

Sortiment	Energie	Fett	Kohlenhydrate	Eiweiß	Balaststoffe
Breakfast					
Crunchy Müsli Roll	516kcal	15,38gr.	77,06gr.	14,30gr.	8,24gr.
Sweet Love Roll	552kcal	17,30gr.	81,42gr.	11,36gr.	9,69gr.
Bacon Egg Roll	597kcal	30,51gr.	52,35gr.	27,90gr.	3,60gr.
Salty Sun Roll	591kcal	30,30gr.	50,75gr.	25,45gr.	6,85gr.
Potato Salmon Roll	655kcal	34,58gr.	54,72gr.	30,17gr.	9,17gr.
Fit Egg Roll	623kcal	32,50gr.	44,42gr.	27,03gr.	1,10gr.
Breakfast Special					
Berry Oat Bowl	453kcal	15,09gr.	61,36gr.	14,68gr.	11,54gr.
Italian Avocado Bread	311kcal	12,70gr.	37,17gr.	7,52gr.	1,00gr.
Apple Porridge Bowl	419kcal	10,68gr.	70,29gr.	12,58gr.	10,12gr.
Mediterranean Breakfast Bowl	543kcal	29,76gr.	46,58gr.	23,78gr.	3,30gr.
Breakfast Sides					
Fruit Salad	332kcal	0,00gr.	71,94gr.	0,00gr.	5,75gr.
Fruit Yoghurt	79kcal	3,00gr.	10,02gr.	1,97gr.	0,40gr.
Omelet Classic	242kcal	5,92gr.	37,60gr.	6,64gr.	5,20gr.
Omelet Bacon	259kcal	6,67gr.	37,60gr.	9,64gr.	5,20gr.
Omelet Caprese	291kcal	9,71gr.	39,15gr.	8,96gr.	5,20gr.
Lunch					
Oriental Falafel Roll	648kcal	26,87gr.	73,72gr.	18,14gr.	3,61gr.
BBQ Potato Roll	502kcal	14,33gr.	71,46gr.	18,72gr.	6,61gr.
Mexican Beef Roll	675kcal	33,82gr.	59,63gr.	29,23gr.	4,93gr.
India Curry Roll	581kcal	24,08gr.	64,45gr.	21,96gr.	8,85gr.
Sweet Kaiser Roll	534kcal	14,13gr.	85,42gr.	14,41gr.	5,14gr.
Raclette Corn Roll	708kcal	40,29gr.	59,44gr.	23,14gr.	6,17gr.
Lunch Special					
Chicken Egg Bowl	564kcal	24,32gr.	46,97gr.	34,47gr.	2,93gr.
Thai Curry Bowl	551kcal	22,71gr.	71,42gr.	13,21gr.	1,00gr.
Peanut Curry Bowl	500kcal	18,81gr.	54,69gr.	28,29gr.	1,00gr.
Classic Kaiser Bowl	593kcal	19,29gr.	92,04gr.	16,47gr.	3,58gr.
Lunch Sides					
Little Salad	156kcal	11,87gr.	8,96gr.	1,06gr.	1,08gr.
Salted Edamame	153kcal	8,06gr.	4,40gr.	15,08gr.	10,11gr.
Baked Potato	81kcal	0,21gr.	17,52gr.	2,14gr.	1,20gr.
Spicy Falafel	201kcal	6,66gr.	25,20gr.	6,84gr.	0,00gr.
Potato Sticks	200kcal	9,00gr.	26,10gr.	2,16gr.	0,00gr.
Cakes					
White Choc Cookie	267kcal	20,83gr.	35,00gr.	3,00gr.	1,00gr.
Dark Choc Cookie	270kcal	20,83gr.	35,00gr.	3,00gr.	1,00gr.
Dubai Choc Cake	479kcal	22,70gr.	59,43gr.	5,74gr.	1,28gr.
Vanilla Sweet Cake	491kcal	29,19gr.	58,64gr.	4,99gr.	1,25gr.
Berry Choc Cake	414kcal	30,44gr.	49,31gr.	3,30gr.	1,67gr.
Dark Nougat Cake	428kcal	30,59gr.	52,26gr.	18,71gr.	1,67gr.
X-Mas Cake	381kcal	26,12gr.	51,46gr.	3,57gr.	1,36gr.
Vanilla Sour Cake	403kcal	25,74gr.	53,63gr.	3,47gr.	1,11gr.
Berry Fruit Cake	384kcal	25,09gr.	52,97gr.	3,51gr.	1,10gr.