

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 & Vegan	Side Salad One Size	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 Classic	357	1946	85	465	4.4	24.1	0.5	2.7	4.5	24.5	3.1	17.1	2.1	11.4	0.2	1.2	
		Avocado Superfood Express	423	1482	101	354	5.3	18.5	0.6	2.2	5.6	19.7	4.0	14.0	2.5	8.6	0.2	0.8	
		Falafel Tahini Classic	427	1784	102	426	3.0	12.5	0.4	1.6	15.1	63.2	4.4	18.5	3.0	12.4	0.4	1.9	
		Falafel Tahini Express	409	1484	98	355	2.9	10.7	0.4	1.3	14.4	52.3	4.5	16.3	2.8	10.2	0.4	1.5	
		Grilled Veggie Classic	508	1489	122	359	8.2	24.0	0.6	1.9	5.6	16.4	3.5	10.2	5.7	16.8	0.2	0.7	
		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	
		Big Easy Beef Classic	522	1753	125	421	6.3	21.2	1.4	4.7	3.4	11.4	2.9	9.9	7.2	24.3	0.1	0.2	
	Chicken & Beef	Caesar Chicken Classic	474	1465	113	349	5.0	15.3	1.6	5.1	1.9	5.8	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	1.9	5.0	1.7	4.4	9.9	26.3	0.2	0.6	
		Chicken Vitality Classic	479	1709	115	409	6.9	24.7	3.0	10.9	3.2	11.4	1.8	6.3	9.8	34.8	0.4	1.4	
		Chicken Vitality Express	479	1490	115	357	6.7	20.7	2.6	8.2	3.1	9.5	1.6	4.9	10.5	32.5	0.3	1.0	
	Chicken Pesto Express	397	1132	95	271	5.3	15.0	0.5	1.3	3.3	9.5	1.7	4.7	8.3	23.7	0.2	0.4		
	Sea	Avocado Prawn Classic	260	908	62	217	3.0	10.7	0.4	1.5	4.1	14.4	3.5	12.4	4.5	15.6	0.1	0.3	
		Surf & Turf Classic	385	1538	92	367	2.9	11.5	1.2	4.8	3.2	12.6	2.3	9.1	8.7	35.0	0.5	1.9	
		Salmon & Greens Express	336	875	79	206	4.3	11.2	0.6	1.5	3.5	9.1	2.6	6.8	6.4	16.5	0.5	1.2	
		Salmon Spring Classic	543	1861	129	443	7.3	24.9	3.0	10.4	8.4	28.8	2.5	8.6	7.2	24.9	0.7	2.4	
zum Salat	Dressings	Balsamico Ahornsirup Classic	1182	945	286	228	25.2	20.2	2.1	1.7	13.7	11.0	11.1	8.9	0.4	0.3	2.8	2.3	
		Balsamico Ahornsirup Express	1182	945	286	228	25.2	20.2	2.1	1.7	13.7	11.0	11.1	8.9	0.4	0.3	2.8	2.3	
		Ingwer Sesam Classic	1879	1503	454	363	40.7	32.6	3.7	3.0	18.1	14.5	15.5	12.4	2.6	2.1	3.6	2.9	
		Ingwer Sesam Express	1879	1503	454	363	40.7	32.6	3.7	3.0	18.1	14.5	15.5	12.4	2.6	2.1	3.6	2.9	
		Caesar 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	
		Caesar 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	
		Rucola Classic	1475	1180	358	286	33.4	26.7	3.9	3.1	11.9	9.6	11.9	9.5	0.9	0.7	1.3	1.0	
		Rucola Express	1475	1180	358	286	33.4	26.7	3.9	3.1	11.9	9.6	11.9	9.5	0.9	0.7	1.3	1.0	
		Tahini Lemon Classic	1078	862	260	208	21.0	16.8	3.9	3.2	12.4	9.9	5.9	4.8	3.8	3.0	3.8	1.9	
		Tahini Lemon Express	1078	862	260	208	21.0	16.8	3.9	3.2	12.4	9.9	5.9	4.8	3.8	3.0	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	
		Basilikum Pesto Express	1607	1286	388	310	34.1	27.3	3.6	2.9	13.8	11.0	6.8	5.4	5.9	4.7	1.1	0.9	
		Special: Classic																	
		Brot 1 Scheibe	1177	294	281	70	7.7	1.9	1.1	0.3	6.0	1.5	0.5	0.1	10.7	2.7	1.8	0.5	
		Salatbar	Blattsalatmix	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
			Basic - Basilikum Pesto	2572	257	622	62	58.6	5.9	6.2	0.6	13.5	1.4	1.9	0.2	10.0	1.0	1.8	0.2
			Basic - Croutons	1742	348	413	83	9.0	1.8	0.8	0.2	6.0	1.2	5.0	1.0	12.0	2.4	1.5	0.3
			Basic - Crunchy Onions	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 - Edamame	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 - Freilandei	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	2397		479	578	116	44.3	8.9	6.0	1.2	12.4	2.5	5.5	1.1	27.3	5.5	1.0	0.2		
Basic - Granatapfelkerne	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	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 - Karotten	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 - Mais	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 - Mango	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 - Oliven	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 - Paprika	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 - Rote Bete	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 - Rotkohl	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 - Sonnenblumenkerne	2016		202	480	48	26.3	2.6	3.1	0.3	34.7	3.5	3.5	0.4	26.1	2.6	0.0	0.0		
Basic - Strauchtomaten	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 - Walnüsse	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 - Weintrauben	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		
Extra - Avocado	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	806		846	192	202	5.6	5.9	0.8	0.8	27.0	28.4	4.4	4.6	6.2	6.5	1.3	1.4		
Extra - Garnelen	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 - Gran Biraghi	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 - Grillgemüse	285		294	69	71	3.2	3.3	0.3	0.3	6.2	6.4	5.3	5.5	2.0	2.1	0.0	0.0		
Extra - Hähnchen-Filetstreifen	450		360	105	84	1.2	1.0	0.3	0.2	0.5	0.4	0.0	0.0	23.0	18.4	0.0	0.0		
Extra - Hummus	865		346	208	83	14.0	5.6	1.1	0.4	16.0	6.4	2.7	1.1	5.6	2.2	1.1	0.4		
Extra - Lachs	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	0.0		
Extra - Mozzarella	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 - Rinderstreifen	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 - Schafskäse	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 - Süßkartoffeln	583		484	140	116	4.2	3.5	0.5	0.4	23.2	19.3	4.4	3.7	1.5	1.3	0.0	0.0		



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		
Extra - Ziegenkäse	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		
Specials	Avocado Halloumi	Classic	416	1932	99	462	7.0	32.7	0.4	1.7	3.3	15.4	1.4	6.3	5.3	24.8	0.0	0.2
Good Life Bowls (inkl. Sauce)	Avocado Chicken Bowl		442	2456	105	583	3.6	20.2	0.5	2.8	3.7	20.4	1.5	8.2	5.7	31.4	0.3	1.7
	Crunchy Beef Bowl		758	4001	181	957	9.0	47.4	1.9	10.1	6.3	33.2	4.3	22.9	5.9	31.0	0.6	2.9
	Crunchy Chicken Bowl		647	3417	155	816	7.5	39.6	1.4	7.2	6.3	33.2	4.2	22.1	6.3	33.4	0.6	2.9
	Lachs Avocado Bowl		724	3713	172	885	9.8	50.5	1.7	8.9	5.9	30.4	3.5	18.1	5.6	28.6	0.8	4.2
	Mango Prawn Bowl		669	3227	160	772	8.5	41.1	1.6	7.9	6.0	29.0	3.6	17.1	5.0	24.2	0.7	3.2
	Peanut Beef Bowl		783	3850	187	920	9.8	48.1	1.7	8.3	4.0	19.8	2.6	12.6	6.7	33.0	0.2	1.2
	Vegan Falafel Bowl		511	2767	122	660	4.3	23.1	0.5	2.6	8.3	44.8	3.1	16.7	3.4	18.5	0.6	3.2
	Veggie Buddha Bowl		636	3466	152	829	7.6	41.6	1.1	5.7	8.4	45.8	4.3	23.2	3.4	18.7	0.5	2.9
Bowl Saucen	Soja-Sesam Sauce		1499	1199	362	290	32.8	26.2	3.3	2.6	13.8	11.0	12.5	10.0	1.8	1.4	1.3	1.0
	Mexican Salsa		331	414	79	99	5.2	6.5	0.6	0.8	6.4	8.0	3.7	4.6	2.1	2.6	1.0	1.3
	Lemon Mint Sauce		610	488	146	117	12.5	10.0	1.3	1.0	5.8	4.7	3.4	2.7	2.5	2.0	1.8	1.4
	Erdnuss Limetten Sauce		1440	1152	344	275	31.7	25.4	4.1	3.3	10.9	8.7	7.8	6.2	4.2	3.4	0.9	0.7
Curry	Green Thai Curry - Beef		634	3084	152	738	5.6	27.4	3.7	18.1	3.4	16.6	1.8	8.8	5.5	26.7	0.4	2.1
	Green Thai Curry - Prawns		493	2298	118	549	4.1	19.0	3.2	14.9	3.5	19.8	1.6	8.0	4.2	19.7	0.5	2.3
	Green Thai Curry - Chicken		514	2500	123	596	4.0	19.5	3.1	15.1	3.4	16.6	1.6	8.0	6.0	29.1	0.4	2.1
	Green Thai Curry - vegan		516	2406	123	576	5.1	23.6	4.1	19.2	4.2	19.4	2.2	10.4	2.5	11.9	0.6	2.6
	Korma Curry - Chicken		541	2199	129	524	2.2	9.0	0.7	2.7	5.3	21.6	1.4	5.8	7.2	29.3	0.4	1.6
	Korma Curry - vegetarisch		555	2067	133	495	2.8	10.5	0.9	3.5	7.3	27.0	2.0	7.5	3.6	13.4	0.7	2.6
	Red Thai Curry - Beef		612	2976	146	710	4.9	23.8	3.0	14.5	4.2	20.2	1.7	8.2	5.2	25.5	0.3	1.5
	Red Thai Curry - Chicken		492	2392	117	568	3.3	15.9	2.4	11.5	4.2	20.2	1.5	7.4	5.7	27.9	0.3	1.5
	Red Thai Curry - Prawns		470	2190	112	522	3.3	15.4	2.4	11.3	4.3	19.8	1.6	7.4	4.0	18.5	0.4	1.7
	Red Thai Curry - vegan		486	2266	116	540	4.1	19.0	3.1	14.5	5.2	24.0	2.1	9.6	2.2	10.3	0.4	1.8
	Yellow Thai Curry - Beef		639	3108	153	744	5.9	28.6	3.7	18.1	3.4	16.6	1.8	8.8	5.4	26.1	0.4	2.1
	Yellow Thai Curry - Chicken		519	2524	124	602	4.3	20.7	3.1	15.1	3.4	16.6	1.6	8.0	5.9	28.5	0.4	2.1
Yellow Thai Curry - Prawns		498	2322	119	555	4.3	20.2	3.2	14.9	3.5	16.2	1.7	8.0	4.1	19.1	0.5	2.3	
Yellow Thai Curry - vegan		523	2437	125	583	5.4	25.2	4.1	19.2	4.2	19.4	2.2	10.4	2.4	11.1	0.6	2.6	
Suppen (ohne Brot)	Karotte 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 Linse 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 Kokos		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
	Tomate 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	2.4	4.5	0.4	0.8	9.5	17.7	0.3	0.6
	Kinder Rainbow Salad		192	125	46	30	1.1	0.7	0.2	0.1	7.0	4.5	5.8	3.8	1.8	1.1	0.0	0.0
Sandwiches	Avocado Mozzarella		757	1767	181	423	7.8	18.2	2.3	5.5	4.7	11.1	1.7	3.9	7.4	17.3	0.9	2.2
	Chicken Avocado		683	1715	163	410	5.9	14.8	2.2	5.6	4.4	10.9	1.6	3.9	8.6	21.5	0.9	2.2
	Sweet Chili Chicken		830	1701	198	406	6.6	13.6	3.5	7.1	7.1	14.5	3.9	7.9	10.0	20.4	1.0	2.1
	Grilled Vegan		652	1604	156	383	5.8	14.4	1.1	2.6	5.8	14.3	2.2	5.4	5.0	12.2	0.8	1.9
Wraps	Caesar Wrap		719	1769	172	423	10.0	24.6	4.8	11.8	2.8	6.8	1.8	4.5	8.3	20.5	0.6	1.5
	Paris Wrap		885	2155	212	517	13.7	33.5	4.9	12.0	7.0	17.1	5.9	14.5	5.6	13.5	0.6	1.4
	Vegan Oriental Wrap		735	1565	175	372	8.5	18.1	1.1	2.3	5.6	11.9	3.7	7.8	4.2	8.9	0.6	1.2
	Chicken Mango		748	1579	179	377	9.3	19.6	4.1	8.7	4.1	8.6	3.1	6.5	8.4	17.8	0.6	1.3
	Tandoori Wrap		591	1318	141	314	5.8	12.9	2.7	6.1	4.5	10.0	2.4	5.3	7.8	17.3	1.2	2.7
Flatbreads	Grillgemüse Mozzarella		777	1414	186	339	9.0	16.3	2.7	4.9	5.1	9.3	3.3	6.0	8.0	14.6	0.8	1.4
	OliveSchafskäse		907	1473	217	353	13.0	21.1	6.6	10.7	3.7	6.0	1.7	2.7	6.9	11.3	1.0	1.7
	Chicken Salsa		730	1434	174	342	8.1	15.9	3.6	7.2	4.6	9.1	1.9	3.7	8.8	17.3	0.5	0.9
	Chicken Pesto		1027	2034	246	488	15.2	30.2	4.1	8.2	4.2	8.4	1.5	2.9	11.2	22.2	0.7	1.3

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
Frühstück	Toast & Eggs	Vegan Avocado Toast	603	883	144	211	6.2	9.1	1.0	1.4	4.8	7.0	1.0	1.4	4.4	6.4	0.9	1.4
		Avocado Toast mit Spiegelei	616	1253	147	299	7.6	15.5	1.6	3.3	3.6	7.3	0.8	1.6	6.8	13.9	0.8	1.5
		Salmon Avocado Toast	756	1055	180	250	8.8	12.2	1.3	1.9	4.0	5.6	0.6	0.9	7.7	10.7	1.3	1.9
		Salmon Avocado Toast mit Spiegelei	725	1425	172	339	9.5	18.6	1.9	3.8	3.0	5.9	0.5	1.0	9.3	18.2	1.0	2.0
		Hummus Toast mit Schafskäse	747	1327	179	318	9.1	16.1	2.6	4.6	8.3	14.8	1.8	3.2	6.2	11.0	1.1	1.9
		Hummus Toast mit Spiegelei	723	1696	173	407	9.6	22.5	2.7	6.4	6.5	15.1	1.5	3.4	7.9	18.4	0.9	2.0
	Müslis & Co	Salsa & Egg Bowl	480	1360	114	324	5.6	15.8	1.2	3.3	2.6	7.5	1.1	3.0	4.7	13.3	0.2	0.6
		Bircher Müsli	531	1119	127	267	3.8	8.0	1.5	3.1	10.3	21.8	7.5	15.9	3.9	8.3	0.0	0.1
		Mango Kokosmilchreis	775	1559	185	371	10.2	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	372	756	89	181	3.4	7.0	0.4	0.8	10.8	21.9	9.5	19.2	2.1	4.2	0.1	0.1
		Beeren Chia Pudding	374	750	90	180	3.4	6.9	0.4	0.8	10.9	21.9	8.5	17.0	2.1	4.2	0.1	0.2
		Raw Cacao Chia Pudding	443	819	102	188	7.0	13.0	3.2	6.0	11.7	21.6	9.9	18.2	2.8	5.1	0.1	0.2
	Smoothie Bowls	Berry Overnight Oats	494	1152	118	274	3.4	8.0	0.5	1.1	9.1	21.3	6.2	14.6	3.2	7.5	0.1	0.2
		Acai Smoothie Bowl	400	1039	95	246	3.0	7.9	0.9	2.3	15.6	40.6	11.4	29.6	1.5	3.9	0.0	0.1
		Green Smoothie Bowl	354	914	84	218	2.6	6.7	0.5	1.3	13.3	34.4	10.2	26.3	1.2	3.0	0.0	0.0
Warm Porridge	Mango Traube Porridge	415	1039	99	247	2.4	5.9	0.4	0.9	6.2	15.6	5.3	13.1	2.8	7.0	0.1	0.2	
	Granola Apfel Porridge	486	1361	116	324	2.5	7.0	0.6	1.6	11.2	31.4	6.7	18.9	2.7	7.5	0.1	0.2	
	Apfel Zimt Porridge	486	1171	115	278	4.2	10.0	0.5	1.3	6.1	14.6	4.0	9.7	3.0	7.2	0.1	0.2	
Fresh Pots	Mango Kokosmilchreis	775	1559	185	371	10.2	20.4	8.5	17.0	19.7	39.6	10.5	21.1	2.6	5.1	0.1	0.2	
	Bircher Müsli	531	1119	127	267	3.8	8.0	1.5	3.1	10.3	21.8	7.5	15.9	3.9	8.3	0.0	0.1	
	Chia mit Mango	372	756	89	181	3.4	7.0	0.4	0.8	10.8	21.9	9.5	19.2	2.1	4.2	0.1	0.1	
	Chia mit roten Beeren	374	750	90	180	3.4	6.9	0.4	0.8	10.9	21.9	8.5	17.0	2.1	4.2	0.1	0.2	
	Berry Overnight Oats	494	1152	118	274	3.4	8.0	0.5	1.1	9.1	21.3	6.2	14.6	3.2	7.5	0.1	0.2	
	Raw Cacao Chia-Pudding	443	819	102	188	7.0	13.0	3.2	6.0	11.7	21.6	9.9	18.2	2.8	5.1	0.1	0.2	
	Acai Smoothie Bowl	400	1039	95	246	3.0	7.9	0.9	2.3	15.6	40.6	11.4	29.6	1.5	3.9	0.0	0.1	
	Green Smoothie Bowl	354	914	84	218	2.6	6.7	0.5	1.3	13.3	34.4	10.2	26.3	1.2	3.0	0.0	0.0	
	Veganer Bulgur	762	1144	183	274	8.4	12.7	0.8	1.1	5.5	8.3	1.5	2.3	4.5	6.8	0.9	1.3	
	Vegan Supergreens	812	1430	195	343	9.7	17.0	1.3	2.3	8.1	14.3	2.9	5.2	5.1	8.9	1.3	2.3	
Falafel Hummus	726	1431	174	342	6.8	13.5	0.6	1.3	10.3	20.3	2.9	5.6	4.8	9.5	1.0	1.9		
Sweets	Triple Chocolate Muffin	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	
	Blueberry Crumble Muffin	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	1531	1340	366	320	18.3	16.0	4.3	3.8	42.9	37.5	33.9	29.7	5.4	4.7	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	1689	1588	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	1599	2199	379	521	7.0	9.6	1.5	3.7	6.0	8.3	1.0	1.4	13.0	17.9	0.0	0.0	
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	177	747	42	179	0.4	1.6	0.0	0.1	9.0	37.8	7.8	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	
	Golden Root 0,3l	209	637	50	152	0.1	0.2	0.0	0.0	11.0	33.5	10.2	31.1	0.5	1.6	0.0	0.0	
	Golden Root 0,4l	209	849	50	202	0.1	0.2	0.0	0.0	11.0	44.6	10.2	41.5	0.5	2.1	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	
	Green Glow 0,3l	142	452	34	108	0.1	0.2	0.1	0.2	7.4	23.4	6.8	21.5	0.5	1.6	0.2	0.8	
	Green Glow 0,4l	142	611	34	146	0.1	0.6	0.1	0.3	7.3	31.5	6.7	28.8	0.5	2.3	0.2	1.0	
	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	Sunrise 0,3l	228	763	54	181	0.3	0.9	0.0	0.1	10.9	36.5	9.8	32.9	0.9	3.0	0.0	0.0	
	Sunrise 0,4l	229	1022	54	243	0.3	1.2	0.0	0.2	11.0	48.9	9.8	43.9	0.9	3.9	0.0	0.0	
	Supersonic 0,3l	198	657	47	156	0.3	0.9	0.0	0.1	9.3	31.0	8.9	29.5	0.7	2.4	0.0	0.0	
	Supersonic 0,4l	199	882	47	210	0.3	1.2	0.0	0.1	9.4	41.6	8.9	39.4	0.7	3.2	0.0	0.0	
	Mango Chia Booster 0,3l	272	860	65	205	1.1	3.4	0.1	0.4	12.5	39.5	11.2	35.3	0.8	2.6	0.1	0.2	
	Mango Chia Booster 0,4l	278	1178	66	281	1.1	4.6	0.1	0.6	12.8	54.1	11.4	48.4	0.8	3.5	0.1	0.3	
	Super Green Matcha 0,3l	222	733	53	174	0.2	0.8	0.1	0.2	11.3	37.4	10.2	33.7	0.9	2.9	0.0	0.1	
	Super Green Matcha 0,4l	218	993	52	236	0.2	1.1	0.1	0.3	11.2	50.8	10.0	45.6	0.9	3.9	0.0	0.1	
	Green Machine 0,3l	196	621	47	148	0.2	0.6	0.0	0.1	9.6	30.5	9.4	29.8	0.9	2.9	0.0	0.0	
	Green Machine 0,4l	201	854	48	204	0.2	0.8	0.0	0.1	9.9	42.1	9.7	41.1	0.9	3.9	0.0	0.0	

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	
	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
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	1.7	3.7	1.6	3.4	3.2	6.9	0.0	0.0	2.1	4.5	0.0	0.1
Cappuccino mit Haferdrink	small	127	274	30	65	0.9	2.0	0.1	0.3	4.9	10.6	3.4	7.3	0.5	1.0	0.1	0.2
Cappuccino mit Milch	large	189	598	45	143	1.8	5.8	1.7	5.3	3.4	10.8	0.0	0.0	2.2	7.1	0.0	0.1
Cappuccino mit Haferdrink	large	136	430	32	102	1.0	3.1	0.1	0.5	5.3	16.7	3.6	11.4	0.5	1.6	0.1	0.3
Latte Macchiato mit Milch	small	211	651	51	156	2.0	6.3	1.9	5.8	3.8	11.8	0.0	0.0	2.5	7.7	0.0	0.1
Latte Macchiato mit Haferdrink	small	152	469	36	111	1.1	3.4	0.2	0.5	5.9	18.2	4.0	12.5	0.5	1.7	0.1	0.3
Latte Macchiato mit Milch	large	209	869	50	208	2.0	8.4	1.9	7.7	3.8	15.7	0.0	0.0	2.5	10.3	0.0	0.1
Latte Macchiato mit Haferdrink	large	150	625	35	148	1.1	4.5	0.2	0.7	5.8	24.3	4.0	16.6	0.5	2.3	0.1	0.4
Caffè Latte mit Milch	small	88	191	21	46	0.8	1.8	0.8	1.7	1.6	3.5	0.0	0.1	1.0	2.3	0.0	0.0
Caffè Latte mit Haferdrink	small	64	138	15	33	0.5	1.0	0.1	0.1	2.5	5.4	1.7	3.7	0.2	0.5	0.0	0.1
Caffè Latte mit Milch	large	86	273	21	65	0.8	2.6	0.8	2.4	1.6	5.0	0.0	0.1	1.0	3.2	0.0	0.0
Caffè Latte mit Haferdrink	large	62	197	15	46	0.4	1.4	0.1	0.2	2.4	7.7	1.7	5.3	0.2	0.7	0.0	0.0
Chai Latte mit Milch	small	314	974	75	233	2.5	7.8	2.3	7.2	7.5	23.4	2.6	8.0	3.2	9.8	0.1	0.2
Chai Latte mit Haferdrink	small	240	746	57	176	1.4	4.2	0.2	0.6	10.1	31.5	7.6	8.0	3.2	9.8	0.1	0.2
Chai Latte mit Milch	large	314	1298	75	311	2.5	10.4	2.3	9.6	7.5	31.2	2.6	10.6	3.2	13.1	0.1	0.2
Chai Latte mit Haferdrink	large	240	994	57	235	1.4	5.6	0.2	0.8	10.1	42.0	7.6	31.4	0.7	3.1	0.1	0.6
Golden Milk mit Milch	small	316	981	76	235	2.6	7.9	2.3	7.2	7.7	24.0	2.7	8.5	3.1	9.7	0.1	0.2
Golden Milk mit Haferdrink	small	242	753	57	235	1.4	4.3	0.2	0.6	10.4	32.1	7.8	24.1	0.7	2.2	0.1	0.5
Golden Milk mit Milch	large	316	1308	76	313	2.6	10.6	2.3	9.6	7.7	32.1	2.7	11.3	3.1	13.0	0.1	0.2
Golden Milk mit Haferdrink	large	242	1004	57	237	1.4	5.8	0.2	0.8	10.4	42.9	7.8	32.1	0.7	3.0	0.1	0.6
Matcha Latte mit Milch	small	315	979	75	234	2.5	7.9	2.3	7.2	7.7	24.0	2.5	7.7	3.3	10.2	0.1	0.2
Matcha Latte mit Haferdrink	small	242	751	57	177	1.4	4.3	0.2	0.6	10.4	32.1	7.5	23.3	0.9	2.7	0.1	0.4
Matcha Latte mit Milch	large	315	1305	75	312	2.5	10.5	2.3	9.6	7.7	32.1	2.5	10.2	3.3	13.6	0.1	0.2
Matcha Latte mit Haferdrink	large	242	1001	57	236	1.4	5.7	0.2	0.8	10.4	42.9	7.5	31.0	0.9	3.6	0.1	0.6
heiße Schokolade mit Milch		411	1376	98	329	3.1	10.4	2.6	8.8	11.3	37.8	6.6	22.1	3.6	12.0	0.1	0.4
heiße Schokolade mit Haferdrink		343	1148	81	272	2.0	6.8	0.6	2.2	13.7	45.9	11.2	37.7	1.3	4.5	0.2	0.6
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

Bei den angegebenen Werten handelt es sich um die errechneten Durchschnittswerte. Produkt- und Rezepturänderungen werden regelmäßig aktualisiert. Irrtümer und Druckfehler sind vorbehalten. Nicht alle Produkte sind in allen Stores erhältlich.