

BAR SHUKA  
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BREAKFAST  
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SUPERSTART  
SUPERSTART

Obstsalat

natur.....8  
mit Labneh, Nussmischung,  
getrocknete Datteln<sup>8,9,10</sup>.....10

Bircher Müsli<sup>4,8,9,10</sup>

Haferflocken, Joghurt, Apfel,  
Rosinen, Honig, Haselnüsse ...7,5

Kokos-Chia Pudding<sup>9,10</sup>

Kokosmilch, Chiasamen, Honig,  
Limette, Blaubeeren, Kokoschips,  
Pekannüsse .....8,5

EGGS

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Bio Eier aus Hessen/Rodgau.  
Jede Eierspeise wird mit Brot und  
Butter serviert<sup>1,4</sup>

1 gekochtes Ei.....3,5

2 Eier

Omelett/Rührei/  
Sunny side up..... 4,5

3 Eier

Omelett/Rührei/  
Sunny side up..... 5,5

TOPPINGS<sup>8,10,11</sup>

Tomate ..... 0,5  
Zwiebeln.....0,5  
Pilze..... 1  
Putenschinken..... 1  
Paprika..... 1  
Gouda..... 1,5  
Feta..... 1,5

Ei Benedikt<sup>1,4,10,12</sup>

Ausgehobenes Brot, pochiertes Ei,  
Bacon, Sauce Bernaise..... 12

BROT

BROT

BROT

Vollkornbrot  
Ausgehobenes Brot  
Glutenfreies Brot

Avocado, Tomate<sup>vegan</sup> .....10  
+ pochiertes Ei ..... 12

Sauerteigbrot,  
Butter, geräucherte  
Forelle, Zitronenfilet,  
Frühlingslauch.....11,5

Putenschinken, Gouda,  
Kräuterfrischkäse,  
Tomate, Radieschen.....10,5

Brie, Äpfel,  
Dijonsenf, Walnüsse..... 10

Hummus, gegrillte Aubergine,  
Pickles, eingelegte  
Gurke <sup>1,4,8,9,10,12,15</sup> vegan .....10

JAMES' & DAVID'S  
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FAVORITES  
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SHAKSHUKA

(Pochierte Eier in Tomaten-  
Paprikasauce) Paprika, Tomaten,  
Knoblauch, Gewürze..... 10

SHAKSHUKA SPECIAL

mit gegrillten Auberginen,  
Paprika, Tomaten, Knoblauch,  
Gewürze..... 12

TOPPINGS

BFC

Frittiertes  
Hähnchenkeulenfleisch ..... 6

3 Falafel

Frittierte  
Kichererbsenbällchen ..... 6  
4,9,10,11,13

Kleiner Hummus ..... 2

FRENCHTOAST.....12

TOPPINGS

Ahorsirup & BFC..... 6,5  
Schokolade & Bananen <sup>1,4,8,11</sup> ... 2

Getränke:



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Fruit Salad

natural.....8  
with Labneh, Nut Mixture,  
dried Dates<sup>8,9,10</sup>.....10

Bircher Müsli<sup>4,8,9,10</sup>

Oatmeal, Yoghurt, Apples, Raisins,  
Honey, Hazelnuts .....7,5

Coconut Chia  
Pudding<sup>9,10</sup>

Coconut Milk, Chia Seeds, Honey,  
Lime, Blueberries, Coconut Chips,  
Pecans.....8,5

EGGS  
EGGS  
EGGS

Organic eggs from Hesse/Rodgau.  
Each egg dish is served with bread  
and butter<sup>1,4</sup>

1 boiled Egg.....3,5

2 Eggs

Omelett/Scrambled Eggs/  
Sunny side up.....4,5

3 Eggs

Omelett/Scrambled Eggs/  
Sunny side up.....5,5

TOPPINGS<sup>8,10,11</sup>

Tomato.....0,5  
Onion.....0,5  
Mushrooms.....1  
Turkey Ham.....1  
Paprika.....1  
Gouda.....1,5  
Feta.....1,5

Egg Benedikt<sup>1,4,10,12</sup>

Raised Bread, Poached Egg,  
Bacon, Sauce Bernaise.....12

BREAD  
BREAD  
BREAD

Wholegrain Bread  
Raised Bread  
Gluten free Bread

Avocado, Tomato<sup>vegan</sup>.....10  
+ Poached Egg ..... 12

Sourdough Bread, Butter,  
Smoked Trout, Lemon Fillet,  
Spring Leeks..... 13,5

Turkey Ham, Gouda, Herb Cream  
Cheese, Tomato, Radish.....10,5

Brie, Apples, Dijon Mustard,  
Walnuts.....10

Hummus, grilled  
Aubergine, Pickles, pickled  
Cucumber <sup>1,4,8,9,10,12,15</sup>vegan 9,5

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FAVORITES  
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SHAKSHUKA

(Poached Egg in Tomato-Paprika  
Sauce) Paprika, Tomatoes, Garlic,  
Spices.....10

SHAKSHUKA SPECIAL

with grilled Eggplant, Paprika,  
Tomatoes, Garlic, Spices.....12

TOPPINGS

BFC

Deep fried Chicken Leg Meat....6

3 Falafels

Deep fried Chickpea  
Balls <sup>4,9,10,11,13</sup> ..... 7,5

Small Hummus..... 2

FRENCHTOAST..... 8

TOPPINGS

Maple Syrup &BFC ..... 6,5  
Chocolate & Bananas <sup>1,4,8,11</sup> ..... 2

Drinks:



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