

## A LA CARTE

### LIGHT & PROTEIN-RICH APPETIZERS

#### WARM ORGANIC SOURDOUGH WHEAT BREAD

“JOSEPHINE”

with whipped salted butter

Euro 5,60

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#### BEEF TARTARE HIGH PROTEIN

with avocado, crispy onion, salted butter  
and Josephine bread (rich in high-quality protein)

100g=21g Protein

Euro 22,00

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#### BEETROOT RISOTTO

with cashew nuts and fresh basil pesto  
(creamy and high in fiber)

200g ca =20,3g Protein

Euro 16,00



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#### 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



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#### FIT STYLE CELERY

oven-braised with chimichurri, bell peppers, celery oil,  
and goat cheese

Vitamin C+K, rich in potassium

Euro 17,00



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#### PICKLED TROUT

on parsnip, apple, and oat crunch

1portion= 17g Protein Omega-3 1,15g

Euro 19,00

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### LIGHT & NUTRIENT-RICH SOUPS

#### CLEAR BEEF BROTH

with semolina dumplings and chives  
(strengthening and high in protein)

Euro 8,50

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#### CARROTECREMESOUP

with pear and walnut oil  
rich in Vitamin A & Omega-3

Euro 8,50



## 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



## SIDE DISHES

### LEAF SALAD

with lemon-balsamic dressing

Euro 5,50



VEGAN

### HOMEMADE POTATO SALAD

Euro 5,90



### CRISPY FRENCH FRIES

Euro 5,80



VEGAN

### CRISPY TRUFFLED FRENCH FRIES

with parmesan and truffle mayonnaise

Euro 8,00



VEGAN

### SPINACH LEAVES

with brown butter and parmesan

Euro 7,50



VEGAN

## DESSERT



**SALTED CARAMEL PROTEIN CHEESECAKE**  
with strawberry pulp and whole grain cookie base  
(reduced sugar, only 0.5 g sugar per 100 g)  
with More Chunky flavor  
ca 350kcal per portion  
Euro 11,00

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



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



 VEGAN



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**VARIOUS CAKES**  
Euro 7,80



Glutenfrei



Vegetarisch

Alle Preise inkl. Steuern und Abgaben