

OUR FRESH MENU

SALADS With crusty country bread

- SEA** **Salmon Spring Salad**
Smoked salmon | roast potatoes | sheep cheese | cherry tomato | seed mix | honey mustard dressing
- CHICKEN & BEEF** **Big Easy Beef Salad**
Edamame | carrot | pepper | peanuts | spring onion | balsamic maple syrup dressing
- CHICKEN & BEEF** **Chicken Vitality Salad**
Sheep cheese | carrot | cucumber | free-range egg | seed mix | rocket dressing
- CHICKEN & BEEF** **Caesar Chicken Salad**
Cherry tomato | free-range egg | Italian hard cheese | croûtons | caesar dressing
- VEGGIE & VEGAN** **Avocado Halloumi Salad** ✓
Cherry tomato | cucumber | pomegranate seeds | croûtons | honey mustard dressing
- VEGGIE & VEGAN** **Falafel Tahini Salad** ✓
Sweet potato | hummus | beetroot | cucumber | pomegranate seeds | tahini lemon dressing
- VEGGIE & VEGAN** **Good Greens Salad** ✓
Roast potatoes | red cabbage | grapes | pepper | walnuts | balsamic maple syrup dressing
- VEGGIE & VEGAN** **Paris Salad** ✓
Goat cheese | grapes | pepper | walnuts | honey mustard dressing



Falafel Tahini Salad

FRESHLY GRILLED

All hot ingredients are freshly grilled for you.

ALL FRESH & NATURAL

All our dishes are freshly prepared and **free from flavor enhancers, colorings and preservatives.**

BOWLS With warm rice & fresh salad mix

- SEA** **Salmon Avocado Bowl**
Brown rice-quinoa-mix | smoked salmon | edamame | beetroot | crunchy onions | soy sesame sauce
- SEA** **California Poke Bowl**
Rice | smoked salmon | avocado | mango | cucumber | spring onion | crunchy onions | sesame miso mayo | spicy ginger sauce
- CHICKEN & BEEF** **Japanese Beef Bowl**
Rice | red cabbage | mango | cucumber | miso mayo | peanuts | spicy ginger sauce
- CHICKEN & BEEF** **Avocado Chicken Bowl**
Brown rice-quinoa-mix | pepper | cherry tomato | spring onion | lemon herbs sauce
- CHICKEN & BEEF** **Crunchy Chicken Bowl**
Brown rice-quinoa-mix | edamame | cherry tomato | mango | pomegranate seeds | crunchy onions | soy sesame sauce
- CHICKEN & BEEF** **Chicken Teriyaki Bowl**
Rice | red cabbage | cherry tomato | cucumber | spring onion | sesame | teriyaki sauce
- VEGGIE & VEGAN** **Vegan Falafel Bowl** ✓
Brown rice-quinoa-mix | hummus | pomegranate seeds | beetroot | cucumber | carrot | lemon herbs sauce
- VEGGIE & VEGAN** **Veggie Buddha Bowl** ✓
Brown rice-quinoa-mix | hummus | grilled vegetables | sweet potato | beetroot | edamame | walnuts | soy sesame sauce



California Poke Bowl

MAKE YOUR CHICKEN VEGAN!

All meat dishes also available with **planted.chicken.**

KIDS MENU

- Mini Chicken Bowl**
Rice | pomegranate seeds | mango | carrot | peanuts | honey mustard dressing
- Mini Falafel Plate** ✓
Hummus | cucumber | pepper | carrot | crispy bread



CURRIES With fresh vegetables & jasmine rice

- Asian Beef Curry**
Red cabbage | peanuts | spring onion | sesame | red thai sauce
- Red Thai Chicken Curry**
Red cabbage | edamame | sesame | red thai sauce
- Mango Chicken Curry**
Red cabbage | edamame | peanuts | sesame | mango coconut sauce
- Yellow Avocado Curry** ✓
Edamame | crunchy onions | sesame | mango coconut sauce



Mango Chicken Curry

HOT WRAPS Mit Reis, Babyspinat & Kirschtomaten

- Hot Chicken Teriyaki Wrap**
Cream cheese | cucumber | teriyaki sauce
- Hot Kebab Wrap** ✓
planted.kebab | red cabbage | marinated onions | harissa sesame mint | Kebab Sauce



SANDWICHES, SWEETS & CO.

Freshly grilled flatbreads & sandwiches, handmade wholemeal wraps, vegan smoothie bowls, delicious sweets and much more can be found in our display case.

SMOOTHIES (0,4l)

- Green Machine** ✓ Baby spinach | cucumber | orange | pineapple | mint
- Açaí Sunrise** ✓ Strawberries | banana | orange | açai | mint
- Mango Passion** ✓ Mango | pineapple | banana | orange

CARETRADE COFFEE & TEA

- Espresso / Doppio
- Espresso Macchiato
- Coffee (hot / iced)
- Cappuccino
- Flat White
- Latte Macchiato (hot / iced)
- Caffè Latte
- Fresh mint tea

Also available with oat drink ✓



IN THE MENU

Your curry or hot wrap + side salad & menu drink

MATCHA (0,3l)

- Matcha Latte (hot / iced)
- Iced Strawberry Matcha
- Iced Mango Coconut Matcha



✓ veggie ✓ vegan

You can find detailed information about our allergens in our allergen guide at the checkout. Our staff will be happy to help you.

dean & david