Sol
CAFÉ — GELATERIA
VEGIFOOD

AUTUMN SPECIALS

RECOMMENDATIONS & SEASONAL SPECIALTIES

Sol-Seasonal – you´ll find the current offer at the counter
small / medium / large ..... 8,40 € / 10,40 € / 12,40 €
Our seasonal special – available daily from 4 p.m. and all day on weekends

Sol-Wrap [2a, 4] ..... 9,90 €
Wheat-Wrap filled with house-marinated soy chunks, grilled vegetables, lettuce and homemade mayo - please find the current offer at the counter

Greek-Salad ..... 11,90€
Fresh leaf lettuce, kalamata and green olives, vegan feta cheese and house-fermented salted lemons carrots, and bell peppers

Grilled vegetables-Salad ..... 11,90€
Fresh leaf lettuce, grilled eggplants and zucchini (cold) homemade hummus, carrots, and bell peppers

Falafel-Salad [8] ..... 11,90 €
Homemade falafel patty with fresh Reichenau lettuce, carrots, peppers, cherry tomatoes and our Sesame-yogurt dip

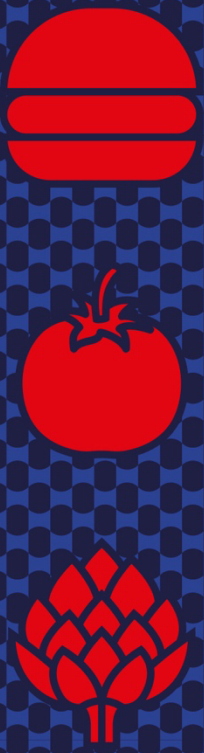
Burger No4 [2a] ..... 10,40 €
Organic burger bun, beyond patty (pea protein), homemade chutney, lettuce, tomatoes and cucumbers

DRINKS

Homemade Lemonade ..... 0,3 l / 4,20 €
Passion fruit-mint or redcurrant-ginger

Kombucha from bellysense (from Konstanz) ..... 0,33 l / 5,40 €
Traditionally raw fermented – Mint oder Callista-hops

Moser Seewein – Red Wine (from Reichenau Island)
Fruity, powerful, harmonious – Cuvée (Cabernet Cortis, Satin Noir und Carillon)
0,1 l / 0,2 l / 0,75 l ..... 3,90 € / 7,40 € / 24,90 €



SPEISEN & GETRÄNKE

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BROT & BRÖTCHEN
... kommen
von der
Bio-Bäckerei Reginbrot.
Frisch, regional und
in bester Qualität.

DAILY SPECIALS

From Monday to Friday, we offer a freshly prepared, delicious daily dish – often gluten-free

Daily special small / medium / large ..... 8,40 € / 10,40 € / 12,40 €
Lunch Menu (with small soup or small salad) ..... + 4,50 €

We deliberately cook a limited amount
You can find the current offer at the counter or online.

SOUP

We offer changing, seasonal soups – cooked with love, additive-free and gluten-free.

small / medium ..... 5,40 € / 7,40 €
On request we serve a slice of spelt wholegrain bread [2a] from the organic bakery Reginbrot or our homemade gluten-free seed bread (+ 0,50 €).
You can find the current soup selection at the counter.

CURRYWURST

Tasty seitan sausage – made from high-quality ingredients, completely without additives, served with homemade curry sauce,

with **bread** roll from the organic bakery Reginbrot [2a / 6] ..... 5,90 €
with **potato fries** [2a / 6] ..... 8,90 €
with **sweet potato fries** [2a / 6] ..... 9,90 €

BURGER

All burgers are topped with fresh lettuce, crunchy pickles, juicy tomatoes, and a fluffly burger bun from the organic bakery Reginbrot.

Soy-schnitzel Burger [2a / 4 / 6] ..... 6,40 €
House-marinated soy patty with caramelized onions – perfectly complemented by our homemade BBQ sauce

Falafel-Burger [2a / 4 / 8] ..... 7,90 €
Homemade falafel patty with caramelized onions - perfectly complemented by our homemade sesame-yogurt sauce

Asia-Burger [2a / 3 / 4] ..... 8,90 €
House-marinated seitan patty with grilled bell peppers - perfectly complemented by our homemade Peanut sauce

Our burgers are also available with a gluten-free bun (+ 1,00€)

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FRIES

Potato Fries ..... 4,30 €
Best Quality – 100 % potato. Best enjoyed with one of our mayo variations

Sweet Potato Fries [10] ..... 5,40 €
Soft inside, crunchy outside – best enjoyed with our peanut sauce or BBQ dip.

HOMEMADE DIPS

All dips are homemade from the finest ingredients – the perfect complement to your fries or snacks

Peanut-Dip [3], Barbecue-Dip, Sesame-Yoghurt-Dip [4, 8],
Curry-Ketchup [6], Mayo [4,6] or Ketchup ..... 0,90 €
Truffle-Mayo [4, 6] or Aioli-Mayo [4, 6] ..... 1,70 €

SALADS

For all salads you can choose between homemade raspberry-, basil, or orange-mint-dressing. Various seeds – like sesame and sunflowerseeds – are at the counter and can be added as desired.

Mixes Salad ..... small 5,40 € / medium 7,40 €
Fresh leaf lettuce from Reichenau with carrots, peppers and cherry tomatoes

Falafel-Salad [8] ..... 11,90 €
Homemade falafel patty with fresh Reichenau lettuce, carrots, peppers, cherry tomatoes and our Sesame-yogurt dip

Beluga Lentil Salad [9] ..... 4,90 €
with carrots and crunchy celery

Kimchi ..... 4,90 €
Homemeade fremendet chinese cabbage with carrots, ginger and garlic – seasoned with select spices

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SNACKS & TAPAS – DAILY FROM 3PM

Here you'll find everything for a light appetite – especially tasty when paired with a glass of wine or a drink in the evening

Grilled Vegetable Panini [2a] ..... 5,90 €
Bread roll with hummus, grilled eggplant, zucchini, bell pepper, and lettuce

„BLT"-Panini [2a, 4] ..... 5,90 €
Bread roll with homemade mayo, smoked tofu "bacon", tomato, and lettuce

Arancini [4] (2 pieces with dip) ..... 6,90 €
Fried, stuffed rice balls from Sicilian cuisine – you can find the current variety at the counter

Olives ..... 3,90 €
A mix of fine Kalamata and green olives

Grilled Vegetables (served cold) ..... 4,70 €
A mix of zucchini, eggplants, and bell peppers

Hummus [8] ..... 2,90 €
Creamy dip made from blended chickpeas

Bread/ Breadroll

Warm bread roll [2a] from the organic bakery Reginbrot ..... 1,70 €

Sourdough-wholemeal bread [2a] from the organic bakery Reginbrot ..... slice / 0,90 €

Gluten-free

Homebaked gluten-free seed bread ..... 1,40 €

Gluten-free bread roll ..... 2,70 €

CAKES AND SWEETS

All cakes are homemade – baked with fine spelt flour, many of them gluten-free. It's always worth checking the cake counter!

Covered Apple Cake [4, 5a] ..... 4,30 €
Juicy and creamy, made with fresh apples and almonds – gluten-free

Chocolate Cake [2b, 4] ..... 3,90 €
Extra chocolatey and wonderfully juicy

Chocolate-Walnut Brownie [5b] ..... 2,90 €
Super chocolatey and deliciously nutty – gluten-free

Cherry-Cheesecake [4] ..... 4,60 €
Creamy, fruity and yummy – gluten-free

Banana Bread [2b, 4] ..... 3,70 €
Juicy, full of banana flavor, and gently spices

Lemon-Coconut Cake [2b,4] ..... 3,70 €
Coconut meets fermented salted lemon

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BREAKFAST

On Saturdays, Sundays, and public holidays, you can start your day with a delicious and healthy breakfast from 9:30 a.m. to 12:30 p.m.

Croissant [2a] ..... 2,90 €
+ vegan butter or fruit spread, each ..... 1,40 €

Sweet Breakfast Plate [2a, 3,5] ..... 9,90 €
Bread and bread rolls, fresh fruit salad, homemade chocolate spread, fruit spread, nut butter or margarine - gluten-free option available on request (gluten free + 1,50 €)

Pancakes [2b] ..... 6,90 €
Fluffy pancakes made from fine spelt flour (5 pieces) with powdered sugar.
+ Maple syrup, chocolate cream, caramel syrup, or strawberry sauce ..... 8,40 €

Porridge [4] ..... 5,90 €
Creamy oat porridge with fresh fruit, soy yogurt, and roasted almonds – gluten-free option available upon request

Fruit Salad ..... 4,40 €
Fresh seasonal fruits – with soy yogurt[4] and granola upon request

Hearty Breakfast Plate [2a,4,8] ..... 11,90 €
Bread and bread rolls, grilled vegetables (served cold), hummus, a mix of fine Kalamata and green olives and smoked tofu - gluten-free option available on request (gluten free + 1,50 €)

Grilled Vegetable Panini [2a, 8] ..... 5,90 €
Bread roll with hummus, grilled eggplant, zucchini, bell pepper, and lettuce (gluten free + 1 €)

„BLT"-Panini [2a,4] ..... 5,90 €
Bread roll with homemade mayo, smoked tofu "bacon", tomato, and lettuce (gluten free + 1 €)

„Scrambled Egg" **with Bread Roll** [2a,4] ..... 5,90 €
Plant-based scrambled „egg" made from fine tofu – high in protein and creamy (gluten free + 1 €)

„Scrambled Egg" **with Bread Roll + Tomato & Smoked Tofu „Bacon"** [2a,4] ..... 7,40 €
Plant-based scrambled „egg" made from fine tofu – high in protein and creamy (gluten free + 1 €)

Our breakfast – with the exception of Croissant und Pancakes – is also availabe **gluten free**


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COFFEE

All our coffee specialties are also available decaffeinated or made with spelt coffee

Espresso /Double Espresso [1] ..... 2,30 € / 3,40 €
Café Crema/Large Café Crema [1] ..... 3,10 € / 4,20 €
Americano [1] ..... 3,10 €
Cappuccino/ Large Cappuccino [1] ..... 3,90 € / 4,40€
Single shot
Flat White [1] ..... 3,90 €
Double shot
Milk Coffee [1] ..... 4,40 €
Double shot
Latte Macchiato [1] ..... 4,40 €
Double shot
Flat Chocolate [1] ..... 4,70 €
♡ Our recommandation – Flat White meets chocolate

HOT & SPICY

You can order any hot drink “dirty” – with an extra shot of espresso (+1,10€)

Chai Latte ..... 4,70 €
With homemade caffeine-free spice tea
Pumpkin Spice Latte ..... 4,70 €
Your Autumn favorite
Turmeric Latte ..... 4,70 €
With homemade turmeric spice blend
Hot Chocolate ..... 4,40 €
Sugar-free and deliciously chocolatey
Chili Chocolate ..... 4,70 €
Slightly spicy and wonderfully warming, sugar-free
Milk Foam / Hot Chocolate for Kids ..... 2,00 € / 2,50 €

Fruit punch ..... 4,70 €
Red fruits and delicate winter spices meet apple juice
Mulled wine ..... 5,90 €
Homemade spice blend and fine Merlot, all of premium organic qualitiy

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MATCHA & TEA

Matcha Latte ..... 4,70 €
With pure, high-quality matcha tea – sugar-free

Matcha-Strawberry-Latte ..... 5,40 €
With our homemade strawberry sauce

Pumpkin-Spice Matcha-Latte ..... 5,90 €
Pumpkin meets matcha

Plum-Cinnamon Matcha-Latte ..... 5,90 €
With homemade plum-purée

Matcha Orange ..... 4,70 €
Matcha tea in hot orange juice

Matcha Apfel ..... 4,70 €
Matcha tea in hot apple juice

Fresh Mint Tea ..... 3,70 €
Fresh Ginger Tea ..... 3,70 €
Fresh Ginger-Lime Tea ..... 3,70 €
Black, Green, Herbal or Fruit Tea ..... 3,20 €
You can find the tea selection by Lebensbaum at the counter

COLD DRINKS

You'll find our entire selection in the fridge. Homemade drinks, juices, and sodas are available directly at the counter

Homemade Soda-Lemon ..... 0,3 l / 3,90 €
Classic Austrian refreshment – still or sparkling

Randegger Water ..... 0,5 l / 2,70 €
still / medium / sparkling

Fritz Kola [1] **, Fritz-Limo, Fritz-Schorle** ..... 0,33 l / 3,70 €
Anjola ..... 0,33 l / 3,70 €
Tasty pineapple-lemon lemonade

Almdudler ..... 0,33 l / 3,70 €
Austria's favorite herbal lemonade

Seezüngle ..... 0,33 l / 3,70 €
Regional soft drink

Orange or Apple Juice ..... 0,2 l / 3,20 €
Ruppaner Beer ..... 0,33 l / 3,70 €
Regional Beer – Pils, Helles und Radler

Wolfscraft Beer ..... 0,33 l / 3,70 €
Our recommendation – also available alcohol-free

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SMOOTHIES

Tilda ..... 0,3 l / 5,40 €
Green, refreshing smoothie with spinach, orange, kiwi, ginger, lime

Alma [5a] ..... 0,3 l / 5,40 €
Creamy smoothie with orange, banana, almond, lime

Frida ..... 0,3 l / 5,40 €
Red, earthy smoothie with beetroot, carrot, apple juice, ginger

WINE AND DRINKS

Cider, Apple oder pear ..... 0,275 l / 4,90 €
Super delicious, from Moser on Reichenau Island

Wine Spritzer, white or rosé ..... 0,33 l / 4,90 €
Refreshing blend from Schlükk

RED WINE

Primitivo (Lunaria) 0,1 l / 0,2 l / 0,75 l ..... 3,90 € / 7,40 € / 24,90 €
Fruity and full-bodied Demeter red wine from Abruzzo

Merlot (Becco) 0,1 l / 0,2 l / 1 l ..... 3,10 € / 5,90 € / 19,90 €
Semi-dry, fruity-fresh from Veneto

Moser Seewein – Red wine (from Reichenau Island)
0,1 l / 0,2 l / 0,75 l ..... 3,90 € / 7,40 € / 24,90 €
Fruity, powerful, harmonious – Cuvée (Cabernet Cortis, Satin Noir und Carillon)

WHITE WINE

Solaris (Moser Seewein) 0,1 l / 0,2 l / 0,75 l..... 3,90 € / 7,40 € / 24,90 €
Medium-dry and fruity – a special wine from Reichenau Island

Riesling (Kesselring) 0,1 l / 0,2 l / 0,75 l ..... 3,10 € / 5,90 € / 19,90 €
Off-dry and fruity from Rheinhessen

ALCOHOL-FREE WINE

Sauvignon blanc (Weinmann) 0,1 l / 0,2 l / 0,75 l ..... 3,10 € / 5,90 € / 19,90 €
Intense aroma, excellent alcohol-free wine from Rheinhessen

SPARKLING WINE

Sparkling Wine (Sueño) ..... 0,2 l / 6,90 €
Fruity and sparkling from Spain

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QUALITY YOU CAN TASTE

We work with carefully selected partner companies and use only the best, mostly regional ingredients – for full flavor and highest quality. We're happy to provide details information at the counter.

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Good food takes time, love and care – all that goes into our preparation. Because your time is valuable, we still serve as quickly as possible

HOW IT WORKS

To offer you delicious, high quality food at fair prices, we operate on a **self-service** system:

1. Order and pay directly at the counter.
2. Take your cold drink straight from the fridge.
3. Please return your dishes to the trolley afterwards

Thank you very much for your support!

YOUR PLACE WITH US

We want everyone to feel comfortable here. Since our space is limited, we kindly ask you not to work or use laptops in the dining area.

GLUTEN-FREE

Our dishes are prepared without gluten; however due to the production process, traces of gluten cannot be completely excluded.

If you have any question about ingredients, please ask our staff. A detailed ingredient list is available at the counter

INGREDIENTS / ALLERGENS

1 Contains caffeine
2 Gluten – a) wheat b) spelt
3 Peanuts and peanut products
4 Soy and soy products
5 Tree nuts – a) almonds b) walnuts
6 Mustard and mustard products
7 Milk and dairy products
8 Sesame and sesame products
9 Celery
10 Phosphates

All dishes may contain traces of soy, what, mustar, nuts, sesame, and other allergens.