

A LA CARTE

LIGHT & PROTEIN-RICH APPETIZERS

WARM ORGANIC SOURDOUGH WHEAT BREAD "JOSEPHINE"

with whipped 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



PICKLED TROUT

on parsnip, apple, and oat crunch
1portion= 17g Protein Omega-3 1,15g
Euro 19,00

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





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



HOMEMADE POTATO SALAD

Euro 5,90



CRISPY FRENCH FRIES

Euro 5,80



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 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

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