




FOOD AND BEVERAGES

FOOD

INGREDIENTS/ ALLERGENS e

1. caffein
2. gluten – wheat
3. peanut or peanut product
4. soy or soy product
5. legumes
6. mustard or a mustard product
7. milk or a milk product
8. sesame or sesame product
9. celery

 **Glutenfree**
Without foods containing gluten but may contain traces of wheat and gluten.

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



If you have any questions about ingredients please ask at the counter, where we have a detailed index list.

BURGER – housemade, with organic bun from Reginbrot (local organic bakery)

| | |
|---|--------|
| Soyschnitzelburger with barbecue-sauce ^{2, 4, 6} | 5,40 € |
| Falafelburger with sesame sauce ^{2, 4, 8} | 6,90 € |
| Asia-Burger with peanut sauce ^{2, 3, 4} | 7,90 € |

Alternatively the burgers can be served without the bun but with more salad. Please ask.

FRIES

| | |
|--|--------|
| Potato-fries  | 3,70 € |
| Sweet potato fries  | 4,70 € |

100% freshly cut sweet potatoes – here at Sol deliberately without additional “crispy makers”

Housemade dips:

| | |
|---|--------|
| Peanut sauce ³ , barbecue sauce, sesame sauce ^{4, 8} , mayo ^{4, 6} | 0,70 € |
| Organic ketchup, curry-ketchup ⁶ | 0,70 € |

CURRY-“WURST” – organic seitan

| | |
|---|--------|
| with organic-bun ^{2, 6} | 5,40 € |
| with potato fries ^{2, 6} | 8,20 € |
| with sweet potato fries ^{2, 6} | 9,20 € |


PASTA

| | |
|-----------------------------------|------------------|
| | regular / large |
| Vegi-carbonara-sauce ⁴ | 9,90 € / 11,90 € |
| Vegi-bolognese-sauce ⁴ | 8,90 € / 10,90 € |
| Spinach cashew pesto ⁵ | 8,70 € / 10,70 € |
| Napoli sauce | 7,90 € / 9,90 € |

Please choose between freshly cut zucchetti (+1.– € portion) or organic corn pasta.

You are welcome to order a small portion of penne with sauce Napoli (4,40 €) for your kids.


SOUP please check the board “Tagesangebote”

| | |
|---|------------------------------------|
| Soup of the day  | small / regular 4,90 € / 6,40 € |
|---|------------------------------------|


served with organic bread from Reginbrot



SALAD

Organic lettuce with carrots, bell pepper and cherry tomatoes 

choose between housemade raspberry-, basil⁵ or orange-mint-dressing

Beluga lentils salad⁹ 

small / regular

4,40 € / 5,90 €

4,20 €

MEAL OF THE DAY (Mo – Fr) please check the board "Tagesangebote"

small

regular

large

6,90 €

8,90 €

10,90 €

Everyday freshly prepared, mostly gluten free, limited quantity.

All offerings are always **also available online** (website, instagram or facebook).

SOL-SEASONALS for specials please check the extra menu


We always offer you additional dishes and goodies depending on the season.


CAKE AND SWEETS – housemade


Apple pie^{2, 4, 5}


Chocolate cake^{2, 4}

Banana bread^{2, 4}

Chocolate-walnut-brownie⁵ 

Chocolate mousse 

Coconut rice pudding 

Fruit Crumble 

You find more desert and ice cream at the counter, depending on the season.

3,60 €

3,40 €

3,10 €

2,40 €


3,20 €


3,90 €

3,60 €

SMOOTHIES

Tilda (spinach, orange, kiwi, ginger, lime) 

Alma (orange, banana, almond, lime)⁵ 

Frida (beetroot, carrot, apple juice, ginger) 

0,33 l

0,33 l

0,33 l

4,90 €

4,90 €

4,90 €

Here at SOL we cook and bake for you daily fresh, delicious and with love.

All of our menu items are 100% plant-based and therefore free of lactose and cholesterol, increasingly also gluten-free but with full taste that comes from selected vegetables, fresh herbs and thrilling combinations of meat alternatives.

Additionally, we offer multiple gluten-free options on our menu.

Using hand selected vegetables, herbs, and plant-based meat alternatives we prepare exciting, flavorful menu items that will get your taste buds buzzing and wanting to come back for more. We only use the best ingredients – if possible regional and fair trade.

We are organic-certified and are regularly monitored and controlled.

You can find our organic ingredients in the menu or please ask us for detailed information.



BEVERAGES

HOT BEVERAGES – We source our coffee from Kaffeerösterei Konstanz

| | |
|---|---------------|
| Espresso ¹ /Double espresso ¹ | 1,50 €/2,50 € |
| Coffee ¹ (regular/large) | 2,70 €/3,40 € |
| Cappuccino ¹ (one espresso) | 3,40 € |
| Cappuccino large ¹ (one espresso) | 3,90 € |
| Flat White ¹ (double espresso) | 3,60 € |
| Café au lait ¹ (doppelter espresso) | 3,90 € |
| Latte Macchiato ¹ (double espresso) | 3,90 € |
| Moccaccino ¹ (hot chocolate with espresso) | 4,40 € |
| Grain coffee | 3,90 € |
| Hot chocolate (organic and sugar free) | 3,90 € |
| Milk foam/hot chocolate (for kids) | 1,90 €/2,40 € |
| Matcha latte | 4,40 € |

Matcha with plant-based milk or cow milk, optional also with orange juice or apple juice – all organic

Chai latte 4,20 €

Spiced tea (teaine free), with plant based-milk or cow milk, optional also with orange juice or apple juice – all organic

Tumeric latte 4,20 €

Organic plant based-milk or organic cow milk with housemade organic turmeric paste

Tea

Organic tea (“Lebensbaum”), teabag 2,90 €

Regional organic herbal tea (“Herba Solaris”) 3,90 €

Freshly brewed organic tea 3,40 €

Mint, ginger or ginger-lime

COLD BEVERAGES

Viva con Aqua water (non-carbonated) 0,33 l 2,40 €

Randegger water (medium/fuzzy) 0,5 l 2,40 €

Homemade Ictea (seasonal) 0,33 l 3,90 €

Fritz Kola¹, Fritz-Lemonade¹, Fritz-Spritzer 0,33 l 3,40 €

Kitz, organic spritzer 0,33 l 3,40 €

Organic orange- or apple-juice 0,2 l 2,90 €

Ruppaner beer, different kinds 0,33 l 3,40 €

Lammsbräu – organic beer (non-alcoholic, gluten free) 0,33 l 3,40 €

Organic-wine-spritzer, white or rosé 0,33 l 4,70 €

Organic red wine 0,25 l 5,90 €

Tempranillo or Merlot 0,75 l 15,90 €

Organic white wine 0,25 l 5,90 €

Riesling 0,75 l 15,90 €

Sparkling wine 0,2 l 5,90 €

We offer all hot beverages with different kinds of organic plant-based milk (oat-², soy-⁴, almond-⁵ or rice-coconut-drink⁶) or alternatively with organic cow milk⁷.