

BAR SHUKA
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BREAKFAST
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SUPERSTART
SUPERSTART

Bircher Müsli^{4,8,9,10}
Haferflocken, Joghurt,
Apfel, Rosinen, Honig,
Haselnüsse
【7,5】

Kokos-Chia Pudding^{9,10}
Kokosmilch, Chiasa-
men, Honig, Limette,
Blaubeeren, Kokos-
chips, Pekannüsse 【8,5】

OBST
Obstsalat natur 【8】

Obsalat mit Labneh,
Nussmischung,
getrocknete
Datteln^{8,9,10} 【10】

EGGS
EGGS
EGGS

Bio Eier aus Hessen/
Rodgau.
Jede Eierspeise wird
mit Brot und Butter
serviert^{1,4}

1 gekochtes Ei 【3,5】

2 Eier
Omelett/Rührei/
Sunny side up
【4,5】

3 Eier
Omelett/Rührei/
Sunny side up
【5,5】

TOPPINGS^{8,10,11}
Tomate 0,5
Zwiebeln..... 0,5
Pilze..... 1
Putenschinken..... 1
Paprika..... 1
Gouda..... 1,5
Feta..... 1,5

Ei Benedikt^{1,4,10,12}
Challahbrot, pochier-
tes Ei, Bacon, Sauce
Bernaise
【9,5】

BROT
BROT
Ausgehobenes Brot
Sechskornbrot
Dreikornbrot
Glutenfreies Brot

Avocado, Tomate
vegan10
+ pochiertes Ei 11,5

Sauerteigbrot, Butter,
geräucherte Forelle,
Zitronenfilet, Früh-
lingslauch..... 11,5

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

Brie, Äpfel, Dijonsenf,
Walnüsse..... 9,5

Hummus, gegrillte
Aubergine, Pickles, ein-
gelegte Gurke^{vegan}9,5
^{1,4,8,9,10,12,15}

SAUERTEIGBROT
MIT LABNEH^{4,8}
Grüner Zough und
eingelegte Gurke 【9】

DIPS^{9,10,11,13}
Grüner Zough..... 2
Harissa 2
Olivendip 2
Yossis Grüne Sauce...2
Fermentiertes
Gemüse 2
Kleiner Hummus 2
Olivenöl + Zataar.....2
Moses' haus-
gemachte Gurken.....2

JAMES' & DAVID'S
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FAVORITES
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SHAKSHUKA
(Pochierte Eier in To-
maten-Paprikasauce)
Paprika, Tomaten,
Knoblauch, Gewürze
【10】

SHAKSHUKA SPECIAL
mit gegrillten Aubergi-
nen, Paprika, Tomaten,
Knoblauch, Gewürze
【12】

TOPPINGS
BFC
Frittiertes Hähnchen-
keulenfleisch 6

3 Falafel
Frittierte Kichererb-
senbällchen 6
^{4,9,10,11,13}

CHALLAH
FRENCHTOAST
Challahbrot, Eier,
Vanille, Zimt,
Puderzucker 【6,5】

TOPPINGS
Ahornsirup & BFC... 6,5
Schokolade &
Bananen 2
^{1,4,8,11}

Getränke:



BAR SHUKA
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Bircher Müsli^{4,8,9,10}
Oatmeal, Yoghurt,
Apples, Raisins, Honey,
Hazelnuts **[7,5]**

Coconut Chia
Pudding^{9,10}
Coconut Milk, Chia
Seeds, Honey, Lime,
Blueberries, Coconut
Chips, Pecans **[8,5]**

FRUIT
Fruit Salad natural **[8]**

Fruit Salad with Lab-
neh, Nut Mixture, dried
Dates^{8,9,10} **[10]**

EGGS
EGGS
EGGS

Organic eggs from
Hesse/Rodgau.
Each egg dish is
served with bread and
butter^{1,4}

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^{8,10,11}

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

Egg Benedikt^{1,4,10,12}
Challah Bread, Poa-
ched Egg, Bacon,
Sauce Bernaise
[9,5]

BREAD
BREAD

Raised Bread
Six Grain Bread
Three Grain Bread
Gluten free Bread

Avocado, Tomato
vegan10
+ Poached Egg 11,5

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

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

Brie, Apples, Dijon
Mustard, Walnuts.... 9,5

Hummus, grilled Au-
bergine, Pickles, pickled
Cucumber^{vegan}9,5
^{1,4,8,9,10,12,15}

SOURDOUGH BREAD
WITH LABNEH ^{4,8}

Green Zough and
pickled Cucumber **[9]**

DIPS^{9,10,11,13}

Green Zough..... 2
Harissa 2
Olive Dip 2
Yossi's Green Sauce...2
Fermented
Vegetables 2
Small Hummus 2
Olive Oil + Zataar.....2
Moses' homemade
Pickles.....2

JAMES' & DAVID'S
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FAVORITES
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SHAKSHUKA
(Poached Egg in To-
mato-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 6
^{4,9,10,11,13}

CHALLAH
FRENCHTOAST
Challah Brot, Eggs,
Vanilla, Cinnamon,
icing Sugar **[6,5]**

TOPPINGS

Maple Syrup &
BFC 6,5
Chocolate &
Bananas 2
^{1,4,8,11}

Drinks:

