

Produkt			Brennwert (kJ)		Brennwert (kcal)		Fett (g)		davon gesättigte Fettsäuren (g)		Kohlenhydrate, resorbierbar (g)		davon Zucker (g)		Eiweiss (g)		Salz (g)		
			pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	
Standardsalate (ohne Dressing und ohne Brot)	Veggie	Side Salad	Express	88	44	21	11	0.3	0.1	0.1	0.0	3.4	1.7	3.2	1.6	1.1	0.6	0.0	0.0
		Avocado Superfood	Express	391	1362	94	326	4.3	15.0	0.5	1.8	10.2	35.6	4.0	13.9	2.5	8.7	0.2	0.8
		Falafel Tahini	Classic	552	2557	132	613	6.0	27.8	0.7	3.2	14.3	66.3	4.0	18.5	3.9	17.8	0.3	1.5
		Falafel Tahini	Express	502	1824	121	438	5.3	19.2	0.6	2.2	13.3	48.3	4.1	14.7	3.6	13.0	0.3	1.1
		Falafel Tahini	Small	556	1763	133	423	6.0	19.1	0.7	2.2	14.4	45.6	3.8	12.0	3.9	12.5	0.3	1.1
		Grilled Veggie	Classic	307	993	74	239	4.9	15.7	0.4	1.4	3.1	10.2	2.7	8.6	3.9	12.6	0.1	0.5
		Grilled Veggie	Express	288	743	69	179	4.6	11.9	0.4	1.1	3.1	8.0	2.7	6.9	3.4	8.9	0.1	0.3
		Grilled Veggie	Small	317	719	76	173	5.2	11.8	0.5	1.1	3.1	7.1	2.7	6.0	3.7	8.5	0.1	0.3
		Paris	Classic	529	1454	127	349	9.1	24.9	4.0	10.9	4.9	13.4	4.4	12.2	6.3	17.2	0.3	0.7
	Paris	Express	469	1009	113	242	7.8	16.7	3.4	7.3	4.9	10.6	4.5	9.8	5.5	11.8	0.2	0.5	
	Paris	Small	515	978	123	235	8.8	16.6	3.8	7.3	4.9	9.3	4.5	8.5	6.1	11.6	0.3	0.5	
	Chicken & Beef	Big Easy Beef	Classic	533	1791	128	430	6.7	22.5	1.5	5.0	3.1	10.6	2.8	9.4	7.3	24.5	0.1	0.3
		Big Easy Beef	Express	504	1392	121	334	6.4	17.7	1.4	3.8	3.1	8.7	2.8	7.7	6.8	18.7	0.1	0.2
		Big Easy Beef	Small	576	1353	138	325	7.5	17.6	1.6	3.8	3.1	7.2	2.7	6.3	7.7	18.1	0.1	0.2
		Caesar Chicken	Classic	474	1465	113	349	5.0	15.3	1.6	5.1	6.0	18.4	1.6	5.1	10.8	33.5	0.2	0.7
		Caesar Chicken	Express	450	1188	107	284	5.0	13.1	1.5	3.9	5.5	14.5	1.7	4.4	9.9	26.3	0.2	0.6
		Caesar Chicken	Small	498	1165	119	278	5.6	13.0	1.7	3.9	5.8	13.6	1.6	3.6	11.1	25.9	0.2	0.6
		Chicken Oriental	Classic	469	1468	112	351	5.5	17.3	1.4	4.5	5.8	18.2	5.5	17.1	9.1	28.5	0.1	0.3
		Chicken Oriental	Express	442	1097	106	262	5.1	12.7	1.3	3.1	5.9	14.6	5.5	13.7	8.4	20.8	0.1	0.2
		Chicken Oriental	Small	474	1058	113	253	5.7	12.6	1.4	3.1	5.7	12.8	5.4	11.9	9.2	20.6	0.1	0.2
		Chicken Vitality	Classic	491	1752	118	420	7.6	27.2	3.1	11.0	2.5	9.0	1.7	6.2	9.6	34.3	0.4	1.4
		Chicken Vitality	Express	456	1328	109	318	7.0	20.4	2.8	8.1	2.4	6.9	1.7	5.0	9.1	26.4	0.4	1.0
		Chicken Vitality	Small	486	1318	117	316	7.5	20.4	3.0	8.1	2.4	6.6	1.8	4.7	9.7	26.2	0.4	1.0
		Chicken Pesto	Classic	432	1473	103	352	6.3	21.6	0.6	2.0	2.2	7.7	1.5	5.0	9.1	31.1	0.2	0.8
		Chicken Pesto	Express	366	1025	88	245	5.1	14.3	0.5	1.4	2.2	6.2	1.6	4.5	8.0	22.3	0.2	0.6
	Fish & Co	Avocado Prawn	Classic	168	586	40	140	1.2	4.4	0.1	0.4	3.1	10.9	3.0	10.5	4.2	14.8	0.1	0.3
		Avocado Prawn	Small	172	447	41	107	1.5	4.0	0.1	0.3	3.0	7.6	2.8	7.3	4.1	10.6	0.1	0.2
		Surf & Turf	Classic	384	1555	92	371	2.9	11.6	1.2	4.8	3.3	13.4	2.4	9.9	8.6	35.0	0.5	1.9
		Surf & Turf	Small	397	1127	95	269	3.0	8.5	1.2	3.5	3.2	9.0	2.4	6.7	8.9	25.3	0.4	1.3
		Salmon Spring	Classic	546	2090	145	555	8.7	33.2	2.9	11.2	8.9	34.0	2.7	10.2	7.6	29.0	0.7	2.8
		Salmon Spring	Express	504	1523	129	391	7.6	22.8	2.6	7.8	8.1	24.5	2.6	7.9	7.0	21.1	0.7	2.0
	Salmon Spring	Small	551	1500	142	385	8.4	22.7	2.9	7.8	8.7	23.6	2.6	7.1	7.6	20.8	0.8	2.0	
	zum Salat	Dressings	Balsamico-Ahornsirup	Classic	1183	946	286	229	25.2	20.2	2.1	1.7	13.8	11.0	10.7	8.6	0.4	0.3	2.8
Balsamico-Ahornsirup			Express	1183	946	286	229	25.2	20.2	2.1	1.7	13.8	11.0	10.7	8.6	0.4	0.3	2.8	2.3
Balsamico-Ahornsirup			Small	1183	591	286	143	25.2	12.6	2.1	1.0	13.8	6.9	10.7	5.3	0.4	0.2	2.8	1.4
French-Herbs			Classic	1087	869	264	211	25.3	20.2	2.1	1.6	7.3	5.8	6.7	5.4	0.7	0.5	2.9	2.3
French-Herbs			Express	1087	869	264	211	25.3	20.2	2.1	1.6	7.3	5.8	6.7	5.4	0.7	0.5	2.9	2.3
French-Herbs			Small	1087	543	264	132	25.3	12.6	2.1	1.0	7.3	3.7	6.7	3.4	0.7	0.3	2.9	1.5
Ingwer-Sesam			Classic	1876	1501	453	363	40.7	32.6	3.7	3.0	17.5	14.0	15.8	12.7	2.7	2.1	3.6	2.9
Ingwer-Sesam			Express	1876	1501	453	363	40.7	32.6	3.7	3.0	17.5	14.0	15.8	12.7	2.7	2.1	3.6	2.9
Ingwer-Sesam			Small	1876	938	453	227	40.7	32.6	3.7	1.9	17.5	8.8	15.8	7.9	2.7	1.3	3.6	1.8
Parma-Lemon			Classic	1278	1022	309	247	30.3	24.2	11.2	9.0	6.1	4.9	4.0	3.2	3.1	2.5	1.7	1.4
Parma-Lemon			Express	1278	1022	309	247	30.3	24.2	11.2	9.0	6.1	4.9	4.0	3.2	3.1	2.5	1.7	1.4
Parma-Lemon			Small	1278	639	309	155	30.3	15.2	11.2	5.6	6.1	3.1	4.0	2.0	3.1	1.6	1.7	0.9
Rucola-Dressing			Classic	1485	1188	360	288	33.6	26.9	3.7	2.9	12.2	9.8	11.8	9.4	0.9	0.7	1.3	1.0
Rucola-Dressing			Express	1485	1188	360	288	33.6	26.9	3.7	2.9	12.2	9.8	11.8	9.4	0.9	0.7	1.3	1.0
Rucola-Dressing			Small	1485	742	360	180	33.6	16.8	3.7	1.8	12.2	6.1	11.8	5.9	0.9	0.5	1.3	0.7
Tahini-Lemon-Dressing			Classic	1077	862	260	208	21.0	16.8	4.0	3.2	11.8	9.4	5.7	4.5	3.9	3.1	3.8	1.9
Tahini-Lemon-Dressing			Express	1077	862	260	208	21.0	16.8	4.0	3.2	11.8	9.4	5.7	4.5	3.9	3.1	3.8	1.9
Tahini-Lemon-Dressing			Small	1077	539	260	130	21.0	10.5	4.0	2.0	11.8	5.9	5.7	2.8	3.9	2.0	3.8	1.9
Sweet Honey-Mustard			Classic	1954	1563	474	379	47.4	37.9	3.7	3.0	10.9	8.7	10.2	8.2	0.9	0.7	1.0	0.8
Sweet Honey-Mustard			Express	1954	1563	474	379	47.4	37.9	3.7	3.0	10.9	8.7	10.2	8.2	0.9	0.7	1.0	0.8
Sweet Honey-Mustard			Small	1954	977	474	237	47.4	23.7	3.7	1.9	10.9	5.5	10.2	5.1	0.9	0.5	1.0	0.5
Pesto-Dressing			Express	1308	1046	316	253	27.0	21.6	5.5	4.4	9.9	7.9	7.0	5.6	7.9	6.4	2.6	2.0
Special: Pesto-Dressing			Classic	1308	1046	316	253	27.0	21.6	5.5	4.4	9.9	7.9	7.0	5.6	7.9	6.4	2.6	2.0
Special: Pesto-Dressing	Small	1308	654	316	158	27.0	13.5	5.5	2.8	9.9	5.0	7.0	3.5	7.9	4.0	2.6	1.3		
Special: Holunderbeere-Olivenöl	Classic	562	450	136	109	12.0	9.6	1.7	1.4	6.4	5.1	6.4	5.1	0.5	0.4	1.2	1.0		
Special: Holunderbeere-Olivenöl	Small	562	281	136	68	12.0	6.0	1.7	0.9	6.4	3.2	6.4	3.2	0.5	0.3	1.2	0.6		
Brot	1 Scheibe	1177	294	281	70	7.7	1.9	1.1	0.3	39.3	9.8	0.5	0.1	10.7	2.7	1.8	0.5		

Produkt	Brennwert (kJ)		Brennwert (kcal)		Fett (g)		davon gesättigte Fettsäuren (g)		Kohlenhydrate, resorbierbar (g)		davon Zucker (g)		Eiweiss (g)		Salz (g)		
	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	
Blattsalatmix	Classic	82	82	20	20	0.3	0.3	0.1	0.1	2.8	2.8	2.7	2.7	1.3	1.3	0.0	0.0
Blattsalatmix	Express	82	70	20	17	0.3	0.3	0.1	0.1	2.8	2.4	2.7	2.3	1.3	1.1	0.0	0.0
Blattsalatmix	Small	82	57	20	14	0.3	0.2	0.1	0.1	2.8	2.0	2.7	1.9	1.3	0.9	0.0	0.0
Basic - Croutons	Classic	1742	348	413	83	9.0	1.8	0.8	0.2	69.0	13.8	5.0	1.0	12.0	2.4	1.5	0.3
Basic - Croutons	Express	1742	261	413	62	9.0	1.4	0.8	0.1	69.0	10.4	5.0	0.8	12.0	1.8	1.5	0.2
Basic - Croutons	Small	1742	261	413	62	9.0	1.4	0.8	0.1	69.0	10.4	5.0	0.8	12.0	1.8	1.5	0.2
Basic - Chia Samen	Express	1911	57	464	14	34.0	1.0	3.3	0.1	0.9	0.0	0.9	0.0	20.0	0.6	0.0	0.0
Basic - Crunchy Onions	Classic	2474	247	589	59	44.0	4.4	20.0	2.0	40.0	4.0	15.0	1.5	6.0	0.6	1.0	0.1
Basic - Crunchy Onions	Express	2474	247	589	59	44.0	4.4	20.0	2.0	40.0	4.0	15.0	1.5	6.0	0.6	1.0	0.1
Basic - Crunchy Onions	Small	2474	173	589	41	44.0	3.1	20.0	1.4	40.0	2.8	15.0	1.1	6.0	0.4	1.0	0.1
Basic - Edamame	Classic	517	155	123	37	5.0	1.5	5.0	1.5	10.8	3.2	0.0	0.0	13.1	3.9	5.0	1.5
Basic - Edamame	Express	517	103	123	25	5.0	1.0	5.0	1.0	10.8	2.2	0.0	0.0	13.1	2.6	5.0	1.0
Basic - Edamame	Small	517	103	123	25	5.0	1.0	5.0	1.0	10.8	2.2	0.0	0.0	13.1	2.6	5.0	1.0
Basic - Ei	Classic	651	267	157	64	11.4	4.7	2.9	1.2	0.3	0.1	0.3	0.1	13.2	5.4	0.4	0.2
Basic - Ei	Express	651	267	157	64	11.4	4.7	2.9	1.2	0.3	0.1	0.3	0.1	13.2	5.4	0.4	0.2
Basic - Ei	Small	651	267	157	64	11.4	4.7	2.9	1.2	0.3	0.1	0.3	0.1	13.2	5.4	0.4	0.2
Basic - Erdnüsse	Classic	2588	518	621	124	50.4	10.1	7.1	1.4	8.2	1.6	3.0	0.6	28.0	5.6	1.1	0.2
Basic - Erdnüsse	Express	2588	388	621	93	50.4	7.6	7.1	1.1	8.2	1.2	3.0	0.5	28.0	4.2	1.1	0.2
Basic - Erdnüsse	Small	2588	388	621	93	50.4	7.6	7.1	1.1	8.2	1.2	3.0	0.5	28.0	4.2	1.1	0.2
Basic - Granatapfelkerne	Classic	327	49	78	12	0.6	0.1	0.1	0.0	16.7	2.5	16.7	2.5	0.7	0.1	0.0	0.0
Basic - Granatapfelkerne	Express	327	33	78	8	0.6	0.1	0.1	0.0	16.7	1.7	16.7	1.7	0.7	0.1	0.0	0.0
Basic - Granatapfelkerne	Small	327	33	78	8	0.6	0.1	0.1	0.0	16.7	1.7	16.7	1.7	0.7	0.1	0.0	0.0
Basic - Gurken	Classic	50	15	12	4	0.2	0.1	0.1	0.0	1.8	0.5	1.8	0.5	0.6	0.2	0.0	0.0
Basic - Gurken	Express	50	15	12	4	0.2	0.1	0.1	0.0	1.8	0.5	1.8	0.5	0.6	0.2	0.0	0.0
Basic - Gurken	Small	50	10	12	2	0.2	0.0	0.1	0.0	1.8	0.4	1.8	0.4	0.6	0.1	0.0	0.0
Basic - Karotten	Classic	137	55	33	13	0.2	0.1	0.0	0.0	6.8	2.7	6.3	2.5	0.8	0.3	0.1	0.0
Basic - Karotten	Express	137	41	33	10	0.2	0.1	0.0	0.0	6.8	2.0	6.3	1.9	0.8	0.2	0.1	0.0
Basic - Karotten	Small	137	34	33	8	0.2	0.1	0.0	0.0	6.8	1.7	6.3	1.6	0.8	0.2	0.1	0.0
Basic - Mais	Classic	319	160	76	38	1.2	0.6	0.2	0.1	12.6	6.3	2.7	1.4	3.1	1.6	0.6	0.3
Basic - Mais	Express	319	128	76	30	1.2	0.5	0.2	0.1	12.6	5.0	2.7	1.1	3.1	1.2	0.6	0.2
Basic - Mais	Small	319	112	76	27	1.2	0.4	0.2	0.1	12.6	4.4	2.7	0.9	3.1	1.1	0.6	0.2
Basic - Mandeln	Classic	2527	379	612	92	54.0	8.1	4.4	0.7	6.3	0.9	4.9	0.7	17.0	2.6	0.0	0.0
Basic - Mandeln	Express	2527	253	612	61	54.0	5.4	4.4	0.4	6.3	0.6	4.9	0.5	17.0	1.7	0.0	0.0
Basic - Mandeln	Small	2527	253	612	61	54.0	5.4	4.4	0.4	6.3	0.6	4.9	0.5	17.0	1.7	0.0	0.0
Basic - Mango	Classic	256	128	61	31	0.5	0.3	0.1	0.1	13.0	6.5	12.7	6.4	0.6	0.3	0.0	0.0
Basic - Mango	Express	256	102	61	24	0.5	0.2	0.1	0.0	13.0	5.2	12.7	5.1	0.6	0.2	0.0	0.0
Basic - Mango	Small	256	90	61	21	0.5	0.2	0.1	0.0	13.0	4.6	12.7	4.4	0.6	0.2	0.0	0.0
Basic - Oliven	Classic	643	129	153	31	15.8	3.2	2.6	0.5	1.0	0.2	0.1	0.0	0.5	0.1	2.3	0.5
Basic - Oliven	Express	643	96	153	23	15.8	2.4	2.6	0.4	1.0	0.2	0.1	0.0	0.5	0.1	2.3	0.3
Basic - Oliven	Small	643	96	153	23	15.8	2.4	2.6	0.4	1.0	0.2	0.1	0.0	0.5	0.1	2.3	0.3
Basic - Paprika	Classic	80	40	19	10	0.2	0.1	0.0	0.0	2.9	1.5	2.4	1.2	1.1	0.6	0.0	0.0
Basic - Paprika	Express	80	32	19	8	0.2	0.1	0.0	0.0	2.9	1.2	2.4	1.0	1.1	0.4	0.0	0.0
Basic - Paprika	Small	80	28	19	7	0.2	0.1	0.0	0.0	2.9	1.0	2.4	0.8	1.1	0.4	0.0	0.0
Basic - Rote Bete	Classic	168	84	40	20	0.1	0.1	0.0	0.0	8.1	4.1	8.1	4.1	1.5	0.8	0.1	0.1
Basic - Rote Bete	Express	168	84	40	20	0.1	0.1	0.0	0.0	8.1	4.1	8.1	4.1	1.5	0.8	0.1	0.1
Basic - Rote Bete	Small	168	59	40	14	0.1	0.0	0.0	0.0	8.1	2.8	8.1	2.8	1.5	0.5	0.1	0.0



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	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion		
Salatbar	Basic - Rotkohl	Classic	92	37	22	9	0.2	0.1	0.0	0.0	3.5	1.4	3.5	1.4	1.5	0.6	0.0	0.0
	Basic - Rotkohl	Express	92	37	22	9	0.2	0.1	0.0	0.0	3.5	1.4	3.5	1.4	1.5	0.6	0.0	0.0
	Basic - Rotkohl	Small	92	23	22	6	0.2	0.1	0.0	0.0	3.5	0.9	3.5	0.9	1.5	0.4	0.0	0.0
	Basic - Sonnenblumenkerne	Classic	2450	245	584	58	51.0	5.1	4.5	0.5	11.0	1.1	2.5	0.3	21.0	2.1	0.0	0.0
	Basic - Sonnenblumenkerne	Express	2450	123	584	29	51.0	2.6	4.5	0.2	11.0	0.6	2.5	0.1	21.0	1.1	0.0	0.0
	Basic - Sonnenblumenkerne	Small	2450	123	584	29	51.0	2.6	4.5	0.2	11.0	0.6	2.5	0.1	21.0	1.1	0.0	0.0
	Basic - Tomaten	Classic	71	36	17	9	0.2	0.1	0.0	0.0	2.6	1.3	2.5	1.3	0.9	0.5	0.0	0.0
	Basic - Tomaten	Express	71	36	17	9	0.2	0.1	0.0	0.0	2.6	1.3	2.5	1.3	0.9	0.5	0.0	0.0
	Basic - Tomaten	Small	71	25	17	6	0.2	0.1	0.0	0.0	2.6	0.9	2.5	0.9	0.9	0.3	0.0	0.0
	Basic - Walnüsse	Classic	2999	450	714	107	70.6	10.6	6.5	1.0	6.1	0.9	2.7	0.4	16.1	2.4	0.0	0.0
	Basic - Walnüsse	Express	2999	300	714	71	70.6	7.1	6.5	0.7	6.1	0.6	2.7	0.3	16.1	1.6	0.0	0.0
	Basic - Walnüsse	Small	2999	300	714	71	70.6	7.1	6.5	0.7	6.1	0.6	2.7	0.3	16.1	1.6	0.0	0.0
	Basic - Weintrauben	Classic	294	147	70	35	0.3	0.2	0.1	0.1	15.2	7.6	14.6	7.3	0.7	0.4	0.0	0.0
	Basic - Weintrauben	Express	294	118	70	28	0.3	0.1	0.1	0.0	15.2	6.1	14.6	5.8	0.7	0.3	0.0	0.0
	Basic - Weintrauben	Small	294	103	70	25	0.3	0.1	0.1	0.0	15.2	5.3	14.6	5.1	0.7	0.2	0.0	0.0
	Extra - Avocado	Classic	579	290	138	69	12.5	6.3	2.1	1.1	3.6	1.8	0.4	0.2	1.4	0.7	0.0	0.0
	Extra - Avocado	Express	579	290	138	69	12.5	6.3	2.1	1.1	3.6	1.8	0.4	0.2	1.4	0.7	0.0	0.0
	Extra - Avocado	Small	579	290	138	69	12.5	6.3	2.1	1.1	3.6	1.8	0.4	0.2	1.4	0.7	0.0	0.0
	Extra - Falafel	Classic	983	1032	235	247	9.9	10.4	1.2	1.3	23.0	24.2	2.7	2.8	9.7	10.2	1.2	1.3
	Extra - Falafel	Express	983	737	235	176	9.9	7.4	1.2	0.9	23.0	17.3	2.7	2.0	9.7	7.3	1.2	0.9
	Extra - Falafel	Small	983	737	235	176	9.9	7.4	1.2	0.9	23.0	17.3	2.7	2.0	9.7	7.3	1.2	0.9
	Extra - Garnelen	Classic	382	332	91	79	4.2	3.7	0.3	0.2	0.1	0.1	0.0	0.0	14.5	12.6	0.4	0.3
	Extra - Garnelen	Express	382	269	91	64	4.2	3.5	0.3	0.2	0.1	0.0	0.0	0.0	14.5	9.0	0.4	0.2
	Extra - Garnelen	Small	382	269	91	64	4.2	3.5	0.3	0.2	0.1	0.0	0.0	0.0	14.5	9.0	0.4	0.2
	Extra - Grana Padano	Classic	1739	261	418	63	30.0	4.5	21.0	3.2	0.0	0.0	0.0	0.0	37.0	5.6	1.8	0.3
	Extra - Grana Padano	Express	1739	174	418	42	30.0	3.0	21.0	2.1	0.0	0.0	0.0	0.0	37.0	3.7	1.8	0.2
	Extra - Grana Padano	Small	1739	174	418	42	30.0	3.0	21.0	2.1	0.0	0.0	0.0	0.0	37.0	3.7	1.8	0.2
	Extra - Grillgemüse	Classic	250	257	60	62	3.4	3.5	0.7	0.7	4.9	5.0	4.4	4.5	1.5	1.5	0.0	0.0
	Extra - Grillgemüse	Express	250	213	60	52	3.4	3.4	0.7	0.6	4.9	3.5	4.4	3.2	1.5	1.1	0.0	0.0
	Extra - Grillgemüse	Small	250	213	60	52	3.4	3.4	0.7	0.6	4.9	3.5	4.4	3.2	1.5	1.1	0.0	0.0
	Extra - Hähnchenbruststreifen	Classic	567	471	134	111	4.8	4.0	0.6	0.5	0.5	0.4	0.0	0.0	22.2	18.4	0.0	0.0
	Extra - Hähnchenbruststreifen	Express	567	381	134	90	4.8	3.7	0.6	0.4	0.5	0.3	0.0	0.0	22.2	13.8	0.0	0.0
	Extra - Hähnchenbruststreifen	Small	567	381	134	90	4.8	3.7	0.6	0.4	0.5	0.3	0.0	0.0	22.2	13.8	0.0	0.0
	Extra - Hummus	Classic	1116	446	270	108	22.4	9.0	2.2	0.9	8.9	3.6	1.0	0.4	5.7	2.3	0.3	0.1
	Extra - Hummus	Express	1116	446	270	108	22.4	9.0	2.2	0.9	8.9	3.6	1.0	0.4	5.7	2.3	0.3	0.1
	Extra - Hummus	Small	1116	446	270	108	22.4	9.0	2.2	0.9	8.9	3.6	1.0	0.4	5.7	2.3	0.3	0.1
	Extra - Lachs	Classic	920	736	214	171	14.0	11.2	1.8	1.4	1.0	0.8	1.0	0.8	21.0	16.8	2.0	0.0
	Extra - Lachs	Express	920	552	214	128	14.0	8.4	1.8	1.1	1.0	0.6	1.0	0.6	21.0	12.6	2.0	1.2
	Extra - Lachs	Small	920	552	214	128	14.0	8.4	1.8	1.1	1.0	0.6	1.0	0.6	21.0	12.6	2.0	1.2
	Extra - Mozzarella	Classic	1010	485	244	117	18.0	8.6	0.0	0.0	1.5	0.7	1.5	0.0	19.0	9.1	0.0	0.0
Extra - Mozzarella	Express	1010	323	244	78	18.0	5.8	0.0	0.0	1.5	0.5	1.5	0.0	19.0	6.1	0.0	0.0	
Extra - Mozzarella	Small	1010	323	244	78	18.0	5.8	0.0	0.0	1.5	0.5	1.5	0.0	19.0	6.1	0.0	0.0	
Extra - Rinderstreifen	Classic	1271	1055	304	253	14.2	11.8	4.1	3.4	0.5	0.4	1.0	0.8	19.3	16.0	0.0	0.0	
Extra - Rinderstreifen	Express	1271	819	304	196	14.2	9.6	4.1	2.6	0.5	0.3	1.0	0.6	19.3	12.0	0.0	0.0	
Extra - Rinderstreifen	Small	1271	819	304	196	14.2	9.6	4.1	2.6	0.5	0.3	1.0	0.6	19.3	12.0	0.0	0.0	
Extra - Schafskäse	Classic	1226	613	296	148	26.0	13.0	17.5	8.8	2.5	1.3	0.0	0.0	13.0	6.5	2.4	1.2	
Extra - Schafskäse	Express	1226	429	296	104	26.0	9.1	17.5	6.1	2.5	0.9	0.0	0.0	13.0	4.6	2.4	0.8	
Extra - Schafskäse	Small	1226	429	296	104	26.0	9.1	17.5	6.1	2.5	0.9	0.0	0.0	13.0	4.6	2.4	0.8	
Extra - Süßkartoffeln	Classic	709	730	170	175	6.2	6.4	0.7	0.7	25.9	26.7	5.0	5.1	1.7	1.8	0.0	0.0	
Extra - Süßkartoffeln	Express	709	544	170	131	6.2	5.4	0.7	0.6	25.9	18.7	5.0	3.6	1.7	1.2	0.0	0.0	
Extra - Süßkartoffeln	Small	709	544	170	131	6.2	5.4	0.7	0.6	25.9	18.7	5.0	3.6	1.7	1.2	0.0	0.0	
Extra - Ziegenkäse	Classic	1225	735	295	177	23.0	13.8	16.3	9.8	1.0	0.6	1.0	0.6	21.0	12.6	1.2	0.7	
Extra - Ziegenkäse	Express	1225	490	295	118	23.0	9.2	16.3	6.5	1.0	0.4	1.0	0.4	21.0	8.4	1.2	0.5	
Extra - Ziegenkäse	Small	1225	490	295	118	23.0	9.2	16.3	6.5	1.0	0.4	1.0	0.4	21.0	8.4	1.2	0.5	
Special Salate	Chicken Balance (Brigitte)	Classic	240	1230	58	296	3.6	18.7	1.8	9.4	3.8	19.6	3.3	16.9	2.2	11.4	0.3	1.3
	Chicken Balance (Brigitte)	Small	236	808	57	194	3.5	12.1	1.9	6.5	3.9	13.3	3.4	11.6	2.2	7.6	0.3	0.9
	Avocado Halloumi	Classic	423	1967	102	473	7.6	35.1	3.3	15.5	2.8	13.0	1.5	7.0	5.2	24.3	0.0	0.2
	Avocado Halloumi	Small	460	1494	110	359	8.4	27.3	3.6	11.8	2.8	9.1	1.4	4.6	5.4	17.7	0.0	0.2
	Chicken Pesto	Classic	321	1568	77	374	4.7	23.1	0.4	1.8	1.8	8.9	1.3	6.5	6.5	31.9	0.1	0.7
	Chicken Pesto	Small	331	1077	79	257	4.8	15.6	0.4	1.3	1.8	6.0	1.4	4.5	6.9	22.5	0.1	0.5
	Kürbis Ziegenkäse	Classic	373	1157	90	278	4.9	15.2	3.2	9.9	6.4	19.9	5.8	18.0	4.9	15.2	0.3	0.8
Kürbis Ziegenkäse	Small	364	782	88	188	4.7	10.2	3.1	6.6	6.4	13.7	5.8	12.4	4.7	10.2	0.3	0.6	
Good Life Bowls	Avocado Chicken Bowl		449	2427	108	583	3.9	21.1	0.5	2.9	12.7	68.7	1.5	8.4	4.8	25.8	0.6	3.3
	Crunchy Beef Bowl		767	3652	184	874	9.4	44.6	1.9	8.8	15.8	75.3	4.1	19.6	5.4	25.6	0.5	2.4
	Crunchy Chicken Bowl		675	3214	161	768	8.1	38.7	1.4	6.6	15.8	75.3	4.0	19.0	5.7	27.4	0.5	2.4
	Lachs Avocado Bowl		745	3636	177	866	10.2	49.9	1.7	8.3	15.2	74.4	3.5	16.9	5.5	27.1	0.8	3.7
	Chicken Curry Bowl		529	2981	125	708	5.4	30.4	2.6	14.7	13.3	75.2	2.2	12.5	5.5	31.1	0.3	1.9
	Vegan Curry Bowl		522	2944	124	700	6.0	33.7	3.2	17.8	14.0	79.1	2.6	14.7	3.2	18.2	0.4	2.2
	Veggie Buddha Bowl		667	3470	160	831	8.3	43.2	1.1	5.7	17.5	90.8	4.2	21.6	3.3	16.9	0.5	2.4

Produkt		Brennwert (kJ)		Brennwert (kcal)		Fett (g)		davon gesättigte Fettsäuren (g)		Kohlenhydrate, resorbierbar (g)		davon Zucker (g)		Eiweiss (g)		Salz (g)		
		pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	
	Falafel Buddha Bowl	782	4105	187	983	9.6	50.3	1.2	6.2	19.9	104.5	3.9	20.5	4.4	23.1	0.6	3.3	
Curry	Chicken Korma Curry	530	2473	127	591	3.4	15.6	1.1	4.9	18.1	84.5	1.3	6.0	5.6	25.9	0.5	2.1	
	Chicken Tikka Curry	500	2332	120	557	3.2	15.1	0.8	3.6	16.1	74.9	0.7	3.1	6.1	28.5	0.2	1.1	
	Green Thai Chicken Curry	517	2410	123	575	4.1	19.3	3.2	15.1	16.2	75.4	1.7	8.0	5.2	24.4	0.4	2.1	
	Peanut Chicken Curry	524	2444	125	584	3.5	16.3	0.7	3.4	17.0	79.2	0.9	4.2	6.3	29.6	0.6	3.0	
	Red Thai Chicken Curry	494	2302	117	547	3.4	15.7	2.5	11.5	16.9	79.0	1.6	7.4	5.0	23.2	0.3	1.5	
	Yellow Thai Chicken Curry	522	2434	125	581	4.4	20.5	3.2	15.1	16.2	75.4	1.7	8.0	5.1	23.8	0.4	2.1	
	Green Thai Beef Curry	611	2848	146	681	5.4	25.1	3.7	17.3	16.2	75.4	1.8	8.6	4.9	22.6	0.4	2.1	
	Peanut Beef Curry	618	2882	148	691	4.7	22.1	1.2	5.6	17.0	79.2	1.0	4.8	6.0	27.8	0.6	3.0	
	Red Thai Beef Curry	588	2740	140	653	4.6	21.5	2.9	13.7	16.9	79.0	1.7	8.0	4.6	21.4	0.3	1.5	
	Yellow Thai Beef Curry	616	2872	147	687	5.6	26.3	3.7	17.3	16.2	75.4	1.8	8.6	4.7	22.0	0.4	2.1	
	Red Thai Prawn Curry	470	2190	112	522	3.3	15.4	2.4	11.3	16.9	78.7	1.6	7.4	4.0	18.5	0.4	1.7	
	Yellow Thai Prawn Curry	498	2322	119	555	4.3	20.2	3.2	14.9	16.1	75.1	1.7	8.0	4.1	19.1	0.5	2.3	
	veganes Green Thai Curry	516	2406	123	575	5.1	23.6	4.1	19.2	16.8	78.2	2.2	10.4	2.5	11.8	0.6	2.6	
veganes Red Thai Curry	486	2265	116	540	4.1	19.0	3.1	14.5	17.8	82.9	2.1	9.6	2.2	10.3	0.4	1.8		
veganes Yellow Thai Curry	523	2437	125	583	5.4	25.2	4.1	19.2	16.8	78.2	2.2	10.4	2.4	11.1	0.6	2.6		
vegetarisches Peanut Curry	526	2451	126	588	4.2	19.7	0.9	4.1	17.8	83.2	1.2	5.4	4.0	18.6	0.8	3.8		
Suppen (ohne Brot)	Karotten Kokos	319	1052	76	252	5.9	19.5	5.1	16.8	4.1	13.6	1.7	5.7	1.0	3.3	0.6	1.8	
	Kartoffel-Schafskäse	163	538	39	129	1.4	4.6	0.8	2.6	4.7	15.6	1.3	4.4	1.8	6.0	1.0	3.3	
	Rote Linsen Kokos	315	1039	75	248	4.3	14.2	3.0	9.9	6.4	21.2	0.0	0.1	2.7	8.9	1.1	3.5	
	Blumenkohl (Brigitte)	160	530	38	127	2.9	9.6	2.5	8.3	1.4	4.8	1.3	4.4	1.6	5.3	1.4	4.6	
	Möhre-Mango	300	990	72	238	4.5	14.9	3.7	12.2	6.7	22.2	6.0	19.9	1.1	3.7	0.7	2.3	
	Tomaten Basilikum	255	843	61	202	1.8	5.9	0.3	1.0	9.6	31.7	6.7	22.2	1.1	3.7	2.3	7.6	
Kindergericht	Reis mit Huhn	558	1033	133	246	2.4	4.4	1.6	2.9	18.4	34.0	0.4	0.8	9.5	17.7	0.3	0.6	
	Kinder RainbowSalad	206	134	49	32	1.8	1.2	0.2	0.1	6.3	4.1	5.7	3.7	1.6	1.0	0.0	0.0	
Sandwiches	Avocado-Mozzarella	787	1759	188	421	8.1	18.2	2.4	5.5	20.0	44.6	1.7	3.9	7.6	17.0	1.0	2.2	
	Chicken-Avocado	708	1707	169	408	6.1	14.8	2.3	5.6	18.4	44.5	1.6	3.9	8.8	21.3	0.9	2.2	
	Sweet Chili Chicken	771	1581	184	378	5.3	10.8	2.5	5.1	22.8	46.8	3.3	6.8	9.9	20.3	1.0	2.1	
	Grilled Vegan	708	1741	169	416	7.2	17.6	1.4	3.4	20.4	50.1	2.7	6.7	4.6	11.3	0.8	1.9	
Wraps	Caesar Wrap	681	1675	163	401	8.9	21.9	3.9	9.7	12.1	29.7	2.0	4.8	8.3	20.3	0.6	1.5	
	Paris Wrap	846	2061	203	494	12.6	30.8	4.1	10.0	16.4	40.1	6.1	14.8	5.5	13.4	0.6	1.4	
	Vegan Oriental Wrap	782	1667	186	397	9.5	20.2	1.3	2.7	20.8	44.3	4.2	8.9	3.9	8.4	0.6	1.3	
	Tandoori Wrap	591	1318	141	314	5.8	12.9	2.7	6.1	14.6	32.6	2.4	5.3	7.8	17.3	1.2	2.7	
Flatbreads	Chicken-Paprika	928	1837	222	440	12.6	25.0	3.5	6.8	14.4	28.6	1.7	3.3	11.5	22.7	0.9	1.9	
	Grillgemüse-Mozzarella	770	1401	184	335	9.0	16.4	2.8	5.0	16.5	30.1	3.1	5.7	7.9	14.4	0.8	1.4	
	Olive-Schafskäse	849	1379	204	331	11.3	18.4	5.3	8.6	17.0	27.6	1.9	3.1	6.8	11.1	1.0	1.7	
	Chicken Salsa	686	1347	164	323	6.8	13.4	2.6	5.1	15.7	30.9	2.1	4.1	8.6	17.0	0.6	1.2	
	Chicken Pesto	928	1837	222	440	12.6	25.0	3.5	6.8	14.4	28.6	1.7	3.3	11.5	22.7	0.9	1.9	
Frühstück	Toast & Eggs	Vegan AvocadoToast	740	1084	178	261	9.9	14.5	1.4	2.1	17.0	24.8	0.9	1.3	4.4	6.5	0.9	1.3
		Avocado Toast mit Spiegelei	715	1454	171	349	10.2	20.8	2.0	4.0	12.4	25.2	0.7	1.5	6.9	13.9	0.7	1.5
		Salmon Avocado Toast	891	1243	213	297	12.1	16.9	1.8	2.5	17.3	24.1	0.5	0.8	7.9	11.0	1.3	1.8
		Salmon Avocado Toast mit Spiegelei	821	1613	196	385	11.8	23.2	2.2	4.4	12.4	24.4	0.5	0.9	9.4	18.4	1.0	2.0
		Hummus Toast mit Schafskäse	832	1477	200	355	11.9	21.2	2.9	5.2	15.4	27.3	1.2	2.2	6.2	11.0	0.8	1.4
	Bowl	Salsa & Egg Bowl	397	1123	95	269	3.4	9.7	0.8	2.3	11.1	31.5	1.8	5.1	4.4	12.6	0.4	1.0
		Bircher Müsli	531	1118	127	267	5.1	10.8	1.4	3.0	15.7	33.1	8.4	17.6	3.9	8.3	0.0	0.1
	Müsli & Co	Mango Kokosmilchreis	786	1580	188	377	10.1	20.4	8.5	17.0	19.7	39.6	10.5	21.1	2.6	5.1	0.1	0.2
		Mango Chia Pudding	887	1800	213	433	14.2	28.9	8.4	17.1	7.5	15.2	7.2	14.6	12.2	24.8	0.6	1.2
		Beeren Chia Pudding	895	1794	216	432	14.3	28.7	8.5	17.1	7.6	15.2	6.2	12.5	12.3	24.7	0.6	1.2
		Raw Cacao Chia Pudding	1165	2155	280	518	20.0	37.1	12.9	23.9	7.7	14.2	7.1	13.1	15.1	28.0	0.7	1.4
		Berry Overnight Oats	981	2286	235	549	13.6	31.8	8.1	18.9	14.1	32.9	4.3	10.0	12.7	29.7	0.6	1.4
	Smoothie Bowls	Acai Bowl	701	1824	168	437	9.1	23.6	5.4	14.1	13.7	35.6	10.1	26.2	7.1	18.6	0.4	0.9
		Green Smoothie Bowl	354	913	84	218	2.6	6.7	0.5	1.3	13.4	34.5	10.1	26.1	1.2	3.1	0.0	0.0
	Warm Porridge	Mango (Trauben, Mango, Mandeln)	701	1753	168	420	8.9	22.1	5.0	12.5	13.1	32.8	4.1	10.2	8.5	21.3	0.3	0.9
		Banane (Apfel, Banane, Granola)	742	2078	178	498	8.3	23.2	4.7	13.2	17.4	48.6	5.6	15.8	7.9	22.2	0.3	0.9
Zimt (Apfel, Zimt, Walnuss)		783	1888	187	452	10.9	26.3	5.4	12.9	13.2	31.8	2.9	7.1	9.1	21.9	0.4	0.9	
ToGo-Artikel	Mango-Kokosmilchreis	786	1580	188	377	10.1	20.4	8.5	17.0	19.7	39.6	10.5	21.1	2.6	5.1	0.1	0.2	
	Acai Granola Bowl	701	1824	168	437	9.1	23.6	5.4	14.1	13.7	35.6	10.1	26.2	7.1	18.6	0.4	0.9	
	Bircher Müsli	531	1118	127	267	5.1	10.8	1.4	3.0	15.7	33.1	8.4	17.6	3.9	8.3	0.0	0.1	
	Chia mit Mango	887	1800	213	433	14.2	28.9	8.4	17.1	7.5	15.2	7.2	14.6	12.2	24.8	0.6	1.2	
	Cia mit roten Beeren	895	1794	216	432	14.3	28.7	8.5	17.1	7.6	15.2	6.2	12.5	12.3	24.7	0.6	1.2	
	Penne-Spinat-Schafskäse	711	1493	170	357	9.3	19.6	3.0	6.3	15.2	32.0	2.2	4.5	5.3	11.1	1.0	2.0	
	veganer Bulgur	596	1371	142	328	4.7	10.8	0.4	0.8	19.7	45.4	1.6	3.7	3.9	9.0	0.8	1.8	
	Berry Overnight Oats	981	2286	235	549	13.6	31.8	8.1	18.9	14.1	32.9	4.3	10.0	12.7	29.7	0.6	1.4	
	Raw Cacao Chia-Pudding	1165	2155	280	518	20.0	37.1	12.9	23.9	7.7	14.2	7.1	13.1	15.1	28.0	0.7	1.4	

Produkt			Brennwert (kJ)		Brennwert (kcal)		Fett (g)		davon gesättigte Fettsäuren (g)		Kohlenhydrate, resorbierbar (g)		davon Zucker (g)		Eiweiss (g)		Salz (g)	
			pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion
	Acai Bowl		701	1824	168	437	9.1	23.6	5.4	14.1	13.7	35.6	10.1	26.2	7.1	18.6	0.4	0.9
	Green Smoothie Bowl		354	913	84	218	2.6	6.7	0.5	1.3	13.4	34.5	10.1	26.1	1.2	3.1	0.0	0.0
			0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Noshballs		190	542	46	130	2.5	7.2	1.5	4.4	3.4	9.8	3.4	9.8	2.2	6.4	0.0	0.1
Kuchen	Muffin Triple Choc		1847	2457	442	588	23.9	31.8	6.1	8.1	50.6	67.3	35.7	47.5	5.4	7.2	1.0	1.3
	Muffin Blueberry		1658	2089	396	499	20.7	26.1	2.9	3.7	47.0	59.2	26.9	33.9	5.1	6.4	0.6	0.8
	Himbeer-Mandel-Brownie		1462	1279	350	306	17.7	15.5	4.1	3.6	40.9	35.8	32.0	28.0	4.8	4.2	0.2	0.1
	Apfel-Heidelbeer-Brownie		976	1057	233	252	9.8	10.6	1.6	1.7	29.4	31.9	16.3	17.7	5.1	5.5	0.5	0.5
	Bananabread		1489	1427	356	341	18.4	17.6	1.5	1.4	42.2	40.4	25.3	24.2	4.3	4.1	0.3	0.2
	Lemon Cake		1688	1587	403	379	19.9	18.7	2.9	2.7	51.0	47.9	33.7	31.7	4.7	4.4	0.7	0.7
	Granola Apfelkuchen		913	1255	218	300	9.0	12.4	3.0	4.1	30.3	41.7	16.4	22.6	2.7	3.7	0.1	0.1



Produkt	Brennwert (kJ)		Brennwert (kcal)		Fett (g)		davon gesättigte Fettsäuren (g)		Kohlenhydrate, resorbierbar (g)		davon Zucker (g)		Eiweiss (g)		Salz (g)				
	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion	pro 100 g/ml	pro Portion			
Säfte	Classic	0,3l	182	567	44	136	0.5	1.4	0.0	0.1	9.1	28.2	7.9	24.4	0.5	1.5	0.0	0.2	
	Classic	0,4l	179	747	43	179	0.4	1.6	0.0	0.1	9.1	37.8	7.9	32.7	0.5	2.0	0.0	0.2	
	Refresher	0,3l	185	575	44	137	0.4	1.3	0.0	0.1	8.9	27.7	8.1	25.0	0.6	1.8	0.0	0.1	
	Refresher	0,4l	191	793	46	189	0.3	1.4	0.0	0.1	9.4	39.2	8.6	35.8	0.6	2.3	0.0	0.1	
	Spring Break	0,3l	210	651	50	155	0.1	0.3	0.0	0.0	11.0	34.1	10.3	31.9	0.5	1.6	0.0	0.0	
	Spring Break	0,4l	210	872	50	208	0.1	0.4	0.0	0.0	11.0	45.6	10.3	42.7	0.5	2.2	0.0	0.0	
	ACE	0,3l	184	552	44	132	0.4	1.3	0.0	0.1	9.0	27.1	8.0	23.9	0.5	1.5	0.0	0.1	
	ACE	0,4l	181	727	43	174	0.3	1.4	0.0	0.1	9.0	36.0	8.0	32.1	0.5	2.1	0.0	0.2	
	Botox	0,3l	236	757	56	180	0.1	0.2	0.0	0.0	13.0	41.6	11.9	38.0	0.4	1.4	0.0	0.0	
	Botox	0,4l	236	1012	56	241	0.1	0.2	0.0	0.1	13.0	55.6	11.9	50.8	0.4	1.9	0.0	0.0	
Smoothies	Chia Crush	0,3l	195	612	47	146	0.7	2.1	0.1	0.2	8.9	28.0	7.9	24.8	0.6	2.0	0.0	0.1	
	Chia Crush	0,4l	195	815	46	195	0.6	2.6	0.1	0.2	8.9	37.4	8.0	33.4	0.7	2.8	0.0	0.2	
	Sunrise	0,3l	210	700	50	166	0.2	0.7	0.0	0.1	10.4	34.8	9.7	32.3	0.9	2.9	0.0	0.0	
	Sunrise	0,4l	210	931	50	222	0.2	0.9	0.0	0.1	10.5	46.3	9.7	43.1	0.9	3.8	0.0	0.0	
	Supersonic	0,3l	173	575	41	137	0.2	0.7	0.0	0.1	8.6	28.5	8.1	27.1	0.6	2.0	0.0	0.0	
	Supersonic	0,4l	175	773	42	185	0.2	1.0	0.0	0.1	8.6	38.2	8.2	36.1	0.6	2.7	0.0	0.0	
	Superfood Granola	0,3l	327	1052	78	251	2.3	7.3	0.5	1.6	11.0	35.4	7.8	25.0	2.6	8.4	0.1	0.2	
	Superfood Granola	0,4l	340	1472	81	351	2.4	10.4	0.5	2.4	11.4	49.2	7.8	34.0	2.7	11.6	0.1	0.3	
	Mango Chia Booster	0,3l	753	2416	181	581	11.1	35.6	7.7	24.6	9.8	31.5	9.6	30.9	10.2	32.6	0.6	1.8	
	Mango Chia Booster	0,4l	756	3258	182	784	11.0	47.6	7.6	32.8	10.2	43.8	9.9	42.9	10.1	43.6	0.6	2.4	
Shots	Super Green Matcha	0,3l	214	702	51	167	0.2	0.8	0.1	0.2	10.8	35.3	9.8	32.2	0.8	2.8	0.0	0.0	
	Super Green Matcha	0,4l	207	932	49	222	0.2	1.1	0.1	0.3	10.4	46.9	9.5	42.7	0.8	3.7	0.0	0.0	
	Green Machine	0,3l	177	562	42	135	0.1	0.5	0.0	0.1	8.9	28.3	8.7	27.6	0.8	2.5	0.0	0.0	
	Green Machine	0,4l	182	775	44	186	0.1	0.6	0.0	0.1	9.2	39.2	9.0	38.2	0.8	3.4	0.0	0.0	
	Ginger Shot	0,045l	240	204	57	49	0.3	0.2	0.1	0.1	12.4	10.5	9.5	8.0	0.9	0.7	0.0	0.0	
	Beat Shot	0,045l	207	196	49	47	0.2	0.2	0.0	0.0	10.4	9.9	9.1	8.6	1.1	1.0	0.1	0.1	
	Berry Love	0,33l																	
	Cold Pressed Juices	Energize (Brigitte)	0,33l	168	554	40	132	0.3	1.0	0.1	0.3	8.4	27.7	6.0	19.8	0.9	3.0	0.0	0.1
		Green Guru	0,33l	162	535	38	125	0.1	0.3	0.0	0.0	8.4	27.7	7.3	24.1	0.7	2.3	0.0	0.1
		Refresh	0,33l	187	617	44	145	0.0	0.0	0.0	0.0	10.5	34.7	9.9	32.7	0.3	1.0	0.1	0.2
Kaffee...	Espresso	einfach	1	1	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
	Espresso	doppelt	1	1	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
	Kaffee	small	1	2	0	0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	
	Kaffee	large	1	2	0	0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	
	Cappuccino mit Milch	small	176	381	42	91	2.3	5.1	1.4	3.1	3.2	6.9	3.2	6.9	2.1	4.5	0.0	0.1	
	Cappuccino mit Soja	small	795	1716	191	413	14.9	32.2	10.6	22.8	0.6	1.4	0.6	1.4	13.6	29.4	0.8	1.7	
	Cappuccino mit Milch	large	189	598	45	143	2.5	8.0	1.5	4.9	3.4	10.8	3.4	10.8	2.2	7.1	0.0	0.1	
	Cappuccino mit Soja	large	853	2696	205	649	16.0	50.6	11.4	35.9	0.7	2.2	0.7	2.2	14.6	46.2	0.8	2.6	
	Latte Macchiato mit Milch	small	211	651	51	156	2.8	8.7	1.7	5.3	3.8	11.8	3.8	11.8	2.5	7.7	0.0	0.1	
	Latte Macchiato mit Soja	small	952	2941	229	708	17.9	55.2	12.7	39.1	0.8	2.4	0.8	2.4	16.3	50.4	0.9	2.9	
	Latte Macchiato mit Milch	large	209	869	50	208	2.8	11.6	1.7	7.1	3.8	15.7	3.8	15.7	2.5	10.3	0.0	0.2	
	Latte Macchiato mit Soja	large	943	3921	227	944	17.7	73.6	12.5	52.2	0.8	3.2	0.8	3.2	16.2	67.2	0.9	3.8	
	Chai (Green Tea) mit Milch	small	372	1195	89	287	4.2	13.3	2.5	7.9	9.5	30.5	8.8	28.2	3.2	10.2	0.1	0.2	
	Chai (Green Tea) mit Soja	small	1264	4057	304	977	22.3	71.5	15.7	50.2	5.8	18.8	5.1	16.5	19.8	63.6	1.1	3.6	
	Chai (Green Tea) mit Milch	large	372	1594	89	382	4.2	17.8	2.5	10.6	9.5	40.6	8.8	37.6	3.2	13.6	0.1	0.2	
	Chai (Green Tea) mit Soja	large	1264	5410	304	1302	22.3	95.4	15.7	67.0	5.8	25.0	5.1	22.0	19.8	84.8	1.1	4.8	
	Chai (sugarfree) mit Milch	small	344	1105	83	265	4.8	15.4	3.2	10.2	6.4	20.6	4.6	14.7	3.4	10.9	0.1	0.2	
	Chai (sugarfree) mit Soja	small	1236	3967	298	955	22.9	73.6	16.3	52.5	2.8	8.9	0.9	3.0	20.0	64.3	1.1	3.7	
	Chai (sugarfree) mit Milch	large	344	1474	83	354	4.8	20.6	3.2	13.6	6.4	27.4	4.6	19.6	3.4	14.5	0.1	0.3	
	Chai (sugarfree) mit Soja	large	1236	5290	298	1274	22.9	98.2	16.3	70.0	2.8	11.8	0.9	4.0	20.0	85.7	1.1	4.9	
	Caffè Latte mit Milch		86	273	21	65	1.1	3.6	0.7	2.2	1.6	5.0	1.6	5.0	1.0	3.2	0.0	0.1	
	Caffè Latte mit Soja		387	1227	93	295	7.3	23.0	5.1	16.3	0.3	1.1	0.3	1.1	6.6	21.0	0.4	1.2	
	Matcha Latte	small	1236	3832	297	922	22.3	69.0	15.8	48.9	3.8	11.7	3.4	10.7	20.4	63.3	1.2	3.6	
	Matcha Latte	large	1237	5119	298	1232	22.2	92.1	15.8	65.2	3.9	16.1	3.6	14.7	20.4	84.4	1.2	4.8	
	heiße Schokolade mit Milch		388	1689	93	404	4.3	18.6	2.6	11.4	9.3	40.6	8.9	38.9	3.9	16.8	0.1	0.3	
	heiße Schokolade mit Soja		1266	5505	304	1324	22.1	96.2	15.6	67.8	5.7	25.0	5.4	23.3	20.2	88.0	1.1	4.9	
	Premium Tee (versch. Sorten)		0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
	frischer Ingwertee mit Honig		55	232	13	55	0.0	0.1	0.0	0.0	3.1	13.2	3.1	13.2	0.0	0.1	0.0	0.0	
	frischer Minztee		0	0	0	0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
	frischer Ingwer-Minz-Tee		5	21	1	5	0.0	0.1	0.0	0.0	0.2	0.9	0.2	0.9	0.0	0.1	0.0	0.0	

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