

SOUPS

VEGAN

Creamy Coconut Carrot
380 ML 6,20
550 ML +2,00
carrot
coconut
ginger
pine nuts

Tom's Tasty Chorizo Sensation
380 ML 7,60
550 ML +2,00
tomato
dates
thyme
grilled chorizo

VEGETARIAN

Olivia's Healthy Tomato
380 ML 5,80
550 ML +2,00
tomato
olives
rosemary
feta cheese

VEGETARIAN

Pumpkin Sweetness
380 ML 5,90
550 ML +2,00
pumpkin
cranberries
parsley
chestnuts

Butternut Roasted Chicken
380 ML 7,20
550 ML +2,00
pumpkin
coconut
parsley
roasted chicken

VEGAN

Himalayan Dhal
380 ML 7,60
550 ML +2,00
red lentils
paprika
cumin
fennel

Smoky Vienna
380 ML 6,80
550 ML +2,00
potato
carrot
nutmeg
wiener sausage

SIDE SALADS

Nice Nice 4,80
with couscous, cucumber,
hirtenkäse, rucola and
roasted pine nuts

Beetroot 5,40
with beetroot, apple, baby
spinach, hummus, chickpeas
and walnuts

SANDWICHES

Chicken Avocado 4,80
with tomato, chunky avocado
and roasted chicken

VEGETARIAN

Mediterranean Style 4,20
with fresh tomato, olives,
feta cheese and herbs

VEGAN

Simple Avocado 4,50
with tomato, hummus and
chunky avocado

VEGETARIAN

Purple Goat Cheese 4,80
with beetroot, apple, goat
cheese and rucola



Cranberry Lemonade 3,90
lemon and ice with bottled
craft lemonade from M.A.T.

Basil Lemonade 3,40
lemon and ice
with BALIS

Rosemary Lemonade 3,90
fresh rosemary and ice
with bottled craft lemonade
from M.A.T.

Munich Ginger 3,60
ginger and ice with
Aqua Monaco's Hot Ginger

Ice Tea 3,20
unsweetened cold teas
by MONO

Aqua Monaco's 2,50
water still/sparkling

SMOOTHIES

High Value 5,90
with spinach, apple, figs,
lucuma, lime and ginger

Sweet Temptation 6,30
with banana, cinnamon,
dates, strawberries and
flaxseeds

Amazing Acai 5,70
with banana, acai, cherries,
coconut, kale and dates

DESSERT

Apple Crumble 3,80
blueberries, yoghurt, apple
and sweet crumble

COFFEE

Espresso 1,90
>C.R.E.A.M< by MvsM

Caffé Americano 2,80
>C.R.E.A.M< by MvsM
and hot water

Latte Macchiato 3,60
>C.R.E.A.M< by MvsM
and foamed whole milk

Flat White 3,50
>C.R.E.A.M< by MvsM
and steamed whole milk

Cappucino 2,90
>C.R.E.A.M< by MvsM
and steamed whole milk

TEA

Mint Tea 3,40
with mint leaves
and honey

Lemon Ginger 3,40
with fresh lemon slices
and ginger

URBAN
/SOUP

Home delivery at:

