



**RECOMMENDATIONS & SEASONAL SPECIALTIES**

**Sol-Seasonal** – please 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

**Wrap “Solita”** <sup>2,4</sup> ..... 9,90 €

Wheat-Wrap filled with house-marinated soy chunks, grilled vegetables, lettuce and aioli mayo

**Greek-Salat** <sup>Ⓢ</sup> ..... 11,90€

Fresh leaf lettuce, kalamata and green olives, vegan feta cheese and house-fermented salted lemons carrots, and bell peppers

**Burger No.4** <sup>2</sup> ..... 10,40 €

Juicy “Beyond Meat” patty, homemade sweet potato chutney, lettuce, tomatoes, cucumbers, and melted onions

**DRINKS**

**Homemade Iced tea** .....0,2 | 4,20 €

Peach and hibiscus

**Kombucha** .....0,2 | 4,40 €

Fine organic kombucha with ginger and lime

**Cider** .....0,275 | 4,40 €

Organic cider from Winery Moser, Reichenau Island – pear or apple

**Non-alcoholic aperitif**.....0,2 | 4,40 €

Flavored organic fruit juice drink with apple, ginger, lemongrass, and mint from Winery Moser, Reichenau Island. The apples come from traditional meadow orchards in the Bodanrück region, while the ginger, lemongrass, and mint are grown directly on Reichenau Island.





**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 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 <sup>2/6</sup> ..... 5,90 €  
 with **potato fries** <sup>2/6</sup> ..... 8,90 €  
 with **sweet potato fries** <sup>2/6</sup> ..... 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** <sup>2/4/6</sup> ..... 6,40 €

House-marinated soy patty with caramelized onions – perfectly complemented by our homemade BBQ sauce

**Falafel-Burger** <sup>2/4/8</sup> ..... 7,90 €

Homemade falafel patty with caramelized onions - perfectly complemented by our homemade sesame-yogurt sauce

**Asia-Burger** <sup>2/3/4</sup> ..... 8,90 €

House-marinated seitan patty with grilled bell peppers - perfectly complemented by our homemade Peanut sauce

Gluten-free options available on request



CAFÉ — GELATERIA  
— VEGIFOOD —

## FRIES

- Potato Fries <sup>Ⓢ</sup> ..... 4,30 €  
Best Quality – 100 % potato. Best enjoyed with one of our mayo variations
- Sweet Potato Fries <sup>10</sup> <sup>Ⓢ</sup> ..... 5,40 €  
Soft inside, crunchy outside – best enjoyed with our peanut sauce or BBQ dip.

## HOMEMADE DIPS <sup>Ⓢ</sup>

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

- Peanut-Dip <sup>3</sup>, Barbecue-Dip, Sesame-Yoghurt-Dip <sup>4,8</sup>,  
Curry-Ketchup <sup>6</sup>, Mayo <sup>4,6</sup> or Ketchup ..... 0,90 €
- Truffle-Mayo <sup>4,6</sup> or Aioli-Mayo <sup>4,6</sup> ..... 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** <sup>Ⓢ</sup> ..... small 5,40 € / medium 7,40 €  
Fresh leaf lettuce from Reichenau with carrots, peppers and cherry tomatoes
- Falafel-Salad** <sup>8</sup> ..... 11,90 €  
Homemade falafel patty with fresh Reichenau lettuce, carrots, peppers, cherry tomatoes and our Sesame-yogurt dip
- Beluga Lentil Salad** <sup>9</sup> <sup>Ⓢ</sup> ..... 4,90 €  
with carrots and crunchy celery
- Kimchi** <sup>Ⓢ</sup> ..... 4,90 €  
Homemade fremendet chinese cabbage with carrots, ginger and garlic – seasoned with select spices

Auch hier lohnt sich ein Blick:  
„EMPFEHLUNGEN & SAISONALES“

## SNACKS & TAPAS

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

<b>Arancini</b> <sup>4,6</sup> 🌱 (2 pieces with dip) .....	6,90 €
Fried, stuffed rice balls from Sicilian cuisine – you can find the current variety at the counter	
<b>Grilled Vegetable Panini</b> .....	5,90 €
Bread roll with hummus, grilled eggplant, zucchini, bell pepper, and lettuce	
<b>„BLT“-Panini</b> .....	5,90 €
Bread roll with homemade mayo, smoked tofu “bacon”, tomato, and lettuce	
<b>Olives</b> 🌱 .....	3,90 €
A mix of fine Kalamata and green olives	
<b>Grilled Vegetables</b> 🌱 (served cold) .....	4,70 €
A mix of zucchini, eggplants, and bell peppers	
<b>Hummus</b> 🌱 .....	2,90 €
Creamy dip made from blended chickpeas	
<b>Bread Roll</b> <sup>2</sup> .....	1,40 €
Warm bread roll from the organic bakery Reginbrot	
<b>Spelt Wholegrain Bread</b> <sup>2</sup> or <b>Seed Bread</b> 🌱 .....	0,90 €
A slice of spelt wholegrain bread or house-baked gluten-free seed bread (+ 0,50 €)	

## 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!

<b>Covered Apple Cake</b> <sup>4,5</sup> 🌱 .....	4,30 €
Juicy and creamy, made with fresh apples and almonds – gluten-free	
<b>Chocolate Cake</b> <sup>2,4</sup> .....	3,90 €
Extra chocolatey and wonderfully juicy	
<b>Chocolate-Walnut Brownie</b> <sup>5</sup> 🌱 .....	2,90 €
Super chocolatey and deliciously nutty – gluten-free	
<b>Cherry-Cheesecake</b> <sup>4</sup> 🌱 .....	4,60 €
Creamy, fruity and yummy – gluten-free	
<b>Banana Bread</b> <sup>2,4</sup> .....	3,70 €
Juicy, full of banana flavor, and gently spices	
<b>Lemon-Coconut Cake</b> <sup>2,4</sup> .....	3,70 €
Coconut meets fermented salted lemon	



**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**<sup>2</sup> ..... 2,90 €  
 + vegan butter or fruit spread, each ..... 0,90 €
- Sweet Breakfast Plate** <sup>2</sup> ..... 9,90 €  
 Bread and bread rolls, fresh fruit salad, homemade chocolate spread, fruit spread, nut butter <sup>3,5</sup> or margarine  
 - gluten-free option available on request
- Pancakes** <sup>2</sup> ..... 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** ..... 5,90 €  
 Creamy oat porridge with fresh fruit, soy yogurt, and roasted almonds – gluten-free option available upon request
- Fruit Salad** 🌱 ..... 3,90 €  
 Fresh seasonal fruits – with soy yogurt and roasted almonds upon request
  
- Hearty Breakfast Plate** <sup>2</sup> ..... 9,90 €  
 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
- Grilled Vegetable Panini** ..... 5,90 €  
 Bread roll with hummus, grilled eggplant, zucchini, bell pepper, and lettuce
- „BLT“-Panini** ..... 5,90 €  
 Bread roll with homemade mayo, smoked tofu “bacon”, tomato, and lettuce
- „Scrambled Egg“** 🌱 **with Bread Roll** ..... 5,90 €  
 Plant-based scrambled „egg“ made from fine tofu – high in protein and creamy.
- „Scrambled Egg“** 🌱 **with Bread Roll + Tomato & Smoked Tofu „Bacon“** ..... 7,40 €  
 Plant-based scrambled „egg“ made from fine tofu – high in protein and creamy.





**COFFEE**

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

<b>Espresso /Double Espresso</b> <sup>1</sup> .....	2,30 € / 3,40 €
<b>Café Crema/Large Café Crema</b> <sup>1</sup> .....	3,10 € / 4,20 €
<b>Americano</b> <sup>1</sup> .....	3,10 €
<b>Cappuccino/ Large Cappuccino</b> <sup>1</sup> .....	3,90 € / 4,40€
Single shot	
<b>Flat White</b> <sup>1</sup> .....	3,90 €
Double shot	
<b>Milk Coffee</b> <sup>1</sup> .....	4,40 €
Double shot	
<b>Latte Macchiato</b> <sup>1</sup> .....	4,40 €
Double shot	
<b>Flat Chocolate</b> <sup>1</sup> .....	4,70 €

© Our recommendation – Flat White meets chocolate

**HOT & SPICY**

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

<b>Chai Latte</b> .....	4,70 €
With homemade caffeine-free spice tea	
<b>Turmeric Latte</b> .....	4,70 €
With homemade turmeric spice blend	
<b>Hot Chocolate</b> .....	4,40 €
Sugar-free and deliciously chocolatey	
<b>Milk Foam / Hot Chocolate for Kids</b> .....	2,00 € / 2,50 €



CAFÉ — GELATERIA  
— VEGIFOOD —

## MATCHA & TEA

<b>Matcha Latte</b> .....	4,70 €
With pure, high-quality matcha tea – sugar-free	
<b>Matcha-Strawberry-Latte</b> .....	5,40 €
With our homemade strawberry sauce	
<b>Matcha Orange</b> .....	4,70 €
Matcha tea in hot orange juice	
<b>Matcha Apfel</b> .....	4,70 €
Matcha tea in hot apple juice	
<b>Fresh Mint Tea</b> .....	3,70 €
<b>Fresh Ginger Tea</b> .....	3,70 €
<b>Fresh Ginger-Lime Tea</b> .....	3,70 €
<b>Black, Green, Herbal or Fruit Tea</b> .....	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

<b>Homemade Soda-Lemon</b> .....	0,3 l / 3,90 €
Classic Austrian refreshment – still or sparkling	
<b>Randegger Water</b> .....	0,5 l / 2,70 €
still / medium / sparkling	
<b>Fritz Kola <sup>1</sup>, Fritz-Limo, Fritz-Schorle</b> .....	0,33 l / 3,70 €
<b>Anjola</b> .....	0,33 l / 3,70 €
Tasty pineapple-lemon lemonade	
<b>Almdudler</b> .....	0,33 l / 3,70 €
Austria's favorite herbal lemonade	
<b>Seezüngle</b> .....	0,33 l / 3,70 €
Regional soft drink	
<b>Orange or Apple Juice</b> .....	0,2 l / 3,20 €
<b>Ruppaner Beer</b> .....	0,33 l / 3,70 €
Regional Beer – Pils, Helles und Radler	
<b>Wolfskraft Beer</b> .....	0,33 l / 3,70 €
Our recommendation – also available alcohol-free	

**SMOOTHIES**

- Tilda** 🌱 ..... 0,3 l / 5,40 €  
 Green, refreshing smoothie with spinach, orange, kiwi, ginger, lime
- Alma** <sup>5</sup> 🌱 ..... 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**

- 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

**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

## DRINKS

Gin (Brick Gin) ..... 8,90 €

4cl premium Gin, optional with

**Tonic** von Aqua Monaco (0,2 l)

**Fritz Lemon** (0,33l)

**Anjola** (0,33l)

**Grasovka Apple Soda** ..... 8,90 €

4 cl smooth vodka with Fritz Apple (0,33l)

**Pampelle Spritz** ..... 0,3l / 7,90 €

Grapefruit aperitif, sparkling wine, and mineral water

## AKOHOL-FREE

**Venezero Spritz** ..... 0,3l / 7,90 €

Alcohol-free aperitif with tonic and mineral water



## 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.

-  
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                       |
| 3 Peanuts and peanut products             | 4 Soy and soy products         |
| 5 Tree nuts (e.g. almonds, walnuts, etc.) | 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.