

Fitness-Woche | fitness week

Vorspeisen | starters

Fitness Bowl 18.- | 28.-

marinierter Tofu | Brokoli | Reis | Zucchetti

fitness bowl | marinated tofu | brocoli | rice | courgettes

Gazpacho 15.-

Schmand | frische Kräuter

gazpacho | sour cream | fresh herbs

Hauptspeisen | Main dishes

Fitnesssteller

wahlweise mit

Schweinskotelett 38.–

Forelle 44.–

Poulet 36.–

verschiedene Rohkostsalate | Tomate | Ei | Frischkäse

fitness plate optionally with pork chop, trout or chicken |

various raw vegetable salads | tomato | egg | cream cheese

Low Carb Burger 28.-

Vollkornbrötchen | Quinoa-Bratling | Toppings | Rübli-fries

low carb burger | wholemeal bun | quinoa patty | toppings | carrot fries