

## breakfast (until 2 p.m.)

<b>the sweet Avi</b>	<b>8.2</b>
1 croissant or chocolate croissant, breadroll, butter, homemade jam*, Nutella, cinnamon spread*, fruits	
<b>the cheesy Avi</b>	<b>13.2</b>
2 breadrolls, butter, creamcheese, fruits, curry-date-spread*, 3 different slices of cheese (Backensholzer Hof), homemade jam*, tomato&mozzarella	
<b>the vegan Avi (v)</b>	<b>13.2</b>
2 breadrolls, tomatobutter*, beetroot-hummus*, curry-date-spread*, avocado, homemade jam*, fruits	
<b>Avi-special (for 2)</b>	<b>35</b>
4 breadrolls, 2 croissants, butter, fruits, homemade jam*, different cheeses (Backensholzer Hof), creamcheese, vegan spread*, cold cuts, tomato&mozzarella, avocado, cinnamon spread*, scrambled eggs (2 eggs), orangejuice(0,11)	

### bread

Sylter bread, wild herbs, sprouts & pomegranate

tomatobutter* & avocado	<b>9.5</b>
tomatobutter* & smoked salmon	<b>9.5</b>
beetroot-hummus* & sheep-cheese	<b>9.5</b>

all plates can be served with glutenfree breadrolls/  
bread

<b>scrambled eggs (2 eggs)</b>	<b>2.9</b>
<b>with Sylter bread &amp; butter</b>	<b>5.2</b>

<b>the sporty Avi</b>	<b>8.2</b>
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curd\* with honey, fruits, walnuts & granola\*

<b>smoothie bowl (v)</b>	<b>8.2</b>
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cream: banana, mango, dates, oatmilk & coconutmilk – topped with fruits & granola\*

<b>pancakes</b>	<b>9.5</b>
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7 small pancakes\*, served with

- maple syrup & fruits or  
- Nutella & banana

<b>rice pudding (v, gf)</b>	<b>5.9</b>
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rice pudding with apples, cinnamon & sugar

<b>Franzbrötchen</b>	<b>1.8</b>
<b>croissant</b>	<b>1.7</b>
<b>pain au chocolat</b>	<b>2.2</b>

## Lunch (Mo-FR 11.30 a.m. -2.30 p.m.)

<b>quiche</b>	<b>8.9</b>
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filled with spinach & sheep cheese, served with salad & Avi-dressing\*

<b>grilled sandwich</b>	<b>8.9</b>
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Sylter bread, served with salad & Avi-dressing\*

- cheese & ham
- tomato & sheep cheese
- tomato & mozzarella

\* we're producing our spreads, creams, cakes, granola & jam in our café

## drinks

**cold drinks by Fritz Kola 0,2l 2.6**

Kola/ sugarfree/ mischmasch/ orange/  
lemon  
Bio Spritz apple/ rhubarb/ grape

**water 0,33l/ 0,7l 2.7/ 5.5**

Viva con Aqua sparkling/ still

**mixed juices 0,25l/ 0,45l 2.6/ 4.7**

passion fruit or cranberry

### beer & spritzer

Ratsherrn Pilsener/ Alsterwasser 3.5

Winterhuder Helles 3.7

Aperol Sprizz 0,2l 7.9

**bio-smoothies & shakes 0,45l 5.5**

**Beeten-Power:** apple, carrot, ginger,  
beetroot, papaya, cellery, lucuma\*

**Greens & Co.:** banana, green cabbage, fig,  
mango, avocado, almonds, dates, lime,  
peaprotein, parsley, mint, wheat,  
spirulina\*

**Pink Protein:** acaiberry, strawberry,  
blueberry, Baobab\*, raspberry, agave, oat

**Cocoa & Coffee:** banana, blueberry, dates,  
cocoa, coffee, almonds, oat

### coffee

(by Speicherstadt Kaffeerösterei)

espresso/ double 2.1/ 2.9

café crème (cup/ mug) 2.9/ 3.5

americano 3.4

cappuccino (cup/ mug) 3.1/ 4.1

latte macchiato 3.9

- double shot 4.8

milkcoffee (mug) 3.6

flat white (glas) 3.5

chai latte („David Rio“) glas 4.2

matcha latte (non-sweetende) glas 4.2

golden milk (glas) 4.2

chocolate (cup/ mug) 2.9/ 3.5

cappuccino for kids 0.8

syrup 0.4

caramel/ vanilla/ cinnamon/ hazelnut/

amaretto/ white chocolate

### winter-specials:

hot chocolate with marshmallows 4.3

white chocolate matcha 4.8

all drinks can be served with decaffeinated  
espresso, lactose-free or oatly drink (+0.5).

**bio-tea by „Trink Meer Tee“ 3.0**

„Punkt fünf am Hafen“ – darjeeling

„Watt denn hier los“ - earl grey

„Reizklima“ – herbal tea with salt

„Rückenwind“ - fruit tea (berries)

„Wogen glätten“ – green tea