

## SALADS

### Surf & Turf

Grilled king prawns and grilled beef stripes, edamame, carrots, pepper, pomegranate seeds, fresh mint and coriander, salad mix, Ginger-Sesame-Dressing

### Salmon Spring

Salmon, grilled sweet potatoes, sheep's cheese, tomatoes, sunflower seeds, fresh cress, salad mix, Sweet-Honey-Mustard-Dressing

### Avocado Prawn

Grilled king prawns, avocado, mango, pomegranate seeds, tomatoes, fresh mint and coriander, salad mix, French-Herbs-Dressing<sup>9</sup>

### Chicken Vitality

Grilled chicken breast stripes, sheep's cheese, carrots, cucumber, egg, sunflower seeds, cress, salad mix, Rocket-Dressing<sup>9</sup>

### Caesar Chicken

Grilled chicken breast stripes, tomatoes, egg, Gran Biraghi (Italian hard cheese), croutons, salad mix, Parma-Lemon-Dressing

### Chicken Oriental

Grilled chicken breast stripes, mango, Gran Biraghi (Italian hard cheese), grapes, almond slices, salad mix, French-Herbs-Dressing<sup>9</sup>

### Big Easy Beef

Grilled beef stripes, pepper, carrots, red cabbage, peanuts, fresh basil, salad mix, Balsamic-Maple-Syrup-Dressing<sup>9</sup>

### Falafel Tahini

Falafel, grilled sweet potatoes, hummus, beetroot, pomegranate seeds, cucumber, fresh mint, salad mix, Tahini-Lemon-Dressing

### Grilled Veggie

Grilled veggies, mozzarella cheese, Kalamata olives, tomatoes, fresh basil, sunflower seeds, salad mix, Balsamic-Maple-Syrup-Dressing<sup>9</sup>

### Paris

French goat's cheese, walnuts, pepper, grapes, salad mix, Sweet-Honey-Mustard-Dressing



All salads are served with crusty country bread. All allergen information only apply to the respective salad without bread.

## GOOD LIFE BOWLS

### Salmon Avocado Bowl

Salmon, avocado, edamame, beetroot, crunchy onions, coriander, sesame, quinoa, brown rice, salad, soy-sesame-sauce

### Crunchy Beef Bowl

Grilled beef stripes or chicken breast stripes, edamame, tomatoes, mango, pomegranate seeds, crunchy onions, quinoa, brown rice, salad, soy-sesame-sauce

### Avocado Chicken Bowl

Grilled chicken breast stripes, avocado, tomatoes, sweet corn, coriander, quinoa, brown rice, salad, mexican salsa

### Chicken Curry Bowl

Grilled chicken breast stripes, red Thai Curry with veggies, red cabbage, crunchy onions, sweet corn, peanuts, coriander, sesame, quinoa, brown rice, salad

### Veggie Buddha Bowl

Grilled veggies (sweet potatoes, aubergine, pepper, zucchini, onions), edamame, walnuts, beetroot, salad, quinoa, brown rice, basil, soy-sesame-sauce

### Vegan Curry Bowl

Red Thai Curry with veggies, red cabbage, crunchy onions, sweet corn, peanuts, coriander, sesame, quinoa, brown rice, salad



## JUICES & SMOOTHIES

### FRESH JUICES

**Green Glow** baby spinach, cucumber, apple, ginger, mint  
**ACE** orange, carrots, apple  
**Classic** apple, carrots, ginger

**Refresher** orange, beetroot, apple, carrots  
**Botox** apple, mint, ginger  
**Spring Break** orange, apple, ginger

### GREEN SMOOTHIES

**Green Machine** baby spinach, cucumber, orange, pineapple, date, mint  
**Super Green Matcha** baby spinach, matcha green tea, basil, grapes, banana, mango

### SUPERFOOD SMOOTHIES

**Mango Chia Booster** mango, pineapple, soy drink, chia-seeds, dates, honey  
**Sunrise** strawberry, banana, orange, mint  
**Supersonic** strawberry, pineapple, orange, açai

### INGWER SHOTS (4,5 cl)

**Ginger Mint** ginger, apple, mint  
**Ginger Beet** ginger, apple, beetroot

### COLD PRESSED JUICES (0,33 l)



veggie vegan gluten-free (without bread) lactose-free  
May contain traces of gluten, crustaceans, eggs, fish, peanuts, soya, milk, nuts, celery, mustard, sesame and sulfur. For more information, please ask for the dean&david Allergen-Overview.

<sup>9</sup> contains sulfur <sup>10</sup> contains sweeteners

## SALADBAR

### CHOOSE YOUR SIZE

Includes: salad mix, dressing, crispy country bread

### BASICS

#### Vegan & Veggie

almond slices  
carrots  
croûtons  
crunchy onions  
cucumber

egg  
grapes  
Kalamata olives  
mango  
peanuts

pepper  
sunflower seeds  
sweet corn  
tomatoes

#### Superfoods

beetroot  
edamame  
pomegranate seeds  
red cabbage  
walnuts

### PREMIUM EXTRAS

avocado  
Gran Biraghi (Italian hard cheese)  
hummus  
Mozzarella cheese

sheep's cheese  
sweet potatoes

falafel  
grilled veggies  
chicken breast stripes  
goat's cheese

beef stripes  
king prawns  
salmon

### DRESSINGS

Balsamic-Maple-Syrup<sup>9</sup>  
French-Herbs<sup>9</sup>  
Ginger-Sesame<sup>9</sup>  
Parma-Lemon<sup>9</sup>

Rocket-Dressing<sup>9</sup>  
Sweet-Honey-Mustard<sup>9</sup>  
Tahini-Lemon<sup>9</sup>



## CURRYS & SOUPS

Let us enthrall you by our daily changing, passionately cooked soups and curries with delicious fragrant rice - a nice change from the fresh dean&david salads. How about for example a Peanut or Red Thai Chicken Curry?



### SAVE WITH THE FRESH MENU

with Side Salad +1.00  
with Side Salad and Drink +3.00

## SANDWICHES & CO.

### GRILLED FLATBREADS

**Chicken Salsa Flatbread** Grilled chicken breast stripes, tomato slices, sweet corn, coriander, cream cheese, mexican Salsa

**Grilled Veggies Mozzarella** Grilled veggies, mozzarella cheese, tomato slices, rocket, sundried-tomato-spread

**Olives Sheep's Cheese Flatbread** Sheep's cheese, Kalamata olives, tomato slices, fresh cress, rocket, cream cheese

### HANDMADE WRAPS

**Caesar Wrap** Grilled chicken breast stripes, tomato slices, egg, Gran Biraghi (Italian hard cheese), rocket, fresh salad, cream cheese, Parma-Lemon-Dressing

**Paris Wrap** French goat's cheese, dates, grapes, walnuts, pepper, rocket, fresh salad, cream cheese, Sweet Honey-Mustard-Dressing

**Vegan Oriental Wrap** Bulgur, beetroot, grapes, walnuts, rocket, fresh salad, sweet-mustard-spread

### GRILLED SANDWICHES

**Sweet Chili Chicken Sandwich** Pepper, sweet chili chicken, baby spinach, cream cheese

**Avocado Mozzarella Sandwich** Avocado, tomato slices, mozzarella cheese, fresh basil, sundried-tomato-spread

**Grilled Vegan Sandwich** Grilled veggies, tomato slices, sweet corn, baby spinach, sweet-mustard-spread



## SWEETS

**Açai Smoothie Bowl** strawberries, banana, red berries, almonds, chia seeds, açai

**Berry Chia Pudding**

**Mango Coconut Rice Pudding**

Check out our display counter to choose from our daily selection!

## PREMIUM COFFEE & TEA

Espresso / Doppio

Coffee

Cappuccino

Latte Macchiato

Chai Latte Green Tea Chai / Sugar Free<sup>9</sup>

Matcha Soy with Matcha-Green Tea, soy drink, maple syrup

Caffè Latte

Wellmondo Luxury Tea

Fresh Ginger Tea with honey

Fresh Mint Tea

Ginger-Mint Tea with fresh mint & fresh ginger

