

Breakfast week 9 - 12 // weekends & public holidays 9-13

Fermented oat porridge, apple compote with vanilla, nut butter, Tahini Granola, cashew yoghurt ^{1a,1d,1e,2,4} 16.5

Buckwheat porridge, roasted plum, Choc Rawnola, mocha cream, date caramel ^{1a,1d} 16.5

Cashew yoghurt, roasted plum, nut butter, date caramel, Vanilla Rawanola ^{1a,1d} 17.5

Or choose your own base & toppings:

Sweet base ⁸

fermented oat porridge ², buckwheat porridge ^{1a}, cashew coconut yoghurt ^{1d}, bircher muesli ⁷

Toppings ^{+ 2.4}

roasted plum, apple compote with vanilla

mocha cream ^{1d}, cashew yoghurt ^{1d}, date caramel, nut butter ^{1a}

Tahini Granola ^{1a,1e,4}, Vanille Rawnola ^{1a}, Choc Rawnola ^{1a},

All day week 9 - 15 // weekends & public holidays 9 - 16

Seasonal nordic root vegetable salad, golden sauerkraut, kale, cauliflower chutney, tahini ^{4,5,9} 15.5 / 17.5

Seasonal pumpkin & tempeh salad, quinoa, nordic kimchi, broccoli, miso caesar sauce, almond chili oil, cilantro ^{1a,4,6,7,8,9} 15.5 / 17.5

Create your own 16 / 18

Base: mixed leafy greens

Choose 2: beluga lentils, quinoa ⁴, warm brown rice ⁴, roasted potatoes ⁵, sweet potatoes ⁸

Choose 3: broccoli, kale ⁵, pumpkin, cauliflower chutney ⁹, root vegetables, nordic kimchi ^{7,8,9}, Golden Kraut ⁹

Choose 1: herbal oil ^{8,9}, tahini ⁴, miso caesar sauce ^{7,8}

Choose 1: coriander, parsley

Mixed roasted seeds included

Extras

dressing, roasted seeds ⁴, fresh herbs ^{1a,8} ^{+1.5}

sourdough bread ^{2,4}, glutenfree seed bread ^{1a,1b,4}, almond chili oil ^{1a,8} ^{+2.5}

hummus ^{4,8}, mushroom ragout ^{7,8}, pumpkin miso butter ^{7,8}, pumpkin seed pesto ⁸, seasonal vegetables ⁺³

lupin tempeh ^{6,7,8} ⁺⁴

Sourdough bread with pumpkin miso butter, oyster mushroom ragout, kale chips, savoury granola ^{1c,2,4,5,7,8} 17

Sourdough bread with hummus, pumpkin, cauliflower chutney, pumpkinseed pesto, watercress, almond chili oil ^{1a,2,4,8,9} 16.5

Warm tomatoes with hummus, oyster mushroom ragout, roasted broccoli, herb oil, sourdough bread ^{1a,2,4,7,8} 17.5

Lunch week 12 - 15 // weekends & public holidays 13 - 16

Coconut butter cauliflower curry, brown rice, cauliflower chutney, cilantro, almond chili oil ^{1a,1d,4,8,9} 18

Pumpkin risotto, watercress pesto, fresh watercress, savoury granola ^{1c,1d,3,5,8} 18.5

Allergens: 1a. almond 1b. walnut 1c. hazelnut 1d. cashew 1e. other nuts 2. gluten 3. celery 4. sesame 5. mustard 6. lupin 7. soy 8. garlic 9. sulfur oxides and sulfites

Everything is to take away

Cards only

WIFI: bethechange

Laptop-free on weekends

Nourishing

Seasonal Food . Natural Drinks

100% plantbased

Free from processed sugar and additives

Mo - Fri 9 - 15

Sa - Su 9 - 16

Also visit us at: Schlüterstraße 86
or our webshop: www.aendre.de

So nice, that you're here,

At ÆNDRË, we are convinced that the choices we make about what we eat, where it comes from and how it is prepared and eaten have a powerful impact on individual and collective health and the environment. Our greatest wish is that you feel nourished on all levels after your visit.

Big Love,
Janine & Team



Cakes & Cookies

Chocolate date	2
Miso sesame cookie ^{4,7}	4
Almond caramell cookie ^{1a}	4.5
Apple chicoree bread ^{1a,1d}	6
Pumpkin bread ²	5.5
Apple cashew cheesecake ^{1a,1b,1d}	5.5
Gingerbread Salted Caramel Cheesecake ^{1a,1b,1d}	5.5
Pear Kardamom Muffin ^{2,7}	6.5
Fudgy Hazelnut Brownie ^{1a,1c}	5.5

Fresh & Juicy

Lemon soda ^{300ml}	4.5
Orange juice ^{200ml}	4.5
Grapefruit juice ^{200ml}	4.5
Green tahini smoothie ^{3,4 300ml}	7.5
Beetroot berry smoothie ^{300ml}	7.5
Apple juice ^{200ml}	4
Rhubarb / apple ^{300ml}	4
Wasser still / sparkle ^{300ml / 750}	3 / 5.2
Charitea Mate	4.5
Lemonaid blood orange ^{330ml}	4.5

Homemade Ferments

Seasonal Water kefir < 0.5% ^{100ml / 200ml}	5 / 7
Kombucha Fukamushi sencha < 0.5% ^{100ml/200ml}	6 / 7.5

Everything is available to take away

Recup (1.00 deposit)
Rebowl Box (5.00 deposit)
Cutlery / cups / boxes / paper bag (0.33)

Coffee ^{iced/hot} ^{oat milk ² / pea milk}

Espresso / Doppio	3 / 3.5
Espresso Macchiato / doppio macchiato	3.5 / 4
Americano	4.4
Cappuccino	4.5
Caffe Latte	4.6
Flat White	4.8
Salty chocolate	6

Immunity drinks

Hot orange ginger	6
Hot ginger - lemon	4.8
Hot apple - lemon	4.8
Herbal tea - sage / mint / thyme	4.8
Turmeric ginger lemon organge shot ^{45ml}	3.9

Matcha

Matcha Latte ^{330ml iced/warm}	6 / 7.5
Saemidori, Okumidori, Yabukita - 97/100 P.; Ceremonial Grade - Uji, Japan	
Iced Matcha Lemon	6.5
Saemidori, Okumidori, Yabukita - Traditional Grade - Uji, Japan	
Long Matcha	6
Saemidori, Okumidori, Yabukita - 97/100 P.; Ceremonial Grade - Uji, Japan	

Cashew Milk ^{1d}

Masala + Espresso ^{1.00}	6
Cashew Kardamom Matcha Milk ^{1d 330ml}	7
Saemidori, Okumidori, Yabukita - Ceremonial Grade - Uji, Japan	

Tea ^{300ml}

Green - Sencha Yamato	5
strong - intense, Japan	
Black - Darjeeling	4.8
nutty - sweet - slightly spicy, India	

Native herbal tea blends ^{300ml}

Calm ^{chamomile, lavender, goldenrod, linden}	
Immunity ^{Rosehip, ribwort plantain, echinacea, nettle, dandelion}	
Joy ^{lemon balm, St. John's wort, calendula, apple}	