

morning shakes

maca-cacao energy	12
maca, cacao, cinnamon, banana, strawberries, coconut yogurt, berry and pollen defense	12
yogurt, strawberry, raspberry, blueberry, local bee pollen honey	
fitness & protein	12
omega seed butter, raw almond milk, wild blueberries, hemp, chia, dates	

energizing and fresh

wild blueberry bowl, jungle peanut butter, fresh and dried fruits	12
vanilla chia bowl, dates, cacao, brazil nuts, hemp, fruit	10
seasonal fruit, yogurt, pollen, salted oats and seeds	11
sea buckthorn and persimmon bowl, whipped macadamia milk, amaranth and ginger granola, bananas, cape gooseberries	11

dosas, pancakes, toasts

dosa, yogurt, avocado, sprouts	14
dosa, farm butter, maple syrup	11
dosa, swiss chard, fried egg, za'atar	14
avocado toast, sprouts, cumin, lime	10
einkorn pancakes coconut cream, berry compote, maple syrup	14
gluten free almond pancakes, banana whipped cream, maple syrup	15

warm and sustaining

kitchari, yogurt, mint, fermented carrot, turmeric	9
fresh steamed tofu, roasted cauliflower, harissa, coconut yogurt, pistachio	15
soft boiled eggs, danish rye, chives, sea salt	9 11
sunny side up eggs, smoked potatoes, market vegetables, pickled chili	13
scrambled eggs, broccoli, rupert cheese, dill	14
wild mushroom, poached farm eggs, shallots and herbs	15
forbidden rice and millet congee, savory condiments	10

selection of assorted pastries and muffins

additions

smokey fingerling potatoes, lemon and herb aioli	7
egg, fried or soft poached	5
half avocado, serrano and lime	5
whole grain toast	6

vegetables

light & fresh

green chickpea hummus, thai basil, fresh pita or crudité	13
shallot and herb labneh, crispy mushrooms, celery, sunchoke chips	12
kabocha squash dip, tahini, sumac, mint, fresh pita	12
shelling beans, treviso dressing, crispy sage, grilled bread, endive stems and sprouts, garlic, basil, sunflower, lemon	16
avocado lettuce cups, toasted cumin, serrano and lime, pepitas	12
fresh sauerkraut, horseradish, dill, extra virgin olive oil	13
chicories, exotic citrus, pomegranate vinegar, cacao	10
wood roasted beets, dijon, avocado puree, chili aioli, pickles, lovage	14
baby mustard greens, fermented vegetables, avocado	13
	10

warm & hot

rich mushroom and barley soup, celery, dill, urfa chili	13
miso and butternut squash soup, apples, crunchy seeds and croutons	13
market carrots, stone ground nut and seed butter, chilies, lime	11
steamed broccoli, farmers cheese, cardamom crumbs	9
sauteed leafy greens, whipped sunchoke, herbs and flowers	14
whole artichoke, sicilian olive oil, lemon	15
whole roasted cauliflower, with tumeric-tahini and pistachios	17

noodles & rice

meyer lemon and curry leaf bouillon, pea shoots, beech mushroom, ramen noodle	17
fresh spinach spaghetti, broccoli, kale, preserved lemon, garlic, parmigiano, saffron crumbs	18
market vegetable chop salad, sticky rice, avocado, herbs	16
wild mushroom burdock noodles, tempeh, pickles	18

legumes & grains

soft custardy tofu, crispy yuba, ponzu	14
beluga lentils, chili oil and black vinegar, yams, broccoli stems, cilantro	13
ancient grain pilaf, baby turnip, hazelnut, avocado, lemon, crunchy sorghum	15
fried wild rice, winter vegetables, fermented carrot and turmeric, cilantro	16

dosa & sandwich

dosa, yogurt, avocado, sprouts	14
marinated kale, avocado, mint pesto, cucumber	14

additions

egg, fried or soft poached	5
half avocado, serrano and lime	5

beauty & wellness menu

a selection of dishes, chosen by the kitchen, to be shared with the entire table	48
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