

All our prices include the legal value added tax. Tip is not included. If you were satisfied your server will be very happy about a small appreciation

Additionally we are also happy to receive a review from you and

on facebook https://www.facebook.com/SIGGISvegar

## BREAKFAST Until 2 pm MON-SUN

NOT MAINSTREAM 1) 4) 7)
FLEXIBLE 4) GF)
Scrambled tofu with tomatoes served with bread 71 if you like
with fried oyster mushrooms
with gently roasted slices of tempeh turned in smoked paprika
SWEET AMERICAN 7)
Fluffy pancake with fresh fruits and syrup

## SOUPS

GROUNDED GF)	. 5.90 EUR
Sweet potato soup with roasted chickpeas, apple, pumpkin seed	lio b
with fresh bread <sup>7)</sup>	3 1.00 EUR
IN HEAVEN 5) 11) GF)	. 5.90 EUR
Green Gazpacho, sunflower seeds, rocket, balsamico	

## **SANDWICHES**

As our sandwiches are prepared fresh every morning we can only serve them as long as our supplies last.

FULL FLAVOURED 1) 3) 7) 8) 11)  Kohlrabi, sesame, mango-dip, hearty and a little bit spicy, with roasting flavour — down with it!  You have the choice: wheat or rye sandwich	. 6.10 EUR
<b>HUNGRY</b> 3) 4) 7) 8) 11)  BBQ tempeh ciabatta — a little bit spicy — yeah!	. 6.40 EUR
<b>BASIC</b> 4) 7) 11)  Traditional and still very much different — our soya-Schnitzel-bur	
<b>TRADITIONAL</b> 4) 7) 8) 11)  Diamond bun "Pflanzerl style" — quinoa and lentils — so yummy	4.20 EUR
SATISFIED 4)7)11)	. 5.20 EUR

We have been supporting the wonderful ERDLINGSHOF with sponsorships and donations for more than two years now. The lovely living beings who have found happiness on this sanctuary say THANK YOU for every single Euro.

We hand over the donations personally, directly and without any withdrawals - follow us on Facebook and / or Instagram to find out what happens with your donation. You will find the donation box at the counter. We say thank you in advance from the bottom of our hearts and on behalf of the Earthlings

THANK YOU www.erdlingshof.de

## **FINGERFOOD**

EDAMAME 4)	. 4.50 EUR
PORTION OF FRENCH FRIES	.3.90 EUR
STARTERS	
MAGICAL 1) 2) 4) GF) Summer roll with hoisin sauce — make you happy!	. 6.60 EUR
SHARING 1) 3) 7) 8) 9) Wild plate of spreads — three spreads: purple, beetroot hummus lentils — green, pea-cream cheese — purple, mocho rojo cream — toasted bread	s made of
CUDDLY 2) 10) GF)  Dates coated in tempeh — feeling so comfy in there!	. 5.10 EUR
ITALIAN 3) 4) 7) 11)  Home-made cashew mozzarella — tomato, rocket, balsamic glaz we are proud of it!	



## **SALADS**

BALANCED 1) 5) 9) GF)	6.10 EUR
Asian lentil salad with fresh bread 71	s 1.00 EUR
SABABA 6) 8) GF)	6.10 EUR
Quinoa salad – oriental – taste the east! with fresh bread 71	s 1.00 EUR
HUGE 3)4)8)GF)	11.90 EUR
Salad bowl with seasonal raw food, quinoa, green leaf	
salad and a flavorful cashew-miso-dressing with crispy oyster mushrooms	s 2.20 EUR
vitir onopy cycler macini come	
SENSIBLE 6) 8)	3.90 EUR

## **DESSERTS**

	JS GF)with peach puree – you'd want to drown in it!	6.90 EUR
FRENCH	11) 12) GF)	6.90 EUR

Coconut and vanilla crème brûlée – simply delicious!

## MAIN DISHES

BAVARIAN 4) 5) 6) 7) 8)  Sour bread dumplings — fried oyster mushrooms, fried kohlrabi, fennel onion salad — that's it!	12.90 EUR
TUTTO BENE 3) 4) 5) 6) 7) Pasta ragout (home made Bolognese with durum wheat pasta cooks for at least 4 hours, only the best ingredients — that's love You can also order our pasta with	7))
rice-corn-penne <sup>GF)</sup>	10.40 EUR
MIXED 3) 4) 11) GF)  Mushroom risotto — sundried tomatoes, rocket, rosemary — no flippery - just yummy!	. 15.10 EUR
CRISPY 2) 4) 7)  Our escalope anti-chasseur – chrispy soya-schnitzel with creamy mushrooms and French fries Traditional and yet so different!	
GRATEFUL 1) 3) 6) 7) 9)  Veggie-mix -sweet potatoe, whole grain rice, chickpeas, seasonal ve beetroot-apple-fennel-salad, mojo rojo cream — unbelievably deliciou	getables,
With crispy oyster mushrooms	us 2.20 EUR
YUMMY 3) 4) 5) 6) 7) Lasagne with a small salad	12.90 EUR

## CAKES

At our counter near the entrance you will find a selection of our delicious treats and pastries with prices and information about allergens.

Club sandwich triple-style, coleslaw, fried oyster-mushrooms, slices of sweet potato, tomato - incl. a portion of French fries

Choose something, let us know and we are happy to bring it to your table!

## **BEVERAGES**

#### **SMOOTHIES**

<b>POWERFUL</b> GF) 6.40 EUR Green smoothie – spinach, dates, fresh fruits
<b>LOVELY</b> GF)
HEALTHY GF) 6.40 EUR Immune booster – orange, ginger, dates, beetroot
HOME MADE BEVERAGES
<b>BEAUTIFUL</b> GF)
BRIGHTNING UP GF)
WATER
Leogant Water glass 0.33L 2.10 EUR
Leogant Water bottle 1L 3.90 EUR

"Water is the most essential element of our planet. Only by water life is even made possible. Spring water in its original form epitomizes this natural perfection. It is the foundation of a healthy and vital life."

Mineral Water VIVA CON AGUA\* bottle 0.75L..5.90 EUR

glass 0.33L .. 2.90 EUR

... "LEOGANT TURNS TAP WATER BACK INTO THE QUALITY OF FRESH SPRING WATER" (Leogant)"

Mineral Water VIVA CON AGUA\*

\*Viva con Agua de Sankt Pauli e.V. is a non-profit organisation committed to ensuring that all people worldwide have access to clean drinking water. To achieve this goal, they promote water projects and actions at home and abroad.

#### LEMONADES

<b>Now – Orange Cola</b> <sup>GF)</sup>		
<b>Now – Holler Blüte</b> GF)		
<b>Now – Sunny Orange</b> GF)		
<b>Fritz - Kola</b> GF)		
Fritz Spritz Organic Apple Spritzer GF) 0.33L 3.60 EUR		
Fritz Spritz Organic Rhubarb Spritzer <sup>GF)</sup> 0.33L 3.60 EUR		
Fritz Spritz Organic Grape Spritzer GF) 0.33L 3.60 EUR		
<b>Inge Lemonade</b> GF)		
<b>Balis</b> GF) 0.25L 3.40 EUR The basil-ginger-lemonade – distinctively green, unique in taste and surprisingly versatile!		
Almdudler GF) 0.33L3.30 EUR		



#### **BEER**

Lammsbräu Organic gluten free	0.33I 3.90 EUR
Lammsbräu Organic Hell	0.33I 3.20 EUR
Lammsbräu Organic Radler	0.33I 3.20 EUR
Lammsbräu Organic Weißbier	0.5l 3.80 EUR
Lammsbräu Organic Zzzisch Pilsener	0.33I 3.20 EUR
<b>Lammsbräu Aktivmalz</b> Malt tonic, < 0,5% alcohol	0.33I 3.00 EUR

#### Alcohol-free

Lammsbräu Organic gluten free	0.331 3.90 EUR
Lammsbräu Organic Hell	0.33I 3.20 EUR
Lammsbräu Organic Weißbier	0.5I 3.80 EUR



#### WINE

VET – vegan elves drink		0.11 5.50 EUR
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Tasty, vegan mead (honeywine) alternative unsulfurated, alcoholic content: 11% abv

#### WHITE WINE

#### Chardonnay

Dry white wine — Spätlese (late vintage) — wine growing estate Eller histamine: 0.009 mg/l, note: contains sulfites 0.21 ...... 7.40 EUR

0.75l .... 26.20 EUR

#### Riesling

Bioland organic dry white wine - wine growing estate Kuntz histamine: <0.25 mg/l, note: contains sulfites 0.21 ...... 6.30 EUR

0.75I .... 22.10 EUR

## **ROSÉ WINE**

#### Rosé wine Blanc de Noir (Organic)

Demeter organic – dry – wine-growing estate Gustavshof histamine: <0.25mg/l, sorbite: <0.3mg/l (below limit of detection) sulfur in total: 32mg/l, note: contains sulfites

0.2I ..... 6.30 EUR 0.75I .... 22.10 EUR

#### **RED WINE**

#### Zero (Organic)

Dry red wine — Cuvée — wine growing estate Gustavshof histamine: <0.25mg/l, sulfur in total: <20mg/l

free sulfur: 0.0mg/l, note: contains sulfite

0.21 ..... 6.40 EUR 0.751 .... 23.20 EUR

#### **Trinity Cuvée (Organic)**

Dry red wine – wine growing estate Christian und Thomas Weiss, Austria histamine: 0.005mg/l, fructose: <0.3g/l, glucose: <0.4g/l, sorbite:<0.3g/l (below limit of detection), sulfur in total: 60mg/l, note: contains sulfites

0.2I ..... 7.10 EUR 0.75I .... 25.20 EUR

#### **Zweigelt Alte Reben (Organic)**

Dry red wine — wine growing estate Christian und Thomas Weiss, Austria histamine: 0.016mg/l, fructose: <0.3g/l, glucose: <0.4g/l, sorbite: <0.3g/l (below limit of detection), sulfur in total: 60mg/l, note: contains sulfites

0.21 ..... 6.90 EUR 0.751 .... 24.10 EUR

#### **APERITIF**

### **Traubensecco Pinot Secco (Organic Demeter)**

dry – wine-growing estate Gustavshof histamine: <0.25g/l, note: contains sulfites	0.1I 0.75I 2		
Inge Secco A luscious, refreshing summer drink – enjoy!		7.10	EUR
Balis Secco The perfect aperitif – refreshing and not too sweet!		7.10	EUR
<b>Simply SIGGIS</b> Gin "The Duke", Brightening Up, soda		8.60	EUR
Austrian alcohol-free		5.30	EUR

#### LIQUEUR

## **Vegablum – Ginger Liqueur** 0.021 ..... 2.80 EUR

Made of vodka and ginger alcoholic content: 27% abv

## **Vegablum – Lakritz Liquer** 0.021 ...... 2.80 EUR

Vodka and vegan licorice alcoholic content: 15%abv

#### Vegablum – Glühwein Liquer 0.021...... 2.80 EUR

Made of spiced wine, vodka, orange juice, raw cane sugar, vanilla, cinnamon and cloves alcoholic content: 15%abv

#### **HOT BEVERAGES**

Heiße Inge (hot Inge)	3.80 EUR			
The ideal companion for cold days – luscious and soothing!				
Fresh ginger, organic lemons and organic oranges				
Hot chocolate	3.90 EUR			

With cocoa powder raw organic, pure and unsweetened – Hmmm, that's good!



#### **COLD OR HOT**

Chai Latte 3) 5) 8)	5.10 EUR
Kurkuma Latte "Golden Milk" <sup>3)</sup>	5.10 EUR
White Chocolate Espresso Latte 111	5.90 EUR
Matcha Latte <sup>3)</sup> Made with our home made cashew-coconut milk	5.90 EUR
Smurf Latte 3) 11)	5.10 EUR
Matcha Affogato <sup>3) 4)</sup> Matcha with vanilla ice-cream	3.90 EUR
<b>Kurkuma Affogato</b> 3) 4)	3.90 EUR



#### **COFFEE SPECIALITIES**

Cup of coffee	3.10 EUR
Cappuccino	4.30 EUR
Espresso	2.00 EUR
Espresso macchiato	2.50 EUR
Espresso doppio	3.00 EUR
Latte macchiato	4.10 EUR
Affogato al caffé Espresso with vanilla ice-cream 4	3.40 EUR
lced coffee with vanilla ice-cream 4)	5.80 EUR



#### TEA SPECIALITIES

Black tea Assam	2.90 EUR
Green tea Sencha	2.90 EUR
Nettel herbal infusion	2.90 EUR
Rosehip hibiscus herbal infusion	2.90 EUR
Rooibos "Ginger Lemon"	2.90 EUR
Peppermint	2.90 EUR

For your coffee and tea specialities you can choose between oat milk, gluten-free oat milk, lupine milk and our home made cashew based milk

All our coffees are also available as decaf

# OUR COFFEE SUPPLIER AND OUR SELECTED TYPES OF COFFEE:

#### Dinzler Kaffeerösterei AG

- Ngoro Ngoro Mountain Coffee from Tanzania
- Decaf La Sera from Colombia
- Espresso II Gusto from South- and Central America

DINZLER attaches great importance to environment protection and sustainability. The company therefore doesn't use aluminium in the packing of their coffee.

# OUR SUPPLIER FOR TEA AND SPICES IS THE COMPANY HERBARIA:

"For Herbaria, living in harmony with nature and people and making this possible for future generations is the basic idea of sustainability. This includes values such as global environmental protection, fair cooperation and regionalism."

#### OUR "MILK"-MANUFACTURERS ARE:

Natumi – rice milk Natumi – oat milk (gluten free) Oatly – oat milk Prolupin (LUVE) – lupine milk Sebastian Copien – cashew milk

#### WE ARE SUSTAINABLE, BECAUSE ...

- we work without animal testing, without flavour enhancers, without artificial flavouring and colouring without refined sugar, without palm oil, as far as possible with local and small suppliers
- we use organic cleaning agents, cleaning cloths made of bamboo, a recycled coffee machine, biodegradable packing materials and straws as wel as recycled furniture and also purchase our electricity from a 100% ecological supplier
- we put emphasis on the reasonable and organic utilization of our leftovers
- we even make sure that the label adhesives of our beverages, including our cooking wine and the adhesive of the labels for our sandwiches do not contain any animal components.
- because we are eager to learn and are open for any tips and advice on how to improve our ecological footprint even more.

We are very glad that we could find suppliers and manufacturers who are certified organic for almost every section of our purchases.



Our assortment — created by a famous and fantastic vegan cook: Sebastian Copien.

From the field into the cooking pot, a maximum of natural, seasonal and local products.

The highest appreciation of food, the producer and the people, intuitive, loving and attentive preparation of all meals — that is the kitchen philosophy of Sebastian Copien. SIGGIS is selling his cook books directly here in this store — just ask us:-)



