





Main menu

-  Fresh ingredients
-  No additives
-  No refined sugar
-  Seasonal drops

Please note:

In addition to our main menu, we regularly drop *Limited Time Offers*. For current seasonal specials and pricing, visit stadtsalat.de

If you need more information on allergenes and ingredients you can go to stadtsalat.de/allergene or simply ask our service team directly.

Bowls



Feel Good

organic rice · arugula · lettuce
organic feta · avocado · pear
organic walnut · pomegranate
cilantro

classic vinaigrette



Falafel Crush

organic rice · lettuce · root
vegetables · falafel · hummus
sweet potato · chili mayo · organic
sunflower seeds

classic vinaigrette



Marvelous Meze

lettuce · red cabbage · sweet potato
falafel · chickpea · tomato · hummus
pomegranate · organic sesame

chili lime dressing



Steak Burrata

spinach · red cabbage · broccoli
tomato · organic burrata · organic
steak · green pesto · pepper steak
seasoning

caesar dressing



Metabolic Balance

spinach · red cabbage · organic beluga
lentils (2x) · brokkoli (2x) · avocado
root vegetables · pomegranate
chili nut crunch · organic lemon
pea sprouts

GAEA organic olive oil



Create your own

Put together a bowl of your liking by choosing exactly the ingredients you want.

Bowls with protein options

Choose from the following options:

- planted.
- tofu
- MushRoots
- chicken
- pulled chicken
- steak



Caesar's Classic

+ choose your protein

lettuce · romaine · spinach
cucumber · tomato · croutons
organic grana padano · lime

caesar dressing



Protein Fit

+ choose your protein

organic quinoa · spinach · chick pea
broccoli · carrot lox · pea guacamole
hummus · pomegranate · organic
cashew · pea sprouts

cucumber tahini dressing



Mexican Taco

+ choose your protein

organic rice · arugula · red cabbage
sweet potato · organic beluga lentils
pico de gallo · pea guacamole
tortilla chips · lime · cilantro

chipotle dressing



Harvest Time

+ choose your protein

organic rice · spinach · red cabbage
sweet potato · apple · organic feta
organic sunflower seeds

balsamic vinegar dressing

Dressings

One dressing included, +2,00€ per additional dressing



chili lime



cucumber tahini



peanut



chipotle



balsamic vinegar



GAEA organic olive oil



yoghurt mint



classic vinaigrette



caesar



For more seasonal offers please visit stadtsalat.de

Protein Plates



Caesar Protein Plate

pulled chicken

organic rice · organic pulled chicken (2x) · spinach · cucumber · sweetpotato · chili mayo · chili nut crunch

caesar dressing



Caesar Protein Plate

planted.

organic rice · planted,pulled (2x) · spinach · cucumber · sweet potato · chili mayo · chili nut crunch

caesar dressing



Caesar Protein Plate

mushrooms

organic rice · MushRoots protein balls (2x) · spinach · cucumber · sweet potato · chili mayo · chili nut crunch

caesar dressing



Ranch Protein Plate

pulled chicken

organic rice · organic pulled chicken (2x) · spinach · pico de gallo · organic beluga lentils · chili mayo

joghurt mint dressing



Ranch Protein Plate

planted.

organic rice · planted,pulled (2x) · spinach · pico de gallo · organic beluga lentils · chili mayo

joghurt mint dressing



Falafel Protein Plate

organic rice · brokkoli · hummus (2x) · falafel (5 pcs.) · arugula · pomegranate · tahini sauce

cucumber tahini dressing

Sides



Sweet Potato Snack

sweet potato · organic feta · tahini sauce



Tortilla Mix

+ choose your protein

planted.

pulled chicken

red onion · tortilla chips · chili mayo

Desserts



Blueberry Banana Bread

banana · blueberry · spelt flour · organic egg · organic vanilla · organic cinnamon



Vegan Banana Bread

banana · cocoa · spelt flour · organic oat flakes · organic cacao nibs · organic walnut · organic cashew



Protein Cheesecake

organic lowfat quark · organic egg · organic butter · organic agave syrup · organic wholegrain biscuits · organic vanilla · spelt flour · raspberry



Fruit Bowl

melon · apple · pear · blueberry · pomegranate · organic cashew · lime



Better, naturally.

Our meat and cheese are of 100% organically certified origin, ensuring the best quality and flavour.

Bio-AHVV DE-ÖKO-006

STADTSALAT

Share your love for healthy food and tag us with @stadtsalat or #stadtsalat