

# DRINKS

## HOT BEVERAGES

---

Espresso <sup>1</sup>	1,00 €
Double espresso <sup>1</sup>	2,00 €
Cappuccino <sup>1</sup> (one espresso)	2,40 €
Café au lait <sup>1</sup> (double espresso)	2,80 €
Latte macchiato <sup>1</sup> (double espresso)	2,80 €
Coffee <sup>1</sup> (regular/large)	2,00 € / 3,00 €
Moccaccino <sup>1</sup> (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 <sup>4</sup> (from Hofgut Storzeln), Almondink <sup>5</sup> (+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) <sup>5</sup>	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 <sup>1</sup> , Lemonade <sup>1</sup> , 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

---

Ebertplatz 4 | 78467 Konstanz | 07531 9364 990  
info@sol-konstanz.de | www.sol-konstanz.de



# FOOD

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

### BURGERS - housemade with organic buns

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

### FRIES

Potato fries <sup>3</sup>	2,90 €
Sweet potato fries <sup>3</sup>	3,90 €
Peanut sauce <sup>3</sup> , barbecue-sauce, sesame-sauce <sup>4,8</sup> , mayo <sup>6</sup> organic-ketchup <sup>6</sup> , organic-curry-ketchup <sup>6</sup>	0,50 €

### CURRY- „WURST“

with a bun <sup>2</sup>	4,90 €
with fries <sup>3</sup>	7,50 €

### PASTA – gluten free

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

### SOUP

Soup of the day added with bread from local bakery <sup>2</sup> - please check the board „Tagesangebote“	small / regular 3,70 € / 4,90 €
---	------------------------------------

### 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 €
---	---

### 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 €
---	--------------------------

# FOOD

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

---

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

## CAKE AND SWEETS

---

Housemade cake (different kinds) – changes daily	from 2,80 €
Organic-chocolate-nut-brownie <sup>5</sup> (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.