SALAD BOWLS

U|F Poké Bowl (LF) — 10,50€
Wildreis, Teriyaki Chicken, Edamame, Avocado, Gurken, Wakame, Mango, Rotkraut, House-Tahini Dressing, Sesam

Kale Caesar's Salad — 7,90€
Chopped Kale, Romana Salat, Tomaten, Avocado, Parmesan Flakes, Country Croutons, Ranch Dressing

Green Machine Salad — 8,50€
Blattsalat-Mix, Avocado, Edamame, Gurke, Wildkräuter, Creamy Feta, Mixed Seeds, Honig-Nuss Dressing

Indian Summer Salad — 8,90€
Blattsalat-Mix, geröstete Süßkartoffel, Gurke, Mango, Creamy Feta, Honig & Chili Cashews, Balsamico Dressing

Superfood Salad — 9,50€
Blattsalat-Mix, Quinoa, Grapefruit, Rote Beete, Gurke, Hummus, Sesam, House-Tahini Dressing

Little Side Salad — 3,90€
Blattsalat-Mix, Karotte, Gurke, Mixed Seeds, Honig-Nuss Dressing

Add
- Grilled Teriyaki Chicken — 2,90€
- Sezchuan Tofu — 2,90€
- Pastrami Slices — 3,90€
- Creamy Feta — 2,00€

LUNCH DEAL 1

BOWL NACH WAHL
LIMO +2,00€

LUNCH DEAL 2

BOWL NACH WAHL
LIMO +1,00€
LITTLE SIDE SALAD +3,00€

DRINKS

AUCH EIS KALT

Coffe

Espresso	2,00€
Espresso Macchiato	2,50€
Cappuccino	3,50€
Café Crema	2,90€
Hot Chocolate	2,90€

Urban Latte's

Classic Macchiato	3,90€
French Vanilla	4,50€
Sweet Caramel	4,50€
Black Salty Caramel	4,50€
Spiced Chai Tea	3,90€
Beetroot Cacao	4,90€
Golden Turmeric	4,90€
Green Matcha	4,90€
Guarana Cacao	4,90€

Urban Tea's

Fresh Ginger	2,90€
Fresh Mint	2,90€
Fresh Lemon	2,90€
Fresh Detox Lemon, Mint and Ginger	3,90€

Urban Juices

Oh Sunny – frisch gepresster Orangensaft	3,90€
Urban Retreat – Karotte, Orange, Ingwer	4,90€
Just Beet it – Rote Beete, Apfel, Zitrone	4,90€
Bondi Detox – Gurke, Ananas, Apfel	4,90€

Urban Lemonades

Minty Lemon	3,90€
Mango Thyme	3,90€
Basil Berry	3,90€
Cranberry Rosemary	3,90€

SIGNATURE BOWLS

Chicken Curry Bowl (GF) — 8,90€
Freiland-Huhn, Wildreis, geröstete Süßkartoffeln, Zucchini, Karotten, Coconut-Curry Sauce, Zitronengrass

Wild Salmon Bowl (LF) — 12,90€
Teriyaki Salmon, Zoodles, Edamame, Pak Choi, Paprika, Avocado-Mango Salsa, Soy-Lemon Sauce, Sesam

Spicy Beef Bowl (LF) — 10,90€
Freiland-Rind, Quinoa, Babykartoffeln, Paprika, Brokkoli, Chili, Petersilie, Tomato-Sriracha Sauce

Mexican Bowl — 9,90€
Chili con Carne, Wildreis, gerösteter Mais, Avocado, schwarze Bohnen, Wildkräuter, Ranch Sauce, Tortilla Pieces

Green Japan Bowl (LF) — 9,90€
Gegrillter Szechuan Tofu, Glasnudeln, Edamame, Miso-Pilze, Frühlingszwiebeln, Brokkoli, Tamari-Peanut Sauce, Erdnüsse

SOUPS & SANDWICHES

Sweet Potato Soup (LF) — 5,90€
Süßkartoffeln, Kokosmilch, Ingwer

Moroccan Soup (LF) — 5,90€
Kichererbsen, Paprika, Tomaten, marokkanische Gewürze

ASK ABOUT MONTHLY SOUP

Classic Pastrami Sandwich (LF) — 8,50€
Bauernbrot, Pastrami, UIF Sauce, Dill-Gurke, Cole Slaw

Reuben Pastrami Sandwich (LF) — 10,50€
Bauernbrot, Pastrami, UIF Sauce, Rotkraut, Käse, Dill-Gurke, Cole Slaw

BUILD YOUR BOWL

1. Base
Wildreis, Quinoa, Zoodles, Glasnudeln, Halb, Halb

2. Protein choose 1
- Grilled Chicken 8,90€
- Sesame Beef 10,90€
- Chili con Carne 9,90€
- Sezchuan Tofu 9,90€
- Teriyaki Salmon 12,90€

3. Veggies choose 3 (jedes weitere 1,00€)
- Classic Mix (Paprika, Zucchini, Frühlingszwiebeln)
- Pak Choi
- Rotkraut
- Avocado
- Süßkartoffeln
- Babykartoffeln
- Brokkoli
- schwarze Bohnen
- gerösteter Mais
- Edamame
- Miso-Pilze
- Karotten

4. Sauces choose 1
- Coconut-Curry
- Tomato-Sriracha
- Soy-Lemon
- Tamari-Peanut
- Avocado-Pesto

5. Toppings choose 1 (jedes weitere 0,50€)
- Coconut Chips
- Crispy Onions
- Mixed Seeds
- Erdnüsse
- Sesam
- Tortilla Pieces
- Honig & Chili Cashews
- Wildkräuter
- Kokosnuss

BREKKIE & BRUNCH

Montag–Freitag 9:00–11:00 Uhr und Samstag 9:00–16:00 Uhr

Joghurt Granola Bowl — 6,90€
Griechischer Joghurt, frisches Obst, Granola

Acai Bowl — 8,90€
Granola, Banane, Apfel, Blaubeeren, Chia Samen, Kokosnuss, Mandelbutter, Kakao Nibs

Eggs Benedict Pastrami — 9,90€
Bauernbrot, Pastrami, Poached Egg und Sauce Hollandaise

Hummus Avocado Twist (LF) — 7,90€
Bauernbrot, Hummus, Avocado, Gurke

Add Poached Egg + 2 €

Sunrise Eggs — 8,50€
Freiland-Rührei, Tomaten, Avocado, Pastrami

Greek Eggs — 7,50€
Freiland-Rührei, Frühlingszwiebeln, Tomaten, Feta

Belgian Waffles — 7,90€
Heiße Waffeln, frisches Obst und Ahornsirup

vegan · vegetarisch · (GF) glutenfrei · (LF) laktosefrei · scharf