



FLATS

SOUTH OF THE WALL 1)4)6)

BLACK BEANS * BROWN RICE * GUACAMOLE * SWEET
POTATO-STICKS * SOUR CREAM * SALAD * CORIANDER

GUTER JUNGLE 1)2)4)6)

MASHED ROASTED POTATOES * MUSHROOMS *
GOAT CHEESE * SPINACH * POACHED EGG *
ROASTED ONIONS

DRIVE ME NUTS 1)3)4)6)

FRIED HALLOUMI * TOMATO * CUCUMBER *
SALAD * FRESH MINT * PEANUT SAUCE

GOAT RED 1)4)6)7)

BEETROOT-QUINOA MIX * HUMMUS * GOAT CHEESE *
AVOCADO * SALAD

RUN VEGGIE RUN (V) 1)6)7)

GRILLED PUMPKIN, PAPRIKA, ZUCCHINI * CHERRY
TOMATOES * HUMMUS * SALAD

BOWLS

VIVA BOWL 2)4)6)A)

BLACK BEANS * BROWN RICE * GUACAMOLE * SWEET
POTATO-STICKS * POACHED EGG * SOUR CREAM *
SALAD * CORIANDER

COCO BOWL (V) 3)8)A)

COCONUT FLAVORED RICE * MARINATED TOFU *
ROASTED MUSHROOMS * PICKLED CABBAGE W/
CORIANDER * THAI-STYLE CARROTS AND CUCUMBERS *
COCONUT - PEANUT DRESSING

HOLY BOWL (V) 6)7)A)

QUINOA TABOULE * GRILLED VEGETABLES * HUMMUS *
CHICKPEAS * SALAD

RED BOWL 4)5)6)7)A)

BEETROOT-QUINOA MIX * AVOCADO * GOAT CHEESE *
CUCUMBER * CHERRY TOMATOES * SALAD * WALNUTS

GRAVY BOWL 4)8)

GRILLED PORTOBELLO MUSHROOMS * MASHED ROASTED
POTATOES * KALE * PICKLED CABBAGE * GOAT CHEESE
* CRANBERRIES * MISO-GRAVY

- 1) SPELT FLOUR
- 2) EGGS
- 3) PEANUTS
- 4) MILK AND DAIRY PRODUCTS
- 5) WALNUTS
- 6) MUSTARD
- 7) SESAME SEEDS
- 8) SOY
- A) SULPHUR



SIDES

GUACAMOLE DIP
WITH EXTRA FLATBREAD ¹⁾

HUMMUS DIP ⁷⁾
WITH EXTRA FLATBREAD ¹⁾

QUINOA TABOULE

SWEET POTATO STICKS

MIXED SALAD ^{6)A)}

EXTRAS

HOMEMADE FLATBREAD ¹⁾

POACHED EGG ²⁾

AVOCADO

FRIED HALLOUMI ⁴⁾

FRIED TOFU

- 1) SPELT FLOUR
- 2) EGGS
- 3) PEANUTS
- 4) MILK AND DAIRY PRODUCTS
- 5) WALNUTS
- 6) MUSTARD
- 7) SESAME SEEDS
- 8) SOY
- A) SULPHUR