
monday to friday from 11.30 till 16.00

TACO LUNCH BOXES

3 tacos + soup/salad + dessert

MEAT TACO BOX

13.50

grilled black pudding, cabbage salad, hot mustard, chive horseradish

VEGGIE TACO BOX

12.50

grilled portobello mushroom, spinach, sheep's cheese

SOUP / SALAD

SOUP

5.00

SALAD

3.50

DESSERT

2.50

EISTEA

0.4L

APPLE-MINT

4.90

ceylon, pomegranate,
apple slices, fresh mint

BARFOOD

HOUSE CHIPS (VEGAN)

2.80

colorful potato, seasoned salt

MARINATED OLIVES (VEGAN)

4.00

CROSTINI

3 types

6.00

home made brioche baguette
-avocadomash &
-hummus-aubergine &
-tomato & pepper salsa

ERICH NACHOS

7.00

avocado mash, refried beans
sambal oelek-cheese, feta,
jalapenos, chili

KICKSTARTER

6.50

ruby chocolate croissant with pistazien and pomegranade,
cappuccino, apple-ginger shot

ask our staff for the allergies menu

prices in euros incl.vat.

DETOX SMOOTHIES

0.25L

GREEN MACHINE

5.20

pineapple, banana, spinach,
apple, ginger, romainelettuce

NUTRINE BOMB

5.20

mango, kiwi, acai, orange,
banana, coconut chips

MORNING GLORY

5.20

orange, carrot, apple-ginger

APPLE-GINGER SHOT

2cl

1.00

FRESH JUICES

0.2L

ORANGE , BIO CARROT

4.50

or BEET ROOT

FIZZY SODAS

0.4L

FOREST BERRY

4.90

forest berries, basil

LIQUID PASSION

4.90

passionfruit, mint

ELDERFLOWER

4.90

elderflower, lime, mint

RISE AND SHINE

breakfast for individualists



start with
a base

+



add
extras

+



round it off
with toppings

1. BASE

VEGAN

7.00

avocado mash, toasted
organic whole-grain bread

EGGS

7.00

2 eggs
poached/scrambled/fried
toasted organic sourdough
bread

2. EXTRAS

+2.00 / EACH EXTRA

grilled tomato
spicy tomato & bean sauce
sauce hollandaise
lime cream cheese
herb mushrooms
grilled veggies
feta
organic egg
crudités
hummus

+3.00 / EACH EXTRA

crispy bacon
mini sausages 2 pcs
tofu
halloumi
chorizo
ham from thigh
-(grilled if favoured)

+4.00 / EACH EXTRA

smoked salmon
avocado mash

3. TOPPINGS

2 TOPPINGS INCLUDED

crispy quinoa
tomato & pepper salsa
dukkah (nut & spice mix)
red pickled onions
fresh herb leaves
fresh cilli

BREAKFAST

daily 9am to 4pm

HUEVOS RANCHEROS 10.00

VEGAN POSSIBLE

2 corn tacos, 2 fried eggs,
feta, spicy tomato & bean
sauce, coriander,
lime & cream cheese

BREAKFAST TACOS 10.00

cheese & herb omelette (3 eggs)
roasted mushrooms,
crispy bacon, avocado mash,
cress, tomato salsa

BENNY EGGS 9.00

home made brioche baguette,
2 poached eggs,
baby spinach, tomato salsa,
hollandaise sauce

GREEN SHAKSHUKA 9.00

VEGAN POSSIBLE

2 eggs, feta, spinach,
courgette, broccoli,
fava beans, cashews, cumin,
chilli, sourdough bread

SCHÖNER ERICH 13.50

ham, cream cheese,
chive butter,
soft-boiled egg, gruyère,
smoked salmon, crispy bacon,
mini acai bowl, la marianne,
organic hand-rolled semmel,
perennial rye bread

BREAKFAST BOWL 9.00

avocado mash, poached egg,
herb mushrooms, baby chard,
grilled tomato, dukkah

ACAI BOWL (VEGAN) 4.00/6.00

pomegranate, kiwi, banana,
buckwheat

CRISPY GRANOLA 4.00/6.00

yoghurt, apple, berries

SÜSSER ERICH 9.00

ruby chocolate croissant
with pistachios &
pomegranate, brioche,
french toast, berries
apricot jam, crispy butter

CHOCOLATE PORRIDGE (VEGAN) 6.00

kiwi, pomegranate, banana,
coconut chips

FRENCH TOAST 7.00

fresh berries, maple syrup

EXTRAS

organic hand roll 1.50

sourdough bread 2.50

chives bread 4.00

croissant 2.00

vegan croissant 2.00

chocolate & nut croissant 2.50

ruby chocolate croissant 3.50

cheese (gruyère) 2.50

BOOZY BREAKFAST

MIMOSA 5.90

house bubbles, fresh
orange juice, raspberries

BLOODY „ERICH“ 5.90

2cl HOUSE VODKA, lemon,
cucumber, olive, tabasco,
worcestshire sauce
bacon!...or not?

ESPRESSO MARTINI 5.90

2cl HOUSE VODKA, wiener
mocca coffee liqueur,
espresso, brown sugar

daily from 4 pm

TACOS

1 taco/3 tacos

HUMMUS AUBERGINE(VEGAN) 3.50/9.50

pomegranate, soy yoghurt,
pine nuts, pesto

AVOCADO & FETA 3.80/10.00

refried beans, leek, salsa,
coriander, lime

CHICKEN CHIPOTLE 3.80/10.00

black beans, young sprout,
pepper

MEATBALLS 4.00/10.50

spicy beans, sour cream,
coriander

PULLED PORK 4.20/11.00

red cabbage, bbq dip,
cucumber, red onions

SALMON 4.20/11.00

cream cheese, red cabbage,
spicy citrus fruits

TACO-FLIGHT 19.00

3 types, 2 of each

WHOLE ROASTED CAULIFLOWER 11.00

tahini sauce, wild garlic
pesto, pomegranate, pine
nuts

daily from 9

SWEET TREATS

FRENCH TOAST 7.00

fresh berries, maple syrup

CAKES

-chocolate shot 4.00

-apple & blackberry
crumble tart 4.50

-carrot-quinoa nut
tartlet (VEGAN) 4.50

-orange-almond cake 4.50

daily from 11 am

GRILLED SANDWICHES

THE HANGOVER 11.00

hand-rolled semmel, tomato,
2 fried eggs, ham, avocado,
leaf spinach, braised onions,
sambal oelek cheese gratin

HALLOUMI FIG-MUSTARD 11.00

sourdough bread, avocado,
fig mustard, red hummus,
braised onions,
chard-basil-tomato salad

IN THE CLUB 12.00

sourdough bread, gruyère,
mozzarella, chicken fillet,
crispy bacon, red onion,
romaine lettuce, tomato,
avocadomash, lime mayo

PULLED PORK 15.00

brioche bun, home made bbq
sauce, red cabbage, braised
onions, gherkins, tomato
relish, ERICH nachos

daily from 11

BOWLS

BAJA MEXICO (VEGAN) 9.50

quinoa, avocado, radishes,
spicy beans, lime, nachos

QUINOA BOWL (VEGAN) 11.00

quinoa, cheakpeas, grilled,
portobello mushrooms, baby
spinach, braised tomato,
green asparagus, soy yoghurt,
wild garlic pesto

CAESER 11.00

chicken, avocado, romaine
salad, parmesan, caesar-
dressing, sourdough croutons

SALMON POKE 11.50

avocado, cucumber,
basmati rice, tomatoes,
soy marinade, sesame