl
grilled vegetables, sweet potato chunks, beetroot, edamame, walnuts, Soy Sesame Sauce

All Bowls freshly prepared with quinoa & brown rice, except California Poke, Japanese Beef und Chicken Teriyaki.



Japanese Beef Bowl

MIX YOUR OWN

1. CHOOSE SALAD OR BOWL

Salad
incl. salad mix, dressing and crispy country bread

Bowl
incl. salad mix, sauce & quinoa and brown rice or jasmine rice

2. BASICS

Vegan & Veggie

cucumber
carrots
pumpkin and sunflower seed mix
spring onions

mango
olive tapenade
peanuts
cherry tomatoes
croûtons

peppers
miso mayo
grapes
crunchy onions
free-range egg

Superfoods

red cabbage
edamame
beetroot
walnuts
pomegranate seeds

3. PREMIUM EXTRAS

sheep cheese
hummus
Gran Soresina (Italian premium hard cheese)
avocado

roast potatoes
green falafel
grilled vegetables
sweet potato chunks
French goat cheese
grilled chicken fillet
planted.chicken
grilled halloumi

grilled pasture beef
Norwegian premium salmon

4. SALAD-DRESSINGS

Pink Balsamic Vinaigrette
Honey Mustard Dressing
Caesar Dressing
Tahini Lemon Dressing
Rocket Dressing

BOWL-SAUCE

Lemon Herbs Sauce
Mexican Salsa
Soy Sesame Sauce
Spicy Ginger Sauce
Teriyaki Sauce

MAKE YOUR CHICKEN VEGAN!

All chicken dishes also with planted.chicken.

planted.

HOT STUFF

Be inspired by our innovative and authentic curries with fresh vegetables and jasmine rice.

Changes every day:

Korma Curry

Choose between veggie, chicken or planted.chicken

Red / Green Thai Curry

Choose between vegan, chicken, planted.chicken or beef

Vegan Sweet Potato Spinach Curry

Vegan Red Lentils Dal

Enjoy also one of our tasty soups in winter.



SANDWICHES, SWEETS & CO.

You'll find freshly grilled flatbreads & sandwiches, hand-rolled wholegrain wraps, vegan smoothie bowls, tasty sweets and lots more in our display counters.



JUICES & SMOOTHIES

FRESH JUICES

Rehab apple, carrot, ginger, lime
ACE orange, carrot, apple

Botox apple, mint, ginger
Green Glow baby spinach, cucumber, apple, ginger, mint

SUPERFOOD SMOOTHIES

Peanut Protein banana, avocado, peanuts, oat drink
Green Machine baby spinach, cucumber, orange, pineapple, mint
Açaí Sunrise strawberries, banana, orange, açai, mint
Mango Passion mango, pineapple, banana, orange, turmeric

EXTRA BOOSTER

+ Ginger Boost | + Turmeric Boost

GINGER SUPERFOOD SHOTS (80 ml)

different varieties

COLD PRESSED JUICES (0,33 l)

different varieties



veggie
gluten-free (without bread)
lactose-free

You can find detailed information on allergens in our allergen guide at the counter. Our staff will be happy to help you. The prices displayed in the store apply. Product range may vary between stores. Printing errors reserved.

PREMIUM CARETRADE COFFEE & TEA

Espresso / Doppio
Espresso Macchiato
Coffee
Cappuccino
Flat White
Latte Macchiato
Caffè Latte
Chai Latte

Fresh Turmeric tea
with cinnamon and oat drink
Fresh mint tea
Fresh ginger & mint tea

Oat drink optional



KIDS MENÜ

Mini Chicken Bowl

grilled chicken fillet strips, pomegranate seeds, mango, carrots, peanuts, jasmine rice, sweet honey mustard dressing

Mini Falafel Plate

green falafel, hummus, cucumber, peppers, carrots, crispy bread

mit 0,3l
ACE-Juice
+5.40



dean & david