

DRINKS

Water-Römerquelle (0,5l)

2,50€

Still/Sparkling

Lemonaid (0,33l)

3,80€

Limette/Ginger/Maracuja

Charitea (0,33l)

3,80€

Green/Black/Red

Fritz Kola (0,33l)

3,50€

Classic/No Sugar/Orange/Apple-Cherry/Apple

Club Mate (0,33l)

3,50€

Makava (0,33l)

3,50€



ALLERGENS

A (Cereals containing gluten)

B (Crustaceans)

C (Eggs)

D (Fish)

E (Peanuts)

F (Soja)

G (Milk and/or lactose)

H (Nuts)

L (Celery)

M (Mustard)

N (Sesame seed)

O (Sulphur dioxide and sulphites)

P (Lupins)

R (Molluscs)

DESSERTS

Chia Mango

Rice Milk, Chia, Agave Syrup, Mango



5,00€

Chia Strawberry

Rice Milk, Chia, Agave Syrup, Strawberry



5,00€

GF **Chia Dark Chocolate**

Rice Milk, Chia, Agave Syrup,
Dark Chocolate, Candied Oranges



5,00€

FGH **Chia Pistachio**

Rice Milk, Chia, Agave Syrup,
Pistachio Cream, Pistachio



5,00€

AGH **Chia Cheesecake**

Crème Fraîche, Rice Milk, Chia,
Agave Syrup, Homemade granola,
Strawberry Puree, Strawberry



5,50€



BE FRESH
Healthy Food

Instagram icon befresh.bowls

AVAILABLE FOR TAKE AWAY AND DELIVERY!



Zentagasse 33/2,
1050 Vienna

Monday - Friday

10:00 ➤ 14:00

16:30 ➤ 20:30





Choose between a base of Rice or Quinoa for these Bowls



VEGETARIAN

CM *Austrian Tradition*

Scarlet Runner Beans, Eggs, Red Beet, Avocado, Apple, Tomato, Red Onions, Pumpkin Seeds, Baby Spinach, Rocket, Quinoa, Pumpkin Mustard Sauce



12,40€

FGHN *Halloumi*

Halloumi, Avocado, Red Onions, Cucumber, Tomato, Mixed nuts, Sesame seeds, Sesame Sauce



12,20€

GHMN *Goat Cheese*

Goat Cheese Cream, Baby Spinach, Rocket, Red Beet, Walnuts, Fig, Sesame seeds, Honey Mustard Sauce



12,90€

GHMN *Feta*

Feta, Baby Spinach, Walnuts, Avocado, Red Onions, Tomato, Rocket, Sesame seeds, Honey Mustard Sauce



12,90€

VEGAN

HMN *Red Hummus*

Homemade Red hummus, Baby Spinach, Tomato, Cucumber, Black Olives, Walnuts, Red Onions, Sesame seeds, Tahini Sauce



12,20€

FHNM *Tofu*

Tofu, Avocado, Tomato, Carrots, Apple, Cucumber, Baby Spinach, Mixed nuts, Sesame seeds, Honey Mustard Sauce



12,20€

CLASSIC

CDGN *Flamed Tuna*

Flamed Tuna, Avocado, Wakame Seaweed, Pomegranate, Mango, Mango, Sesame seeds, Wasabi Mayo Sauce



13,90€

GH *Italian Summer*

Chicken Breast, Buffalo Mozzarella, Rocket, Tomato, Artichokes, Baby Spinach, Basil Genovese Sauce



13,20€

CFN *Chicken Avocado*

Chicken breast, Avocado, Salad, Pomegranate, Sesame seeds, Cucumber, Teriyaki Mayo Sauce



12,50€

BFMN *Shrimp Seaweed*

Homemade Tomato Sauce Shrimp, Wakame Seaweed, Mango, Carrots, Edamame, Sesame seeds, Honey Mustard Sauce



13,20€

BCFN *Shrimp Avocado*

Homemade Tomato Sauce Shrimp, Cucumber, Apple, Tomato, Avocado, Sesame seeds, Sweet Chilli Mayo Sauce



13,20€

CDFN *Salmon Avocado*

Salmon, Avocado, Red Onions, Edamame, Tomato, Cucumber, Sesame seeds, Sweet Chilli Mayo Sauce



13,50€

VITALITY

AEH *Acai Berry*

Acai, Frozen fruit mix, Bananas, Blueberries, Coconut, Seasonal Fruits, Homemade granola, Peanut Butter



11,50€

AEH *Cool Spirulina*

Spirulina, Bananas, Frozen Mango, Strawberry, Seasonal Fruits, Coconut, Homemade granola, Peanut Butter



11,50€

AEH *Tropical Mango*

Mango Compote Puree, Rice Milk, Chia, Seasonal Fruits, Coconut, Homemade granola, Peanut Butter



11,50€

NOT SURE WHICH BOWL TO CHOOSE?

Try our Mini Bowls!

2 Mini Bowls = 1 normal Sized bowl

2x Mini Bowls  13,50€

3x Mini Bowls  18,90€

