

## Step 1

Choose your  
**Lieblingsbase.**

 **Salad**

 **Rice-Quinoa**

 **Volle Knolle**

## Step 2

Choose your  
**Lieblingscreation.**

**Create your own**  
from CHF 6.00

**Urban** CHF 13.90  
Cucumber, sweet corn,  
red onions, red cabbage,  
tomato, radish

**Avobete** CHF 15.90  
Avocado, cucumber,  
carrots, chickpeas, beet,  
red cabbage

**Mexicano** CHF 17.90  
Guacamole, jalapenos,  
kidney beans, sweet corn,  
red onions, black olives

**Protein<sup>45</sup>** CHF 18.90  
Planted.pulled, tomato,  
cucumber, mushroom,  
spinach, chickpeas

**Mediterran** CHF 19.90  
Broccoli, green olives,  
red lentil, bell peppers,  
red cabbage, spinach,  
zucchini

**KussKuss** CHF 20.90  
Couscous, apple,  
green olives, carrots,  
bell peppers, red onions,  
spinach, Greek-style tofu

**Habibi** CHF 21.90  
Eggplant, mushroom,  
green olives, hummus,  
red onions, red cabbage,  
sweet potato

**Samurai** CHF 22.90  
Cauliflower, edamame,  
carrots, red onions,  
red cabbage, shiitake,  
Asian-style tofu, zucchini

## Step 3

Choose your  
**Lieblingsdressing.**  
(Salad & Rice-Quinoa)

 **Balsamico**

 **Himbeer**

 **Vrench**

 **Sesam**

Choose your  
**Lieblingssauce.**  
(Volle Knolle)

 **Sour Cream**

 **Curry**

 **Chnobli**

 **Salsa pikante**



**LIEBLINGS**  
SALAT