

nude

HOME OF HEALTH
AND HAPPINESS

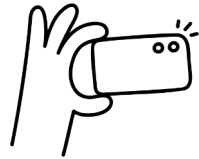
Nude Food [nu:d fu:d]

1. Natural, pure; without unnecessary ingredients such as animal products
2. healthy, honest, hand-prepared food that makes you sausagelessly happy
3. nutritious & delicious

This is when the magic happens.

ÖFFNUNGSZEITEN

Monday - Thursday	11:30 a.m. to 9 p.m.
Friday	11:30 a.m. to 10 p.m.
Saturday	10 a.m. to 10 p.m.



nudefood.de

We are there for you online around the clock.

Here you can reserve your table or pre-book for pick-up and find out about upcoming events.

You can also find us on Instagram and we look forward to your stories: @nudefood.de

DRINKS ANDERBAR

Monday - Saturday	from 5:30 p.m.
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FRÜHSTÜCK

Saturday	10 a.m. to 2 p.m.
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First of all, a refreshment?



HOMEMADES

Ginger 0.4l 3,90 €
Homemade ginger lemonade

Hibiscus 0.4l 3,90 € Homemade
Hibiscus Lemonade

Tamarind 0.4l 3,90 €
Homemade date lemonade

SAISON TIPP S

Strawberry Matcha 5,50 €
Iced matcha latte with fresh
strawberry puree

Iced Coffee 4,50 €
Our tip: with coconut milk

Iced Dirty Chai Latte 5,50 €
Chai Latte mit Espresso

Nude Orange Sprizz 8,50 €
Prosecco, Clement French
Caribbean, Liqueur D`Orange, Soda

Food with Benefits

NUDE BOWLS



Homemade with love & powered by plants



TOPPINGS

Toppings are popular upgrades for your bowl, but can also be ordered individually.

Pilzbulets

Spelt meatballs ^G and mushrooms

Linsenfalafel

Falafel balls made of red lentils and coconut 2,90 €

Sesam Curry Tofu

Tofu slices in mango curry marinade with white sesame seeds 3,90 €

Pulled Jackfruit

Pulled jackfruit marinated in homemade BBQ sauce

3,50 €

planted.chicken 3,90 € Plant-based protein source from peas, in herb-lemon marinade

powered by

planted.

Holy Moly

Mexican | 14,90 €

Homemade chili sin carne, roasted sweet potato, tomato and cucumber mix, avocado smash, baby leaf salad, fresh melon, crème fresh
^G Koriander, Mais-Tortilla Topping Tipp:
+ **planted.chicken**

Bombaystic

oriental | 13,90 €

Indian flavored rice, baked cauliflower, beetroot, chickpeas, baby spinach, apple, cashew peanut crunch, tahini lime sauce
Topping Tip: + **lentil falafel**

Farmers Delight

regional | 12,90 €

mashed potatoes, oven mushrooms, carrots, mountain lentils, lamb's lettuce, apple, rye bread crumbs

^G,

Apfel-Meerrettich-Dressing
Topping Tipp: + **Pilzbuletten**
^G

Do you pay attention to allergens? So do we.
G = containing gluten Other allergens on request.

7th Heaven

Asian | 13,90 €

sushi rice, marinated eggplant, coconut peas, spicy kimchi, baby spinach, fresh mango, seaweed sesame crackers, miso dressing Topping Tip: + **Sesame Curry Tofu**

Servus Habibi

Levantine | € 14.40

Mixed oven vegetables, chickpeas, tabbouleh
^G lupins, mixed salad, hummus, beetroot hummus, zhoug, fresh fig, pomegranate syrup, mint topping Tip: + **lentil falafel**

High P.

extra proteinreich | 13,90 €

Brown rice, black bean dal, mixed salad, carrot salmon, steamed broccoli, beetroot, pea guacamole, peanut soy sauce, blueberries, sprouts topping Tip: + **planted.chicken**

Can't decide?

All bowls are also available in smaller tapas format on the next page.





TAPAS BOWLS

You can also get all our popular bowls in a smaller tapas size - perfect for those who don't want to decide on just one taste.

Tapas Bowl

6,90 €

One of our regular bowls (see one page back) of your choice in tapas size

3er Tapas Menü

Your personal selection of 3 different tapas bowls 19,90 €

Little things and classics

BITES

Delicious appetizers to start, share and enjoy!

Spicy Kimchi

homemade, fermented cabbage in spicy marinade

4,90 €

Hummus Love

Hummus, Rote Beete Hummus, Linsen falafel, Zhoug, Pitabrot
G

6,90 €

Chinese Eggplant

in ginger-garlic marinade

4,90 €

Oven vegetables 4,90 € Zucchini, aubergine, carrot, potato from the oven

Goldblümchen

baked cauliflower in turmeric chili marinade

3,90 €

Baked potatoes 4,50 € Triplets from the oven with herb dip

KLASSIKER

Our most popular varieties of pasta, sandwiches and salads

Pasta Bowlognese ^{10,90 €} Vollkornpasta Fusilli

^G homemade plant-based ragù alla Bolognese, lettuce, tomato, cashew parmesan, basil

Falafel Salad 9,90 € Mixed leaf salads, lentil falafel, chickpeas, tomatoes, broccoli, blueberries, cashews, tahini lime dressing

Jacky Lauge Sandwich ^{13,80 €} Laugenburger

^G Pulled BBQ Jackfruit, Carrots, Chickpeas, Hummus, Salad ^G planted.chicken, Carrots, Chickpeas, Hummus, Avocado, Salad Side Dish Tip: + **Baked Potatoes**

Chicken Burger ^{14,40 €} Laugenburger

Side dish tip: + **baked potatoes**



SWEETS

Snickerz Slices

4,90 € ^G oatmeal
^G dates, peanut, cashew cream,
caramel, chocolate

Apple pie ^G

with flaked almonds 4,50 €

Banana bread

with spelt flour ^G and blueberries



Bliss Ball

Power balls made of dates, cashews,
cocoa and coconut 2,50 €

Rice pudding 5,90 € with apple compote, chocolate cookie crumble

^G Cinnamon & Sugar

Epique Raw Cake Slices

you can find changing varieties in our cake
cabinet 4,40 €

Coffee and cake

CAFFEE

Espresso

Simply double macchiato € 2,90
€ 3,20
€

Coffee Cream

2,90 €

Cappuccino

normal
size



4,20 €
4,90 €

Flat White

with double espresso

4,20 €

Chococcino

Cocoa meets cappuccino

5,20 €

KAKAO

hot chocolate

unsweetened with
date syrup 2,20

5,50
€
5,90
€

TEE

Charitia That

Earl Grey Wild Fruit
Green Himalaya
Red Rooibos 3,50
€ Choose your
Arabian Mint
Happy Belly All

favourite

LATTE

Latte Macchiato

4,50 €

Iced Coffee

Our tip: With coconut milk

4,50 €

Chai Latte

4,90 €

Iced Dirty Chai Latte

Chai Latte with Espresso Shot on Ice

5,50 €

Happy Chai

Chai Latte with Coffee Liqueur

7,50 €

Golden Milk

Coconut milk, turmeric, cinnamon,
ginger, nutmeg, cardamom, pepper

4,90 €

Pink Drink

Kokosmilch, Rote Beete

4,90 €

Matcha Latte € 5.50 Matcha Tea with Steamed Milk

from our

Milk alternatives:
vly | Oats | Soy | Almond | Coconut

drinks are available on request Masala Chai
with or without ice.

Breakfast... again and again on Saturdays from 10 a.m.



S Ü S S

Smoothie Bowl 10,90 €
Smoothie made from mixed berries,
Crunchy Granola ^G Make,
Coconut flakes, flaxseed, fresh fruit Topping tip: +
peanut butter

Milk Journey €
homemade rice pudding, apple compote,
caramelized nuts, chocolate cookie crumble
^G Mint

Couple at the waffle € 9.90
Fresh homemade waffles ^G
Cream Cheese Lemon Frosting, Chocolate Cookie Crumble
^G,
fresh fruit, maple syrup

Banana Bread Deluxe € 9.50
homemade banana bread ^G,
arugula, feta, fresh blueberries,
agave syrup

S A L Z I G

Tel Aviv 11,90 € juicy mix of colorful cherry
tomatoes, fresh zucchini strips, capers, hummus,
zataar, rye bread

Topping Tipp: + **Feta** ^G

Salmon Lover 10,90 € moist spelt bread
^G smoked carrot, seaweed, cream
cheese, sesame, dill

Smashed Avocado  12,90 €
Frischkäse, Avocado Smash
Tomato chutney, roasted
chickpeas on juicy bread ^G
Topping-Tipp: + **Champignons**

Jacky Lauge Burger 13,80 €
^G Filled BBQ Jackfruit, Hummus, Chickpeas, Carrots, Salad Side Dish Tip: + **Baked Potatoes**
Pretzel rolls

S A F T I G

Fresh smoothie 0.3l 5,90 €
Changing varieties

Slow Juice 0.3l 5,90 €

Gently cold-pressed juices
• Apfel, Karotte, Orange, Ingwer
• Spinach, cucumber, ginger, apple

Ginger Shot 0.1L 2,50 €
knackiger Immunbooster 8,50

Choose your extra **toppings** for each 1,90 €

+ peanut, almond or pistachio puree
+ Hummus or beetroot hummus
+ Champignons
+ Feta

Soft drinks

HOMEMADES

Ginger 0.4l



3,90 €

Hibiscus 0.4l

3,90 €

Tamarind 0.4l

3,90 €

SOFTDRINKS

Provisions

0.33l **Spritzer & Limo** 4.20 €

Orange-Passion Fruit Spritzer

Cherry-Pomegranate Spritzer Apple Spritzer

Rhubarb Limo

TRINKENHILFT

For Charitia 0,33l

4,50 €

Lemonaid 0,33l

4,50 €

Blood orange

Live with Wasser Water 0,33l

Water loud or quiet

small 0.33 l large 0.75 l

3,20

€

5,80

€

Proviant Cola 0,33l

4,20 €

Fairtrade or sugar-free

Iced tea 0,33l

4,50 €

Lemon

Peach

Blueberry

Watermelon-Pineapple

0.4l **table water**

2,50 €

Filtered into sparkling or still



BECAUSE WE CARE

Do good with every sip.

With every sip you support with the **Lemonaid & ChariTea e.V.** a non-profit association for the promotion of fair trade and social justice.

Viva con Agua supports water projects with the vision "Water for all – all for water!".

Water, along with the air we breathe, is the basis of all life and a central human right. Viva con Agua pursues the vision that all people have access to purer drinking water, hygiene facilities and basic sanitation. 703 million people worldwide do not have access to a basic supply of clean drinking water.

Wine, Beer & Sprizz

VINO

Morio Muscat sweet

Grüner Veltliner dry

Slate Riesling

You can get more wines / in the bottle from us according to the recommendation of the day.

White wine spritzer 0.4l
dry or sweet



BIER

Bright

Lammsbräu Urstoff 0.5l Lammsbräu
alcohol-free 0.33l

Cyclist

Gösser Naturradler 0.33l

APERITIVO

Prosecco 0.1l 6,50 €

Nude Orange Sprizz 8,50 €

A KISS OF THE SOUTH OF FRANCE
Prosecco, Clement French Caribbean
Liqueur D'Orange, Soda

Deja-Vu Sprizz

THE ORIENTAL ANSWER TO APEROL Prosecco,
déjà vu liqueur, soda

Hugo Royal 8,50 €

Prosecco, St. Germain
elderflower liqueur, soda,
fresh mint

SPRIZZ

Aperol Sprizz 7,90 €

THE CLASSIC
Prosecco, Aperol, Soda

Himbeer Sprizz 8,50 €

Wildberry Sprizz 8,50 €

Limoncello Sprizz 8,50 €

Mandarine Sprizz 8,50 €

Lychee Sprizz Italicus 8,90 €

Sprizz

ALKOHOLFREI

Antidote Sprizz 7,50 €

Non-alcoholic Prosecco, Sanbitter Soda,
Orange 8,50 €

Drinks for the evening. Now even every evening.

Bargeflüster: Our bar manager Key is also known as "The Wizard of the Kö". His more than 20 years of international experience will also put a smile on your face. Enjoy the show - daily from 5:30 pm.



Nude Aperol Sour



GOOD VIBES IN A GLASS
Aperol, Hendricks Gin, lime, freshly
squeezed orange juice, limejuice

Rum Punch

KISSED BY THE SWEET SUN
Goslings rum, Brugal rum, almond,
passion fruit, freshly squeezed
orange juice

Wild Flower

PINK FLOWER POWER
Nordes Gin, Plumbitters, Campari, Pink
Grapefruit, Lime, Cane Sugar, Thyme

Espresso Martini

On Draft ...

Negroni

Hendricks Gin, Campari, Antica
Formula, Orangenbitter

Himbeer Mojito

Brugal Blanco Rum, Raspberry,
Lime, Mint, Soda ... **more**

drinks

can be found on our daily menu.

ALKOHOLFREI

Nude Fruit 7,50 € Real Creme of
Coconut, Erdbeerpüree, frisch gepresster
Orangensaft Ananassaft, Haferdrink

Kiss & Tell € 7.50 Seedlip Garden,
Siegfried Wonderleaf, strawberry puree, lemon,
freshly squeezed orange juice, almond, soda

Maracuja Mule

Lime juice, passion fruit nectar, ginger
beer, rosemary

7,50 €

Swiss Lemonade 7,50 € freshly
squeezed limes, Real Creme of Coconut, Soda,
Love

Happy End?

If you like it with us, we would be very happy about your recommendation!

In this way, you will help us as a small company to further publicize our great vision of healthy and sustainable nutrition.

Just click on
nudefood.de/feedback
or scan the QR code:



Thank you very much
for your visit!

Daniel & your whole nude crew