

## 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



LIEBLINGS  
SALAT

# Create your own

## 🍷 Lieblingsbase

CHF 6.00

- Salad
- Rice-Quinoa
- Volle Knolle (Potato or sweet potato)

## 🍷 Lieblingscreation

CHF 2.00

- Apple
- Cucumber
- Carrots
- Sweet corn
- Bell peppers
- Radish
- Red cabbage
- Red onions
- Tomato

CHF 3.00

- Avocado
- Edamame
- Green olives
- Jalapenos
- Kidney beans
- Beet
- Black olives
- Spinach

CHF 4.00

- Eggplant
- Cauliflower
- Broccoli
- Mushroom
- Couscous
- Guacamole
- Hummus
- Chickpeas
- Red lentil
- Sweet potato slices
- Asian-style tofu
- Greek-style tofu
- Zucchini

CHF 5.00

- Planted.pulled
- Shiitake

## 🍷 Lieblingsdressing

(Salad & Rice-Quinoa)

- Balsamico
- Himbeer
- Vrench
- Sesam

## 🍷 Lieblingsauce

(Volle Knolle)

- Sour Cream
- Curry
- Chnobli
- Salsa pikante