

# DRINKS

## HOT BEVERAGES

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

Animal-friendly variants: oat drink<sup>2</sup>, soy drink - natural/sweet<sup>4</sup>, almond drink<sup>3</sup> or coconut rice drink<sup>5</sup>. But we also offer organic cow's milk<sup>7</sup> as an option.

## 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	2,20 €
Randegger Wasser (carbonated water medium or fizzy)	0,5 l	2,20 €
Fritz Kola <sup>1</sup> , Lemonade <sup>1</sup> , Bio-Schorle (organic fruit spritzer)	0,33 l	2,80 €
Zazou - Bio (organic soft drinks, various kinds)	0,33 l	2,80 €
Organic orange or apple juice	0,2 l	2,30 €
Ruppaner beer, different kinds	0,33 l	2,90 €
Ruppaner Radler (beer mixed with lemonade)	0,33 l	2,90 €
Lammsbräu - Bio-Bier (organic beer, non-alcoholic)	0,33 l	2,90 €
Organic wine red/white	0,25 l	4,30 €
	0,75 l	11,90 €
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	0,25 l	4,40 €

# MENU



## CONTACT

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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 <sup>2,4,6</sup>	4,90 €
Falafelburger with sesame sauce <sup>2,3,4,8</sup>	5,90 €
Quinoaburger with curry ketchup <sup>2,6</sup>	6,40 €
SOL-Special-Burger – please check the board „Tagesangebote“	

### 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>4</sup> , organic ketchup, organic curry ketchup <sup>6</sup>	0,50 €

### CURRY-“WURST“

with a bun <sup>2,6</sup>	4,90 €
with fries <sup>2,3,6</sup>	7,50 €
with sweet potato fries <sup>2,3,6</sup>	8,50 €

### PASTA - gluten free

regular / large

choose between zucchini-noodles (+1.- €) or organic corn-pasta	
veggie carbonara sauce <sup>4</sup>	8,40 € / 10,40 €
veggie 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

small / regular

Soup of the day - please check the board „Tagesangebote“	3,70 € / 4,90 €
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### 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 €
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### MEAL OF THE MONTH (Mo-Fr from 4:00pm + at the weekend)

please check the board „Tagesangebote“	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 <sup>2,4,5</sup>	3,90 €
Chia gold linseed pudding with fruit puree <sup>5</sup>	3,90 €
Coconut-rice pudding with fruit puree <sup>5</sup>	2,70 €
Pancakes with maple sirup <sup>2,4,5</sup> pieces	5,90 €
Panini <sup>2</sup> , filled, different kinds:	3,90 €
- hummus, grilled vegetables, rocket, balsamic creme	
- eggplant creme, tomato, marinated tofu <sup>4</sup> , basil	
- mayo <sup>4</sup> , lettuce, tofu-„bacon“ <sup>4</sup> , tomato	

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>5</sup> , fruit compott, choose between cashew <sup>5,-</sup> , peanutbutter <sup>3</sup> 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 €
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

- contains caffeine
- contains gluten - wheat
- contains peanuts or a peanut product
- contains soy or a soy product
- contains legumes
- contains mustard or a mustard product
- contains milk or a milk product
- contains sesame or a sesame product

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