

A LA CARTE

LIGHT & PROTEIN-RICH APPETIZERS

WARM ORGANIC SOURDOUGH WHEAT BREAD
"JOSEPHINE"
with wipped salted butter
Euro 5,60

BEEF TARTARE HIGH PROTEIN
with avocado, crispy onion, salted butter
and Josephine bread (rich in high-quality protein)
100g=21g Protein
Euro 22,00

BEETROOT RISOTTO
with cashew nuts and fresh basil pesto
(creamy and high in fiber)
200g ca =20,3g Protein
Euro 16,00



COLORFUL FITNESS SALAD
with pickled cauliflower, smoked carrots, semi-dried
tomatoes,
More Matcha Protein Skyr and sunflower seeds
(light, filling and high in protein)
1 portion= 20,5g Protein
Euro 17,00



FIT STYLE CELERY
oven-braised with chimichurri, bell peppers, celery oil,
and goat cheese
Vitamin C+K, rich in potassium
Euro 17,00



SMOKY SOUS-VIDE DUCK BREAST
on parsnip, apple, and oat crunch
1portion= 13g Protein
Euro 18,00

LIGHT & NUTRIENT-RICH SOUPS

CLEAR BEEF BROTH
with semolina dumplings and chives
(strengthening and high in protein)
Euro 8,50

CARROTECREMESOUP
with pear and walnut oil
rich in Vitamin A & Omega-3
Euro 8,50

 VEGAN





MAIN COURSES

-HIGH IN PROTEIN & BALANCED

SMASHED EGGPLANT

with hummus, peperonata and lemony skyr
8g protein & 6g fiber



Euro 19,00

HIGH PROTEIN VEGETABLE CURRY

with ginger, lime leaves, Madras curry, chickpeas, and
more cream protein (40% less fat)
22g protein & 6g fiber

Euro 19,00



HIGH IN PROTEIN MAIZE CHICKEN BREAST

with braised pointed cabbage, red mountain lentil
cream, dates, and rosemary juice
low in fat and calories, 51g protein

Euro 23,00



CLASSIC VEAL WIENER SCHNITZEL

with potato and lamb's lettuce salad,
-consciously portioned

41g protein, 32g fat, 40g carbohydrates
Euro 29,00

BEEF PROTEIN BURGER

Beef patty, brioche bun, bacon, tomato, lettuce,
Sriracha mayo, homemade ketchup, caramelized
onions, cheddar cheese, and farm fries

32g protein, 19g fat,
41g carbohydrates (without fries)
Euro 19,00

PLANTED PROTEIN BURGER

Redefine Meat Patty, light brioche bun, tomato,
lettuce, vegan cheddar, vegan bacon, homemade
ketchup, caramelized onions, smokey skyr,
and farm fries

32g protein, 19g fat,
41g carbohydrates (without fries)
Euro 18,00



FILLET OF RED MULLET

in a light saffron and fennel velouté,
with mini potatoes and tomatoes

26g protein
Euro 26,00

STEAK

BEEF FILLET STEAK
with truffle butter, rosemary jus,
and crispy fries

alternatively with low-carb,
braised butter turnips
51g protein, 8.5g carbohydrates without fries
38.5g carbohydrates with fries
Euro 38,50



PAN FRIED PRAWN

Euro 3,50



HELLFIRE DIP

habanero chilli, sour cream, mayo, tahina
Euro 3,50



SIDEDISHES

LEAF SALAD

with lemon-balsamic dressing
Euro 5,50



VEGAN

HOMEMADE POTATO SALAD

Euro 5,90



CRISPY FRENCH FRIES

Euro 5,80



VEGAN

CRISPY TRUFFELD FRENCH FRIES

with parmesan and truffle mayonnaise
Euro 8,00



SPINACH LEAVES

with brown butter and parmesan
Euro 7,50



DESSERT



SALTED CARAMEL PROTEIN CHEESCAKE
with strawberry pulp
(reduced sugar, only 0.5 g sugar per 100 g)
with More Chunky flavor
ca 350kcal per portion
Euro 11,00

FRESH YEAST BUNS
with vanilla sauce (to sin)
Euro 11,00



CHOCOLATE-PROTEIN-MOUSSE
with pear and honey
no added sugar
230kcal per portion
Euro 9,50



VEGAN

VARIOUS CAKES
Euro 7,80



Glutenfrei



Vegetarisch

Alle Preise inkl. Steuern und Abgaben