



# MENU

WELCOME TO THE GÄRTNEREI

Feinstes, natürlich....awaits you

# OUR CURRENT FAVORITE



## GÄRTNER BOOSTER

oak leaf salad, spinach, lentils,  
carrots, oranges, beet root,  
vegan feta cheese &  
caramelized walnuts  
with an apple-orange dressing

20.90  

 VEGETARISCH

 VEGAN

 GLUTENFREI

 LAKTOSEFREI

 SCHARF

# 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 23.90

## RIO ONEWAY

avocado, mango, spelt, cucumber, bell pepper, lettuce with Honey Mustard Dressing 16.20

## GÄRTNER

avocado, chick peas, broccoli, tomatoes, mushrooms, bell pepper, lettuce with Noa Balsamico Dressing 18.90

with sweet potato falafel 20.90

## OMA'S CLASSIC

chicken breast (CH), egg, cottage cheese, whole grain croutons, tomatoes, cucumber, lettuce with Oma's French Dressing 21.90

## HEISSI GEISS

caramelized goat cheese, Gärtnerei nut mix, apple, spring onions, tomatoes, lettuce with Noa Balsamico Dressing 22.90

## CAPRI (MEDIUM)

lentils, feta cheese, tomatoes, pumpkin seeds, lettuce with Noa Balsamico Dressing 12.90

# BOWLS

## TONI MONTANA

riso Venere, meatballs with tomato sauce, grana padano with green pesto dressing 20.90

## POWER OF THE WRITER

quinoa, chicken breast (CH), marinated Shitake mushrooms, teriyaki seeds, dried berry mix, spinach with Asia Dressing 22.90

## CASABLANCA

quinoa, Tajine veggies, cilantro, coconut chips 15.90

## FUEGO

riso Venere, spicy beef (minced, CH), tortilla chips, bell pepper, spring onions, cilantro with spicy chipotle dressing 20.90

## 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 22.90

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 *15.90*

BASE*:	TOPPINGS:	EXTRAS:		DRESSINGS:	
(warm)	greens	Chèvre Chaud	<i>5.90</i>	cottage cheese	<i>2.70</i>
riso venere	veggies	Shiitake mushroom	<i>5.70</i>	grana padano	<i>2.70</i>
quinoa	seeds	Tajine veggies	<i>5.70</i>	pomegranate	<i>2.70</i>
(cold)	grains	spicy beef	<i>5.70</i>	feta	<i>2.70</i>
oak leaf	nuts	chicken breast	<i>5.70</i>	coconut chips	<i>2.70</i>
iceberg		bacon	<i>2.70</i>	hard-boiled egg	<i>2.70</i>
spinach		meatballs	<i>7.70</i>	soft-boiled egg	<i>2.70</i>
		sweet potato falafel	<i>4.70</i>	planted chicken	<i>7.70</i>
				Oma's French	
				Noa Balsamico	
				Honey Mustard	
				Asia	
				Spicy Chipotle	
				Green Pesto	
				monthly dressing	

\*alternatively mix a warm & cold base

## WRAPS

**MAGIC HABIBI** (V)  
feta cheese, avocado, tomato, cucumber, peppermint leaves, iceberg salad and hummus in a wheat torilla *14.90*

**TEX MEX** (L)  
spicy beef (CH), grana padano, corn, bell pepper, tortilla chips, spinach and spicy chipotle dressing in a wheat tortilla *16.90*

**CHICKI MICKI** (L)  
chicken breast (CH), tomato, cucumber, pomegranate, cilantro, iceberg salad and guacamole in a wheat tortilla *16.90*

with pulled planted chicken (V) *17.90*

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



# SOUPS

DAILY SOUP



3dl 9.90  
4dl 12.90

# DESSERTS

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

POWER MUFFIN

4.70

BROWNIE

5.50

NOSHBALL

4.20

LEMON-COCONUT CAKE

4.70

DID YOU ENJOY YOUR MEAL?



LET US KNOW!



all prices incl. 7.7% VAT

VEGETARIAN

VEGAN

GLUTEN-FREE

LACTOSE-FREE

SPICY

# GÄRTNEREI LOCATIONS



WHERE WE ARE



SEEFELDSTRASSE 25

8008 ZURICH



044 221 45 45

## CATERING

WHEREVER YOU WISH



044 550 47 47



079 307 99 48



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