

## BREAKFAST & BRUNCH BOWLS

### CHIA PUDDING BOWLS

CHIA SEED PUDDING FLAVOURED WITH COCONUT MILK, VANILLA & AGAVE

#### TOPPING CHOICES:

COCONUT PURÉE, RASPBERRY AÇAÍ, MANGO AÇEROLA, CASSIS & AÇAÍ OR NUTMIX

SEASONAL SPECIAL: ADD FRESH BERRIES € 2.00

### BIRCHER MUESLI BOWLS € 5.50

OVERNIGHT OATS SOAKED IN ALMOND MILK WITH BUCKWHEAT, FLAX SEEDS, PUMPKIN SEEDS, DRIED FIGS, DATES, APRICOTS & CRANBERRIES

#### TOPPING CHOICES:

RASPBERRY AÇAÍ, MANGO AÇEROLA, CASSIS & AÇAÍ OR NUTMIX

SEASONAL SPECIAL: ADD FRESH BERRIES € 2.00

## BRUNCH SPECIALS

### WARM PORRIDGE BOWLS

#### BERRY CINNAMON PORRIDGE BOWL € 8.50

GLUTENFREE CINNAMON PORRIDGE MADE WITH OAT MILK, MIXED BERRIES, BANANAS, WALNUTS, ALMONDS, CASHEWS & MAPLE SIRUP

#### RAW CACAO PORRIDGE BOWL € 8.50

GLUTENFREE CACAO PORRIDGE MADE WITH OAT MILK, MIXED BERRIES, BANANAS, WALNUTS, CASHEWS, RAW CACAO DROPS, ALMOND BUTTER & MAPLE SIRUP

## SEASONAL SPECIALS

### BANANA WAFFLES € 8.50

GLUTENFREE & VEGAN OAT BANANA WAFFLES WITH FRESH BERRIES, MAPLE SIRUP, FRESH BANANA & POWDER SUGAR.

### YOGHURT BOWLS € 5.50

#### COCONUT YOGHURT BOWL

CREAMY COCONUT SOY YOGHURT WITH COCONUT FLAKES & CRUNCHY GLUTENFREE GRANOLA

#### MATCHA & COCONUT YOGHURT BOWL

CREAMY COCONUT SOY YOGHURT WITH MATCHA GREEN TEA POWDER, COCONUT FLAKES & CRUNCHY GLUTENFREE GRANOLA

#### AÇAÍ YOGHURT BOWL

CREAMY SOY YOGHURT BLENDED WITH AÇAÍ BERRIES, BLACK CURRANTS & CRUNCHY GLUTENFREE GRANOLA

#### MANGO YOGHURT BOWL

CREAMY SOY YOGHURT BLENDED WITH MANGO, COCONUT MILK & CRUNCHY GLUTENFREE GRANOLA

SEASONAL SPECIAL: ADD FRESH BERRIES € 2.00

## superfoods berlin

est. 2014  
bowls | cold pressed juices | açai bowls | avocado toasts

LOCATIONS: WEINBERGSWEG 23 / 10119 BERLIN - MITTE //  
SCHLUETERSTRASSE 37 / 10629 BERLIN - CHARLOTTENBURG //  
FRIEDRICHSTRASSE 63 / 10117 BERLIN - MITTE

## BREAKFAST & BRUNCH BOWLS

### SMOOTHIE BOWLS € 9.50

#### AÇAÍ BOWL

100% BRAZILIAN AÇAÍ PURÉE BLENDED WITH BANANA & AGAVE

#### PROTEIN PEANUT SMOOTHIE BOWL

AVOCADO, BANANA, VEGAN VANILLA RICE & PEA PROTEIN POWDER, COCONUT MILK, AGAVE & PEANUT BUTTER

#### RAW CACAO SMOOTHIE BOWL

AVOCADO, BANANA, RAW CACAO POWDER & COCONUT MILK

#### MANGO AÇEROLA SMOOTHIE BOWL

100% BRAZILIAN AÇEROLA PUREE, MANGO, BANANA & COCONUT MILK

#### GREEN MATCHA SMOOTHIE BOWL

MANGO, SPINACH, COCONUT MILK, GREEN TEA MATCHA & AGAVE

OUR STANDARD SMOOTHIE BOWL TOPPINGS ARE: BANANA SLICES, CRUNCHY GRANOLA, COCONUT FLAKES, CHIA SEEDS & FRESH BERRIES  
 optional:  granola

### RAW & SUGARFREE CAKES € 5.50

#### RAW CACAO & AVOCADO BROWNIE

CREAMY CACAO MOUSSE WITH WALNUTS, CASHEWS, GLUTENFREE ROLLED OATS, DATES, COCONUT MILK, RAW CACAO, RAW CACAO NIBS, AVOCADO & FRESH BERRIES.

#### PROTEIN PEANUT CAKE

CREAMY AVOCADO MOUSSE WITH PEANUT BUTTER, COCONUT MILK, VANILLA PROTEIN & COCONUT MILK. WALNUTS, GLUTENFREE ROLLED OATS & FRESH BERRIES.

#### RAW BANANA BREAD

CREAMY AVOCADO MOUSSE WITH PEANUT BUTTER, COCONUT MILK, VANILLA PROTEIN & COCONUT MILK. WALNUTS, GLUTENFREE ROLLED OATS & FRESH BERRIES.

## TOASTED AVOCADO SANDWICHES & BAGELS

GLUTENFREE LOW CARB GRAIN BREAD- WHEATFREE, YEASTFREE, FLOURFREE & SUGARFREE OR SPELT FLOUR BAGELS

### AVOCADO & TOMATO SANDWICH € 5.50

FRESH AVOCADO, SUNDRIED TOMATO & CASHEW PESTO, LEMON JUICE, SEASALT, PEPPER & FRESH SALAD.

### AVOCADO & CREAM CHEESE SANDWICH € 5.50

FRESH AVOCADO, CREAM CHEESE, SEASALT, PEPPER, LEMON JUICE & FRESH SALAD.

## LUNCH BOWLS

### SALAD BOWLS

### HIGH PROTEIN QUINOA BOWL € 10.00

QUINOA MARINATED IN SESAME OIL, STEAMED BROCCOLI, HOUSEMADE BEETROOT HUMMUS, MARINATED CHICKPEAS, BLACK BEANS, EDAMAME BEANS, CUCUMBER, LEMON & FRESH AVOCADO  
(SERVED CHILLED)

 DRESSING RECOMMENDATION: TAHINI DRESSING

### POKÉ BOWL € 12.50

FRESH MANGO, CHILI, AVOCADO, EDAMAME, RADISHES, CUCUMBER, PICKLED RED ONION, BLACK SESAME & SESAME OIL, FRESH MIXED SALAD, POMEGRANATE, CASHEWS/PEANUT MIX & BLACK RICE.

(SERVED CHILLED)

 DRESSING RECOMMENDATION: CASHEW SOY OR CHILLI GINGER DRESSING

### ORIENTAL BOWL € 10.00

CHICKPEA FALAFEL, LEMON-TUMERIC HUMMUS, MILLET TABBOULEH SALAD WITH CUCUMBER, SUNDRIED TOMATO & PARSELY. ROASTED BELL PEPPER & ZUCCHINI. CHICKPEAS, BLACK BEANS, STEAMED TUMERIC CAULIFLOWER WITH TUMERIC, FRESH CORIANDER, CUCUMBER & CRANBERRIES.

(SERVED CHILLED)

 DRESSING RECOMMENDATION: CASHEW SOY OR CHILLI GINGER DRESSING

OPTIONAL: ADD FRESH MIXED SALAD TOPPING € 2.50

### SUMMER ROLLS € 8.50

HOUSEMADE VEGETABLE, SALAD & RICE PAPER SUMMER ROLLS WITH EDAMAME, CHILLI, CILANTRO & PEANUTS

 DRESSING RECOMMENDATION: CHILLI GINGER, SAMBAL OLEK OR CASHEW SOY

### GYOZA DUMPLING BOWL € 10.00

ROASTED GYOZA DUMPLINGS WITH VEGETABLE & KIMCHI FILLING ON FRESH MIXED SALAD, EDAMAME BEANS, FRESH CILANTRO, CHILLI & PEANUTS.



 DRESSING RECOMMENDATION: CHILLI GINGER, SAMBAL OLEK OR CASHEW SOY

## WARM LUNCH BOWLS

### THAI CURRY BOWL € 10.00

CREAMY YELLOW THAI CURRY WITH COCONUT MILK, PEANUTS, FRESH CILANTRO & CHILLI, ZUCCHINI, CAULIFLOWER, BROCCOLI, BELL PEPPER & EGGPLANT SERVED WITH BLACK LOW - CARB RICE

### SOUP OF THE DAY € 5.50

ADD GLUTENFREE BREAD € 2.00