

naturalia

der Biomarkt · il mercato bio



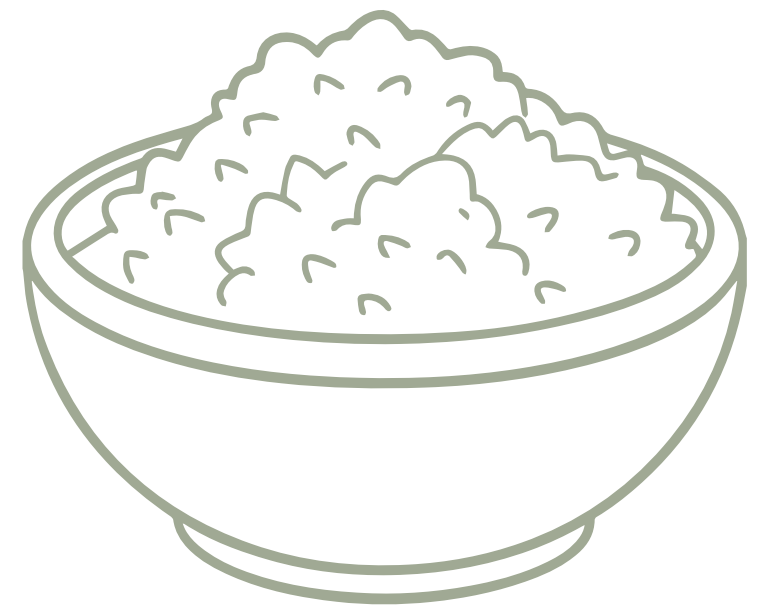
BIO BISTRO

MENÜ | MENÙ

BRIXEN, Regensburger Allee
BRESSANONE, Viale Ratisbona 14

BIO BOWLS

**MIT REIS, SALATMIX,
ODER BASIS DES TAGES
CON RISO, MISTICANZA
O BASE DEL GIORNO^A**



1 SUNNY BOWL  G,H,A,N **10,90**

**Rote Beete, Tomate, Mais, Mozzarella, Nussmix,
Himbeer-Leinöl-Dressing** | barbabietola rossa, pomodoro,
mais, mozzarella, mix di noci, salsa al lampone e olio di lino

2 TERIYAKI TUNA BOWL F,M **BESTSELLER** **14,80**

**Karotte, Gurke, Blaukraut, Edamame, Thunfisch,
Cashews, Teriyaki-Dressing** | carota, cetriolo, cavolo
rosso, edamame, tonno, anacardi, salsa teriyaki

3 PROTEIN CHICKEN BOWL F,C,A,H,F,G,P,M,L **16,30**

**Gurke, Tomate, Karotte, Avocado, Ei, Hühnerstreifen,
Kernmix, Erdnuss-Ingwer-Dressing** | cetriolo, pomodoro,
carota, avocado, uovo, strisce di pollo, mix di semi,
salsa allo zenzero e arachidi

4 TOFU BOWL  A,F,H,N,L **13,90**

**Kichererbsen, Karotte, Tomate, Avocado, Tofu,
Granatapfelkerne, Cashews, Himbeer-Leinöl-Dressing**
ceci, carota, pomodoro, avocado, tofu, chicchi di melograno,
anacardi, salsa al lampone e olio di lino

5 SHRIMP MANGO BOWL B,F,M **16,30**

**Mais, Gurke, Blaukraut, Mango, Avocado, Garnelen,
Sprossen, Teriyaki-Dressing** | mais, cetriolo, cavolo rosso,
mango, avocado, gamberi, germogli, salsa teriyaki

BIO SALAD

+ **DINKELBROT**
PANE DI FARRO 1,00

FRISCH ZUBEREITET
PREPARATO
AL MOMENTO

GLUTEN-FREE
PROTEIN CRACKER 1,50

1 POWER SALAD A,F,H,N 13,90

Kichererbsen, Karotte, Blaukraut, Avocado, Tofu, Mango, Cashews, Himbeer-Leinöl-Dressing | ceci, carota, cavolo rosso, avocado, tofu, mango, anacardi, salsa al lampone e olio di lino

2 ENERGY SALAD A,F,H,N,L,G,P,M 16,30

Kichererbsen, Karotte, Rote Beete, Granatapfelkerne, Feta, Hühnerstreifen, Sprossen, Erdnuss-Ingwer-Dressing | ceci, carota, barbabietola rossa, chicchi di melograno, feta, straccetti di pollo, germogli, salsa allo zenzero e arachidi

3 GARDEN SALAD C,A,H,F,N 10,90

Gurke, Tomate, Karotte, Ei, Kernmix, Himbeer-Leinöl-Dressing | cetriolo, pomodoro, carota, uovo, mix di semi, salsa al lampone e olio di lino

4 TUNA PROTEIN SALAD C,A,F,H,N,P,G,M 16,30

BESTSELLER

Gurke, Tomate, Blaukraut, Ei, Hummus, Thunfisch, Kernmix, Teriyaki-Dressing | cetriolo, pomodoro, cavolo rosso, uovo, hummus, tonno, mix di semi, salsa teriyaki

5 SHRIMP SALAD F,B,M 14,80

Tomate, Gurke, Blaukraut, Edamame, Garnelen, Cashews, Teriyaki-Dressing | pomodoro, cetriolo, cavolo rosso, edamame, gamberi, anacardi, salsa teriyaki

MAKE IT YOUR OWN

STEP 1: CHOOSE BASIS | BASE

STEP 2: CHOOSE CLASSICS

STEP 3: CHOOSE BOOSTER, PROTEINS

STEP 4: DRESSING | SALSA & TOPPINGS

LIGHT

10,90

BASIS | BASE

3 Classics, 1 Booster, 1 Dressing | salsa, 1 Topping

REGULAR

13,90

BASIS | BASE

3 Classics, 3 Booster, 1 Dressing | salsa, 1 Topping

PROTEIN

16,30

BASIS | BASE

3 Classics, 2 Booster, 1 Protein, 1 Dressing | salsa

ADD ONS

CLASSICS +1,00, BOOSTER +1,50
PROTEINS +3,90, TOPPINGS +0,50

BIO CURRY^{F,L,M,N,A}

ADD YOUR

CURRY BOWL  10,90


Gemüse | verdure

mit Reis oder Basis des Tages

con riso o base del giorno

INGREDIENTS

CLASSICS, BOOSTER,
PROTEINS, TOPPINGS

- mit Hühnerstreifen | con straccetti di pollo 14,80
- mit Garnelen | con gamberi 14,80
- mit Plant-Based-Protein | con proteine vegetali  14,80

OUR BIO INGREDIENTS

BASIS | BASE

Reis, Salatmix, Basis des Tages
riso, misticanza, base del giorno

CLASSICS

ADD +1,00

Tomate, Paprika, Gurke, Karotte, Mais, Rote Beete, Blaukraut, Kichererbsen, Kidneybohnen, Classic des Tages
pomodoro, peperone, cetriolo, carota, mais, barbabietola, cavolo rosso, ceci, fagioli rossi, classic del giorno

BOOSTER

ADD +1,50

Avocado, Ei, Feta, Mozzarella, Tofu, Hummus, Mango, Granatapfelkerne, Edamame | avocado, uovo, feta, mozzarella, tofu, hummus, mango, chicchi di melograno, edamame

PROTEINS

ADD +3,90

Thunfisch, Hühnerstreifen, Garnelen, Plant-Based-Protein 
tonno, straccetti di pollo, gamberi, proteine vegetali 

DRESSING | SALSE

Teriyaki, Himbeer-Leinöl, Erdnuss-Ingwer
teriyaki, lampone e olio di lino, arachidi e zenzero

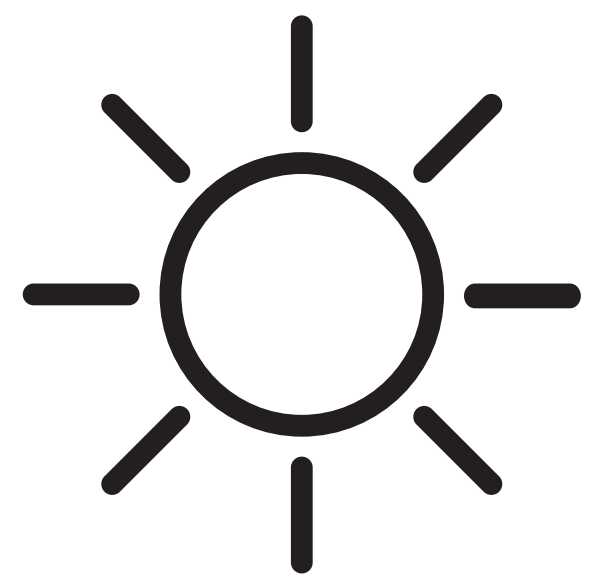
TOPPINGS

ADD +0,50

Nussmix, Kernmix, Cashews, Sprossen
mix di noci, mix di semi, anacardi, germogli

SEASONAL

LUNCHTIME ONLY



FETA WATERMELON BOWL

G,A,F,H,N,P,G,M

13,90

Rucola, Tomate, Gurke, Wassermelone, Feta, Hummus, Sprossen, saisonales Dressing | rucola, pomodoro, cetriolo, anguria, feta, hummus, germogli, salsa stagionale

SUMMER BOWL

A,F,H,N,M

13,90

Kichererbsen, Rucola, Mais, Avocado, Wassermelone, Granatapfelkerne, Cashews, saisonales Dressing
ceci, rucola, mais, avocado, anguria, chicchi di melograno, anacardi, salsa stagionale

BURRATA BOWL

G,F,C,A,H,F,M

16,30

Rucola, Tomate, Paprika, Edamame, Ei, Burrata, Kernmix, saisonales Dressing | rucola, pomodoro, peperone, edamame, uovo, burrata, mix di semi, salsa stagionale

ICED STRAWBERRY

MATCHA LATTE

5,50

„RACHELLI“

EIS | GELATO

3,00

BAR

ESPRESSO	1,80
MACCHIATO	2,00
CAPPUCCINO	3,00
LATTE MACCHIATO (OPTIONAL ICED)	3,20
CAFFÈ AMERICANO (OPTIONAL ICED)	2,60
CHAI LATTE (OPTIONAL ICED)	3,90
GOLDEN MILK (MIT KURKUMA CON CURCUMA)	3,90
MATCHA LATTE (OPTIONAL ICED)	3,90
HEISSE SCHOKOLADE CIOCCOLATA CALDA	3,20
TEE TÈ O TISANE	2,50

SOJA- & HAFERMILCH LATTE DI SOIA E AVENA 	GRATIS
SUPPLEMENTS (VITAMINE D, C & B)	+0,50
BULLETPROOF COFFEE KOKOSÖL OLIO DI COCCO	+0,50

FRESH JUCIES OF THE DAY 0,25L + 1,00 PFAND CAUZIONE	3,95
NOW LIMO (COLA, ORANGE, LEMON, PASSION) 0,33L	3,50
KOMBUCHA 0,33L	3,50
ICE TEA COCONUT WATER 0,33L	3,50
SAFTSCHORLE SUCCO 0,33L	3,50
MINERALWASSER ACQUA MINERALE 0,5L	2,50
BEER (NON-ALCOHOLIC, GLUTEN-FREE) 0,33L	4,00

APERITIVO SPRITZ	5,50
WEISSWEIN VINO BIANCO 0,1L	4,50
ROTWEIN VINO ROSSO 0,1L	4,50
PROSECCO 0,1L	4,50

SERVED ALL DAY

WRAPS

PIADINE

**INGWER
SHOT
1,99**