



MENU

WELCOME TO THE GÄRTNEREI

Feinstes, natürlich....awaits you

OUR CURRENT FAVORITES



TZIKI BOWL

Quinoa, tzaziki,
feta, apple, spring onions &
kernel mix
with cherry dressing

🌱 19.90

THE CHOICE

Spinach, spelt, tomato,
watermelon, fennel, leaf salads &
spiced popcorn

make your choice
pulled Planted Chicken 🌱
or pulled salmon

with physalis dressing 21.90



🌱 VEGETARIAN

🌱 VEGAN

🌱 GLUTEN-FREE

🌱 LACTOSE-FREE

🌶️ SPICY

SALADS

THE BURNER

chicken breast (CH), pomegranate, avocado, hemp seeds, chick peas, mango, apple, carrots, cucumber, oak leaf salad and spinach with Honey Mustard Dressing 23.00

RIO ONEWAY

Tiger Shrimps, avocado, mango, spelt, cucumber, bell pepper, lettuce with Honey Mustard Dressing 21.00

GÄRTNER

avocado, chick peas, broccoli, tomatoes, mushrooms, bell pepper, lettuce with Noa Balsamico Dressing 17.50

with sweet potato falafel* 19.50

*not available at Stockerstrasse

OMA'S CLASSIC

chicken breast (CH), egg, cottage cheese, whole grain croutons, tomatoes, cucumber, lettuce with Oma's French Dressing 21.00

HEISSI GEISS

caramelized goat cheese, Gärtnerei nut mix, apple, spring onions, tomatoes, lettuce with Noa Balsamico Dressing 22.00

CAPRI (MEDIUM)

lentils, feta cheese, tomatoes, pumpkin seeds, lettuce with Noa Balsamico Dressing 11.90

BOWLS

TONI MONTANA

riso venere, meatballs with tomato sauce, grana padano with green pesto dressing 19.90

POWER OF THE WRITER*

quinoa, chicken breast (CH), marinated Shitake mushrooms, teriyaki seeds, dried berry mix, spinach with Asia Dressing 21.90

CASABLANCA

quinoa, Tiger Shrimps, Tajine veggies, cilantro, coconut chips 19.50

without shrimps  14.50

FUEGO

riso Venere, spicy beef (minced, CH), tortilla chips, bell pepper, spring onions, cilantro with spicy chipotle dressing 19.90

B.I.G.*

riso Venere, chicken breast (CH), soft-boiled eggs, bacon, spinach with green pesto dressing 23.90

BBQ PLANTED CHICKEN BOWL

sweet potato, marinated pulled planted chicken, homemade cole slaw, tomatoes, avocado, corn, fried onions with BBQ dressing 21.90

*only available in Seefeld

We have vegan alternatives for everything on the menu. (alternatives: planted chicken, tofu, falafel)



VEGETARIAN



VEGAN



GLUTEN-FREE



LACTOSE-FREE



SPICY

CREATE YOUR OWN

Looking for something unique? Then choose from our whole variety of freshness to create your very own bowl or salad just the way you like.

choose your base + 5 toppings + dressing 15.50

BASE 1:	TOPPING:	EXTRAS:		DRESSINGS:		
(warm)	greens	Chèvre Chaud	5.50	cottage cheese	2.50	Oma's French
riso venere	veggies	Shiitake mushroom*	5.50	grana padano	2.50	Noa Balsamico
quinoa	seeds	Tajine veggies	5.50	pomegranate	2.50	Honey Mustard
(cold)	grains	spicy beef	5.50	feta	2.50	Asia*
oak leaf	nuts	chicken breast	5.50	coconut chips	2.50	Spicy Chipotle
iceberg		Tiger Shrimps	5.50	hard-boiled egg	2.50	Green Pesto
spinach		bacon	2.50	soft-boiled egg*	2.50	monthly dressing
		meatballs	7.50	planted chicken	7.50	
		falafel ²	4.50			

¹ alternatively mix a warm & cold base

² not available at Stockerstrasse

* only available in Seefeld

WRAPS

MAGIC HABIBI (V)

feta cheese, avocado, tomato, cucumber, peppermint leaves, iceberg salad and hummus in a wheat torilla 13.90

TEX MEX (L)

spicy beef (CH), grana padano, corn, bell pepper, tortilla chips, spinach and spicy chipotle dressing in a wheat tortilla 15.90

CHICKI MICKI (L)

chicken breast (CH), tomato, cucumber, pomegranate, cilantro, iceberg salad and guacamole in a wheat tortilla 15.90

with pulled planted chicken (V) 16.90

SOUPS

DAILY SOUP (V)(G)(L)

3dl 9.90

4dl 12.90

We have vegan alternatives for everything on the menu. (alternatives: planted chicken, tofu, falafel)

(V) VEGETARIAN

(G) VEGAN

(G) GLUTEN-FREE

(L) LACTOSE-FREE

(S) SPICY

DESSERTS

Top off your culinary journey through our Gärtnerei with one of our savory sweet treats.

BLUEBERRY-ALMOND MUFFIN 	4.50
BROWNIE 	5.00
NOSHBALL*  	4.00
LEMON-COCONUT CAKE 	4.50

*Noshballs only available in Seefeld

DRINKS

VIVI 	4.50
<i>Kola, Kola Zero, Apfel Schorle*</i> (*only available in Oerlikon)	
CHARITEA 	4.90
<i>red, green, mate</i>	
LEMONAID 	4.90
<i>limes, blood orange</i>	
VIVITZ EISTEE 	4.90
<i>apple-mint, lemon, green tea, rhubarb, assam black tea, apple-elderberry, mint</i>	
ZOBO 	4.90
<i>citro, sorrel, ginger, orange</i>	
BOTTLED WATER 	3.90
<i>still/sparkling</i>	
VERVEINE-PEPPERMINT / STRAWBERRY-CITRUS ICED TEA 	3.90
<i>homemade</i>	
SMOOTEA 	4.90
<i>apricot-applemint, blood orange-ginger</i>	
NOURISH GINGER SHOT	5.50
BEER AND WINE* 	
*only available in Seefeld	

 VEGETARIAN

 VEGAN

 GLUTEN-FREE

 LACTOSE-FREE

 SPICY

GÄRTNEREI LOCATIONS



STORES ZURICH



SEEFELDSTRASSE 25
8008 ZURICH

 044 221 45 45

THURGAUERSTRASSE 34
8050 ZURICH

 044 302 50 50

STOCKERSTRASSE 55
8002 ZURICH

 044 280 47 47

CATERING

WHEREVER YOU WISH

 044 550 47 47

 079 307 99 48



ORDER OUR FOOD ONLINE WITH EASE

order.gartnerei.ch

ORDER AND PICK UP OR DIRECT DELIVERY TO YOU

