

HEALTHY BOWLS

REGENBOGENSALAT | gf | 

Gemüwestreifen, Kirschtomaten

Rainbow salad, vegetables stripes, cherry tomatoes

Tomaten-Mozzarella-Salat | ve

Tomato-mozzarella salad

SOUP BOWL

TAGESSUPPE | p

Soup of the day

TOMATENSUPPE | gf | ve | p | lf | 

Tomato soup

POWER DISHES

SPINAT TORTELLINI | ve möglich / *ve possible*

Erbsen-Schinken-Rahmsauce oder Erbsen-Rahmsauce

Spinach tortellini with pea-ham cream sauce or pea-cream sauce

SPAGHETTI MIT TOMATENSAUCE ODER BOLOGNESE

Alternativ mit glutenfreien Spaghetti

Spaghetti with tomato sauce or bolognese

Alternatively with gluten free spaghetti

CHICKEN NUGGETS & GURKEN STICKS

Ostschweizer Pommes frites oder Erbsenreis

Chicken Nuggets or vegetable nuggets & cucumber sticks

Grison style fries or pea rice


11 **HOT DOG** | lf 16
Wienerli, Röstzwiebel, Ketchup und Gurkensticks, Ostschweizer Pommes Frites
Sausage, fried onion, ketchup und cucumber sticks, grison style fries

13 **ZANDER KNUSPERLI** 21
Ostschweizer Pommes Frites oder Süsskartoffel Pommes Frites, Gurkensticks
Pike perch fingers, grison style fries or sweet potato fries, cucumber sticks

11 **DESSERTS**

11 **VANILLA & SCHOKO FRAPPÉ** | ve | gf 8
Vanilla & chocolate shake

16 **HAUSGEMACHTES GLACE PRO KUGEL** | ve | gf 6
Vanille, Schokolade, Pistazie, Apple Pie, Sauerrahm-Blaubeere
Homemade ice cream per scoop
Vanilla, chocolate, pistachio, apple pie, sour cream-blueberry

14 **HAUSGEMACHTES SORBET PRO KUGEL** | p | ve | lf | gf |  6
Zitrone, Sanddorn, Himbeere, grüner Apfel, Erdbeere
Homemade sorbets per scoop
Lemon, sea buckthorn, raspberry, green apple, strawberry

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