



## Flats

South of The Wall <sup>1) 4) 6)</sup>  
Black Beans \* Brown Rice \* Guacamole \* Sweet Potato-Sticks \*  
Sour Cream \* Salad \* Coriander

Guter Junge <sup>1) 2) 4) 6)</sup>  
Mashed Roasted Potatoes \* Mushrooms \*  
Goat Cheese \* Spinach \* Poached EGG \*  
Roasted Onions

Drive Me Nuts <sup>1) 3) 4) 6)</sup>  
Fried Halloumi \* Tomato \* Cucumber \*  
Salad \* Fresh Mint \* Peanut Sauce

Goat Red <sup>1) 4) 6) 7)</sup>  
Beetroot-Quinoa Mix \* Hummus \* Goat Cheese \* Avocado \* Salad

Run Veggie Run (V) <sup>1) 6) 7)</sup>  
Grilled Pumpkin, Paprika, Zucchini \* Cherry tomatoes \* Hummus  
\* Salad

## Bowls

Viva Bowl <sup>2) 4) 6)</sup>  
Black Beans \* Brown Rice \* Guacamole \* Sweet Potato-Sticks \*  
Poached Egg \* Sour Cream \* Salad \* Coriander

Coco Bowl (V) <sup>3)</sup>  
Coconut Flavored Rice \* Marinated Tofu \* Roasted Mushrooms \*  
Pickled Cabbage w/ Coriander \* Thai-Style Carrots and  
Cucumbers \* Coconut - Peanut Dressing

Holy Bowl (V) <sup>6) 7)</sup>  
Quinoa Taboule \* Grilled Vegetables \* Hummus \* Chickpeas \*  
Salad

Red Bowl <sup>4) 5) 6) 7)</sup>  
Beetroot-Quinoa Mix \* Avocado \* Goat Cheese \* Cucumber \*  
Cherry tomatoes \* Salad \* Walnuts

Kale Bowl <sup>4) 5)</sup>  
Kale Taboule \* Butternut Squash \* Cranberries \* Sundried  
Tomatoes \* Brown Butter \* Walnuts

- 1) Spelt Flour
- 2) Eggs
- 3) Peanuts
- 4) Milk and Dairy Products
- 5) Walnuts
- 6) Mustard
- 7) Sesame Seeds



## Sides

Guacamole Dip  
with extra Flatbread <sup>1)</sup>

Hummus Dip <sup>7)</sup>  
with extra Flatbread <sup>1)</sup>

Quinoa Taboule

Sweet Potato Sticks

Mixed Salad <sup>6)</sup>

## Extras

Homemade Flatbread <sup>1)</sup>

Poached Egg <sup>2)</sup>

Avocado

Fried Halloumi <sup>4)</sup>

## Soup

Homemade Sweet Potato-Coconut Soup

Large

Medium

Small

(V) = Vegan

- 1) Spelt Flour
- 2) Eggs
- 3) Peanuts
- 4) Milk and Dairy Products
- 5) Walnuts
- 6) Mustard
- 7) Sesame Seeds