

## SALATE | VORSPEISEN

je € 4,90

- Bio Quinoa Tatar (glutenfrei) O  
Kapern | Oliven
- Bio Rotkraut-Tabouleh AH  
Couscous | Rotkraut | Birne | Mandeln
- Bio Belugalinsen Salat (glutenfrei) M  
Rote Rübe | Apfel | Apfel-Balsamico-Dressing
- Bio Geschmorte Süsskartoffeln (glutenfrei) F  
Mais | schwarze Bohnen | Pfefferoni | Sojarahm-Limetten Dressing
- Bio Gnocchi Sardi Salat AFHLM  
Butternusskürbis | Paprika | Staudensellerie | Sultaninen | Haselnüsse
- Bio Hokkaido-Hummus (glutenfrei) N  
Kichererbsen | Tahin | Kürbiskerne
- Bio Miso-Fenchel mit Weintraube (glutenfrei) FN  
Radicchio | Sonnenblumenkerne
- Bio Fermentierte Goldrübe (glutenfrei) F  
Tempeh | Edamame
- Bio Gemischter Blattsalat (glutenfrei) M  
Hausdressing

## HAUPTSPEISEN

je € 7,90

- Bio Mac'n'Cheese AFHLM  
Vegane Chorizo-Croutons | Röstzwiebel
- Bio Krauttascherl AFLM  
Vegane Chorizo-Croutons | Schwarzkümmel-Dip
- Bio Potato Joe (glutenfrei)  
Kürbis-Sonnenblumenkerne | Salbeimargarine
- Bio Esterházy Linsen (glutenfrei) FLMO
- Bio Kürbisgulasch mit Sojarahm (glutenfrei) F
- Bio Gemüselasagne mit Tomatensauce AFHL  
Gefüllter Paprika mit Tomatensauce (glutenfrei)

## BEILAGEN

je € 4,40

- Bio Maroni-Topfen Serviettenknödel AH
- Bio Gedämpftes Gemüse (glutenfrei) L
- Bio Gemüsepüree (glutenfrei)

## MITTAGSTIPP

<b>BIO GENUSSKOMBI</b> (11.30-15.00)	€ 13,90
TAGESSUPPE	€ 4,90
TAGESTELLER	€ 9,90
TAGESESSERT	€ 2,90

## DESSERTS

### Im Glas

je € 5,90

- Bio Schwarzwälder-Kirsch Creme\* AFHO
- Bio Chia Matcha Pudding mit Fruchtピューree (glutenfrei) H
- Bio Brombeer-Topfen Creme\* (glutenfrei) H
- Schokomousse (glutenfrei) F

### Klassiker

- Black Bean Brownie (glutenfrei) H € 4,90
- Lemon-Cheesecake AFH € 4,90
- Orangentorte AF € 4,90
- Karottenkuchen AH € 4,90
- Streuselkuchen mit Früchten AH € 4,90
- Schokocremetorte AF € 5,40
- Linzer Torte AH € 5,40
- Erdnuss-Karamell-Schnitte AEF € 5,40
- Nussecke AH € 3,90
- Bio Mohnkuchen AF € 3,90
- Bio Energiekugeln (glutenfrei, zuckerfrei) € 2,90 | 7,90  
1 Stk. | 3 Stk.

### Muffins

je € 4,50

- Cranberry-Walnuss Muffin (glutenfrei) H
- Schokochip-Himbeer Muffin (glutenfrei) H
- Apfel-Zimt Muffin (glutenfrei) H

### Cookies

je € 2,90

- Erdnuss Cookie AEH
- Kokos Cookie AH
- Rosmarin-Zitronen Cookie (glutenfrei) H

\* enthält eine nicht biologische Zutat

## KAFFEE – Bio Alt Wien Venuss Blend

- Espresso klein | groß € 2,90 | 4,20
- Espresso Macchiato € 3,50
- Brauner klein | groß € 3,50 | 4,50
- Verlängerter schwarz | braun € 3,90 | 4,50
- Melange | Cappuccino € 4,40
- Caffè Latte € 4,90

## HEISSGETRÄNKE

- Jäger Tee € 4,20  
(Bio Beerenkuss, Assam Gold, Kräutergarten, Grüner Tee)
- Bio Trinkschokolade MyCocoa € 4,90 | € 5,50  
ohne | mit Schlag
- Bio Matcha Tee | Matcha Latte € 5,90
- Chai Latte € 5,90
- Kurkuma Latte € 5,90
- Bio Heiße Zitrone € 3,90

- Wir verwenden Haferdrink als Basis für unsere Milchgetränke.
- Mandel- | Soja- | Kokosdrink € 0,50
- Special Milk Mix (Soja, Reis, Kokos, MCT Öl) € 1,00

## ALKOHOLFREIE GETRÄNKE

- Bio Makava Eistee Zitrone Fl. 0,33l € 4,90
- Bio PONA Fl. 0,33l € 4,90  
Orange | Grapefruit | Zitrone
- Bio Fritz Fl. 0,33l € 4,90  
Kola | Apfel-Spritz naturtrüb | Traube Spritz

**HAUSGEMACHTES** 0,5l € 5,90

- Bio Orangen-Salbei Limonade
- Bio Heidelbeer-Thymian Limonade
- Bio Zitronen Eistee mit Minze

- Schweppes Fl. 0,2l € 3,90  
Tonic | Ginger Ale
- Vöslauer Mineralwasser Fl. 0,33l € 3,60  
still | prickelnd
- Soda Holunder | Zitrone\*\* 0,25l | 0,5l € 2,20 | 3,10
- Wiener Hochquellwasser 0,25l | 0,5l € 0,50 | 1,00

\*\*Jugendgetränk

## SALADS | STARTERS

each € 4,90

- organic** Quinoa Tatar (gluten-free) O  
Capers | Olives
- organic** Red Cabbage-Tabouleh AH  
Couscous | Red Cabbage | Pear | Almonds
- organic** Beluga Lentils Salad (gluten-free) M  
Beetroot | Apple | Apple-Balsamico Dressing
- organic** Stewed Sweet Potatoes (gluten-free) F  
Corn | Black Bean | Pepperoni | Soy cream-Lime Dressing
- organic** Gnocchi Sardi Salad AFHLM  
Butternut Pumpkin | Bellpepper | Celery | Hazelnuts | Sultanas
- organic** Hokkaido-Hummus (gluten-free) N  
Chickpeas | Tahini | Pumpkin Seeds
- organic** Miso-Fennel with grape (gluten-free) FN  
Radicchio | Sunflower seeds
- organic** Fermented Gold Turnip (gluten-free) F  
Tempeh | Edamame
- organic** Mixed Lettuce (gluten-free) M  
Homemade Dressing

## MAIN COURSES

each € 7,90

- organic** Mac'n'Cheese AFHLM  
vegan Chorizo-CROUTONS | roasted Onions
- organic** Cabbage Pockets AFLM  
Vegan Chorizo-CROUTONS | Black Cumin Dip
- organic** Potato Joe (gluten-free)  
Pumpkin- & Sunflower Seeds | Sage"butter"
- organic** Esterházy Lentils (gluten-free) FLMO
- organic** Pumpkin Stew with Soy Cream (gluten free) F
- organic** Vegetable Lasagna with Tomato Sauce AFHL  
Stuffed Bellpepper with Tomato Sauce (gluten-free)

## SIDE DISHES

each € 4,40

- organic** Chestnut-Curd Dumplings AH
- organic** Steamed Vegetables (gluten-free) L
- organic** Vegetable Mash (gluten-free)

## LUNCH TIP

**organic 3 course menu** (11.30-15.00) € 13,90

SOUP OF THE DAY € 4,90  
DISH OF THE DAY € 9,90  
DESSERT OF THE DAY € 2,90

## DESSERTS

### In a Glass

each € 5,90

- organic** Black Forrest Cherry Cream\* AFHO
- organic** Chia Matcha Pudding with Fruit Puree (gluten-free) H
- organic** Blackberry Curd Cream\* (gluten-free) H
- Choco Mousse (gluten free) F

### Classics

- Black Bean Choco Brownie H (gluten-free) € 4,90
- Lemon-Cheesecake AFH € 4,90
- Orange Cake AF € 4,90
- Carrot Cake AH € 4,90
- Crumble Cake with Fruits AH € 4,90
- Chocolate Cream Cake AF € 5,40
- Linzer Cake AH € 5,40
- Peanut-Caramel-Slice AEF € 5,40
- Nut Wedge AH € 3,90
- organic** Poppy-Seed Cake AF € 3,90
- organic** Bliss Balls (gluten-free, sugar-free)  
1 Pcs. | 3 Pcs. € 2,90 | 7,90

### Muffins

each € 4,50

- Cranberry-Walnut Muffin (glutenfrei) H
- Chokochip-Raspberry Muffin (glutenfrei) H
- Apple-Cinnamon Muffin (glutenfrei) H

### Cookies

each € 2,90

- Peanut Cookie AEH
- Coconut Cookie AH
- Rosemary-Lemon Cookie (gluten-free) H

## COFFEE – organic Alt Wien Venuss Blend

- Espresso single | double € 2,90 | 4,20
- Espresso Macchiato € 3,50
- Espresso with milk single | double € 3,50 | 4,50
- Americano black | with milk € 3,90 | 4,50
- Viennese Melange | Cappuccino € 4,40
- Caffè Latte € 4,90

## HOT BEVERAGES

- Tea by „Jäger“ € 4,20  
(organic Berry Kiss, Assam Gold, Herbal Garden, Green Tea)
- organic** Hot Chocolate MyCocoa  
without | with whipped „cream“ € 4,90 | 5,50
- organic** Matcha Tea | Matcha Latte € 5,90
- Chai Latte € 5,90
- Curcuma Latte € 5,90
- organic** Hot Lemon € 3,90

We use Oat Drink as Base for our Milk Drinks.

- Almond- | Soy- | Coconutdrink € 0,50
- Special Milk Mix (Soy, Rice, Coconut, MCT Oil) € 1,00

## ALCOHOL FREE BEVERAGES

- organic** Makava Iced Tea Lemon Btl. 0,33l € 4,90
- organic** PONA Btl. 0,33l € 4,90  
Orange | Grapefruit | Lemon
- organic** Fritz Btl. 0,33l € 4,90  
Kola | Apple-Spritz cloudy | Grape Spritz

**HOMEMADE** 0,5l € 5,90

- organic** Orange-Sage Lemonade
- organic** Blueberry-Thyme Lemonade
- organic** Lemon Iced Tea with Mint

- Schweppes Btl. 0,2l € 3,90  
Tonic | Ginger Ale
- Mineral Water by Vöslauer Btl. 0,33 € 3,60  
still | sparkling
- Soda Elderflower | Lemon\*\* 0,25l | 0,5l € 2,20 | 3,10
- Viennese Tap Water 0,25l | 0,5l € 0,50 | 1,00

\*\*youth beverage