

DRINKS

HOT BEVERAGES

Espresso ¹	1,00 €
Double espresso ¹	2,00 €
Cappuccino ¹ (one espresso)	2,40 €
Café au lait ¹ (double espresso)	2,80 €
Latte macchiato ¹ (double espresso)	2,80 €
Coffee ¹ (regular/large)	2,00 € / 3,00 €
Moccaccino ¹ (double espresso & cocoa powder)	3,20 €
Hot chocolate	2,80 €
Milk froth/ hot chocolate (for children)	1,00 € / 1,50 €
Matcha Latte / Apple- / Orange-Matcha	3,90 €
Chai latte / Apple-, Orange-Chai	2,80 €
Tea (different kinds)	2,10 €
Fresh tea: mint, ginger or ginger-lime	2,60 €

You can add organic cow milk, local organic oatdrink, local organic soydrink – natural/sweet ⁴ (from Hofgut Storzeln), Almondink ⁵ (+0,30 €) or coconut-rice milk (+0,30 €) to all hot beverages.

SMOOTHIES

Tilda (spinach, orange, kiwi, ginger, lime)	0,3 l	3,90 €
Alma (orange, banana, almond, lime) ⁵	0,3 l	3,90 €
SOL-Special - (seasonal variations)	0,3 l	4,20 €

COLD BEVERAGES

Viva con Aqua Wasser	0,33 l	2,00 €
Randegger Wasser (carbonated water medium or fizzy)	0,5 l	2,00 €
Fritz Kola ¹ , Lemonade ¹ , Bio-Schorle (organic fruit spritzer)	0,33 l	2,50 €
Zazou - Bio (organic soft drinks, various kinds)	0,33 l	2,50 €
Ruppaner beer, different kinds	0,33 l	2,60 €
Ruppaner Radler (beer mixed with lemonade)	0,33 l	2,60 €
Lammsbräu-Bio-Bier (organic beer, non-alcoholic)	0,33 l	2,60 €
Organic wine red/white	0,125 l / 0,25 l	2,40 € / 4,30 €
	0,75 l	11,90 €
Organic wine-spritzer red	0,25 l	3,90 €
Schlükk (vegan & organic white wine-spritzer made with Riesling)	0,33 l	4,40 €
Brisanti Cidre (apple and pear cider)	0,33 l	2,90 €
Sparkling wine	0,1 l / 0,375 l	2,40 € / 7,20 €

MENU



CONTACT

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FOOD

LUNCH AND DINNER 11:00 am - 21:30 pm

BURGERS - housemade with organic buns

Soyschnitzelburger with barbecue sauce ^{2,4}	4,90 €
Falafelburger with sesame sauce ^{2,3,8}	5,50 €
Quinoaburger with curry ketchup ²	5,90 €
SOL-Special Burger - please check the board „Tagesangebote“	6,90 €

FRIES

Potato fries ³	2,90 €
Sweet potato fries ³	3,90 €
Peanut sauce ³ , barbecue-sauce, sesame-sauce ^{4,8} , mayo ⁶ organic-ketchup ⁶ , organic-curry-ketchup ⁶	0,50 €

CURRY- „WURST“

with a bun ²	4,90 €
with fries ³	7,50 €

PASTA – gluten free

choose between zucchini-noodles (+1.-€) or organic corn-pasta,	regular / large
vegi-carbonara-sauce ⁴	8,40 € / 10,40 €
vegi-bolognese-sauce ⁴	7,40 € / 9,40 €
spinach-cashew-pesto ⁵	6,90 € / 8,90 €
napoli-sauce	6,70 € / 8,70 €

SOUP

Soup of the day added with bread from local bakery ² - please check the board „Tagesangebote“	small / regular 3,70 € / 4,90 €
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SALADS – see our salad fridge

Organic lettuce with seasonal vegetables, different kinds – changes daily	from 3,30 €
Salad made with legumes (different kinds)	3,90 €

MEAL OF THE DAY (Mo-Fr)

please check the board „Tagesangebote“ or our homepage	small / regular / large 4,90 € / 6,90 € / 8,90 €
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MEAL OF THE MONTH (Mo-Fr from 4:00 pm + at the weekend)

please check the board „Tagesangebote“ or our homepage	5,40 € / 7,40 € / 9,40 €
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FOOD

BREAKFAST (Mo–Fr until 11:00 am, Sa + Su until 2:00 pm)

Bircher-muesli with fresh fruits ^{2,4,5}	3,90 €
Chia pudding with fruit puree ⁵	3,90 €
Pancakes with maple sirup ^{2,4}	(3 or 5 pancakes) 3,90 €/ 5,90 €
Baguette ² , filled (available warm), different kinds	3,90 €
Breakfast platter – savory	8,90 €
- grilled vegetables, marinated tofu ⁴ , two housemade dips, olives, bread + bread roll ²	
Breakfast platter – sweet	6,90 €
- small fruit salad, housemade chocolate-cashew-dip ^{4,5} , fruit compott, choose between cashew-, peanutbutter or organic margarine, bread + bread roll ²	

CAKE AND SWEETS

Housemade cake (different kinds) – changes daily	from 2,80 €
Organic-chocolate-nut-brownie ⁵ (gluten free)	2,00 €
Organic vegan ice cream (seasonal)	

Ask for daily specials

ENJOY!



DE - ÖKO - 007

We use the best ingredients we can source – when possible local, organic and fair trade.

We can provide you with a full list of ingredients on request.

INGREDIENTS/ALLERGENS

1. contains caffeine
2. contains gluten - wheat
3. contains peanuts or a peanut product
4. contains soy or a soy product
5. contains legumes
6. contains mustard or a mustard product
7. contains milk or a milk product
8. contains sesame or a sesame product

All meals may contain traces of soy, wheat, mustard, legumes, sesame, nuts or mustard.