### DRINKS

#### HOT BEVERAGES

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Espresso 1 / Double Espresso 1</td>
<td>1,00 € / 2,00 €</td>
</tr>
<tr>
<td>Coffee 1 (regular/large)</td>
<td>2,30 € / 3,30 €</td>
</tr>
<tr>
<td>Cappuccino 1 (one espresso)</td>
<td>2,70 €</td>
</tr>
<tr>
<td>Cappuccino 1 large (one espresso)</td>
<td>3,10 €</td>
</tr>
<tr>
<td>Flat white 1 (double espresso)</td>
<td>2,80 €</td>
</tr>
<tr>
<td>Café au lait 1 (double espresso)</td>
<td>3,20 €</td>
</tr>
<tr>
<td>Latte Macchiato 1 (double espresso)</td>
<td>3,20 €</td>
</tr>
<tr>
<td>Mocaccino 1</td>
<td>3,30 €</td>
</tr>
<tr>
<td>Hot chocolate</td>
<td>3,10 €</td>
</tr>
<tr>
<td>Milk froth / Hot chocolate (for kids)</td>
<td>1,30 € / 1,80 €</td>
</tr>
<tr>
<td>Matcha Latte / Apple Matcha / Orange Matcha</td>
<td>3,90 €</td>
</tr>
<tr>
<td>Chai Latte / Apple Chai / Orange Chai</td>
<td>3,10 €</td>
</tr>
<tr>
<td>Tea (different kinds)</td>
<td>2,60 €</td>
</tr>
<tr>
<td>Fresh Tea: mint, ginger or ginger lime</td>
<td>2,90 €</td>
</tr>
</tbody>
</table>

Animal-friendly variants: oat drink 2, soy drink - natural/sweet 4, almond drink 5 or coconut rice drink 6. But we also offer organic cow’s milk 7 as an option.

#### SMOOTHIES

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tilda (spinach, orange, kiwi, ginger, lime)</td>
<td>0,3 l 3,90 €</td>
</tr>
<tr>
<td>Alma (orange, banana, almond, lime) 5</td>
<td>0,3 l 3,90 €</td>
</tr>
<tr>
<td>SOL-Special - (seasonal variations)</td>
<td>0,3 l 4,20 €</td>
</tr>
</tbody>
</table>

#### COLD BEVERAGES

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Viva con Aqua Wasser</td>
<td>0,33 l 2,20 €</td>
</tr>
<tr>
<td>Randegger Wasser (carbonated water medium or fizzy)</td>
<td>0,5 l 2,20 €</td>
</tr>
<tr>
<td>Fritz Kola 1, Lemonade 1, Bio-Schorle (organic fruit spritzer)</td>
<td>0,33 l 2,80 €</td>
</tr>
<tr>
<td>Zazou - Bio (organic soft drinks, various kinds)</td>
<td>0,33 l 2,80 €</td>
</tr>
<tr>
<td>Organic orange or apple juice</td>
<td>0,2 l 2,30 €</td>
</tr>
<tr>
<td>Ruppaner beer, different kinds</td>
<td>0,33 l 2,90 €</td>
</tr>
<tr>
<td>Ruppaner Radler (beer mixed with lemonade)</td>
<td>0,33 l 2,90 €</td>
</tr>
<tr>
<td>Lammsbräu - Bio-Bier (organic beer, non-alcoholic)</td>
<td>0,33 l 2,90 €</td>
</tr>
<tr>
<td>Organic wine red/white</td>
<td>0,25 l 4,30 €</td>
</tr>
<tr>
<td>0,75 l 11,90 €</td>
<td></td>
</tr>
<tr>
<td>Schlükk (vegan &amp; organic white wine-spritzer made with Riesling)</td>
<td>0,33 l 4,40 €</td>
</tr>
<tr>
<td>Brisanti Cidre (apple and pear cider)</td>
<td>0,33 l 2,90 €</td>
</tr>
<tr>
<td>Sparkling wine</td>
<td>0,25 l 4,40 €</td>
</tr>
</tbody>
</table>

### CONTACT

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

Opening hours: Every day 10:00 am - 10:00 pm
**FOOD**

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

**BURGERS** – housemade with organic buns
- Soyschnitzelburger with barbecue sauce 2, 4, 6  
  4,90 €
- Falafelburger with sesame sauce 2, 3, 4, 8  
  5,90 €
- Quinoaburger with curry ketchup 2, 6  
  6,40 €
- SOL-Special-Burger – please check the board „Tagesangebote“

**FRIES**
- Potato fries 3  
  2,90 €
- Sweet potato fries 3  
  3,90 €
- peanut sauce 3 , barbecue sauce, sesame sauce 4, 8  
  0,50 €

**CURRY-“WURST”**
- with a bun 2, 6  
  4,90 €
- with fries 2, 3, 6  
  7,50 €
- with sweet potato fries 2, 3, 6  
  8,50 €

**PASTA** – gluten free
- choose between zucchini-noodles (+1.- €) or organic corn-pasta  
  veggie carbonara sauce 4  
  8,40 € / 10,40 €
- veggie Bolognese sauce 4  
  7,40 € / 9,40 €
- spinach cashew pesto 5  
  6,90 € / 8,90 €
- Napoli sauce  
  6,70 € / 8,70 €

**SOUP**
- small / regular  
  Soup of the day - please check the board „Tagesangebote“  
  3,70 € / 4,90 €

**SALADS** – see our salad fridge
- Organic lettuce with seasonal vegetables, different kinds  
  from 3,40 €
- Salad made with legumes (different kinds)  
  3,90 €

**MEAL OF THE DAY** (Mo-Fr)  
- small / regular / large  
  please check the board „Tagesangebote“  
  5,40 € / 7,40 € / 9,40 €

**MEAL OF THE MONTH** (Mo-Fr from 4:00pm + at the weekend)  
- small / regular / large  
  please check the board „Tagesangebote“  
  5,40 € / 7,40 € / 9,40 €

**BREAKFAST**  Mo-Fr until 11:00 am, Sa + Su until 2:00 pm

**FOOD**

**Bircher muesli with fresh fruits 2, 4, 5  
  3,90 €**
- Chia gold linseed pudding with fruit puree 5  
  3,90 €
- Coconut-rice pudding with fruit puree 5  
  2,70 €
- Pancakes with maple sirup 2, 4, 5 pieces  
  5,90 €
- Panini 2 , filled, different kinds:
  - hummus, grilled vegetables, rocket, balsamic creme
  - eggplant creme, tomato, marinated tofu 4 , basil
  - mayo 4 , lettuce, tofu-,bacon* 4 , tomato

**BREAKFAST platter – savory**  
- grilled vegetables, marinated tofu 4 , two housemade dips, olives, 
  bread + bread roll 2  
  8,90 €

**BREAKFAST platter – sweet**  
- small fruit salad, housemade chocolate cashew dip 5 , 
  fruit compott, choose between cashew 5-, peanutbutter 3 or 
  organic margarine, bread + bread roll 2  
  6,90 €

**CAKE AND SWEETS**

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

**CAKE AND SWEETS**

**Ask for daily specials**

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.