



## 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)

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

### COCO BOWL (V) 3)8)

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

### HOLY BOWL (V) 6)7)

QUINOA TABOULE \* GRILLED VEGETABLES \* HUMMUS \*  
CHICKPEAS \* SALAD

### RED BOWL 4)5)6)7)

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

### FRESH BOWL 4)6)7)

WATERMELON \* AVOCADO \* QUINOA TABOULE \* GOAT  
CHEESE \* CUCUMBER \* SALAD \* SUNFLOWER SEEDS

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



## 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>

FRIED TOFU

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