



so glad you're here

it's our pleasure to offer you fresh dishes,
whenever possible in regional and organic quality.

We consciously avoid refined sugar,
white flour, and cow's milk.
many of our dishes are therefore gluten- and lactose-
free, naturally sweetened with
dates- and maple syrup, or honey.

if you prefer cow's milk – of course,
we have that too!

our focus is on your gut – the key to your well-being.
you'll find plenty of anti-inflammatory ingredients in
our kitchen and lots of good stuff
for your inner balance.

enjoy your time at our brunch
we're so happy you found us!

with love,
tina, charlotte & tessa



COFFEE, HEALTH TEA AND ME

ashwaganda latte

5.50

a silky latte infused with adaptogenic ashwagandha. soothing, calming and melting away stress. pure comfort in a cup

415g	10g	45g	22g
kcal	protein	kh	fett

reishi cappuccino

4.60

velvety cappuccino with adaptogenic reishi. supporting immunity while delivering rich, balanced coffee bliss.

51g	1,2g	8g	1,5g
kcal	protein	kh	fett

kurkuma espresso latte

5.90

espresso latte with adaptogenic turmeric — anti-inflammatory, antioxidant and a powerful energy boost.

130g	1g	28g	1,5g
kcal	protein	kh	fett

vegan milk alternative:

oat, soy, coconut
lactosefree milk

free

add ons

drink your coffee with

15g neutral taste protein + 1.50

10g neutral taste collagen + 2.50

FACTS

adaptogen

adaptogens are natural plant compounds; usually herbs, roots, or mushrooms that help the body adapt to stress and support inner balance.

reishi

as a natural adaptogen, reishi helps the body find its balance – soothing inflammation and supporting the immune system.
for more inner calm, better recovery, and holistic well-being.

collagen

collagen is a natural structural protein that gives the body strength, elasticity, and support – especially for skin, joints, bones, and the gut. it supports connective tissue regeneration and may have anti-inflammatory effects.

the stated nutritional values are average figures and are for guidance purposes only.



COFFEE, HEALTH TEA AND ME

fennel-anise-caraway

4.50

a soothing tea from sonnentor, with a harmonious blend of fennel, anise and caraway that gently supports digestion and provides comforting warmth

lemon balm-verbena-lavender

4.50

a fragrant tea from Sonnentor, blended with lemon balm, verbena, and lavender to calm, relieve stress, and create relaxing moments.

moringa-mint-tea

4.50

an invigorating herbal tea with moringa leaves and refreshing mint – mild, green, and pleasantly revitalizing

chai latte

5.90

sonnentors chai-syrup made from black tea with an aromatic spice blend of cinnamon and cloves. gently topped with your choice of (plant-based) milk – spicy, creamy, and pure comfort.

chaga tea

4.50

a robust tea from mykotheke, enriched with chaga, whose antioxidant and anti-inflammatory properties help strengthen the immune system.

FACTS

chaga

this adaptogenic medicinal mushroom mainly grows on birch trees. valued for centuries, it strengthens the immune system, has anti-inflammatory effects, and has traditionally been used for cardiovascular issues and diabetes.

moringa

a true superfood: rich in antioxidants, vitamins (A, C, E) & minerals. moringa strengthens your immune system, has anti-inflammatory properties, and gives you natural energy!



FRESHLY SQUEEZED JUICES

immunity 6.90

a sunny, refreshing boost for your immune system – sweet and spicy with natural power from carrots, oranges, ginger, and turmeric.

95g kcal 1g protein 22g kh 0g fett

clean green kick 6.90

fresh, spicy & full of vibes: cucumber, celery, ginger, lemon and chlorella. your daily detox for more energy and a clear mind.

65g kcal 2g protein 14g kh 0g fett

shots each 2.50

ginger shot

ginger-turmeric shot

celery-lemon shot

pure celery 6.90

freshly pressed celery juice with apple and lemon – pure natural. rich in minerals and known for its detoxifying and revitalizing effects.

65g kcal 2g protein 14g kh 0g fett

beet boost 6.90

the gentle wake-up after a long night. fruity, energizing and packed with natural vitamins from carrots, apples, lemon, beetroot, and ginger.

85g kcal 1g protein 20g kh 0g fett

FACTS

chlorella

green power from the algae. rich in vitamins, minerals, and antioxidants. it supports detoxification, boosts the immune system, and provides fresh energy.

celery

rich in antioxidants, vitamins, and minerals. supports digestion, has anti-inflammatory properties, and helps bring your body into balance.

kurkuma

naturally anti-inflammatory and antioxidant – a real boost for your digestion and immune system. even more effective when combined with black pepper.


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SIP HAPPENS, MAKE IT HEALTHY

oxymel from myhoney  **4.50**
raspberry | honey | sage
a refreshing blend of apple cider vinegar, honey & herbs or fruits – naturally fermented & full of good vibes for your metabolism and digestion. lightly sweet & tangy, sparkling and uplifting.
sparkling/still.

45g **0g** **11g** **0g**
kcal **protein** **kh** **fett**

chia coco drink  **4.80**
coconutwater with chiasseds.
refreshing, light & full of power;
rich in minerals, omega-3,
hydrating, and energizing.

176g **4g** **259g** **7g**
kcal **protein** **kh** **fett**

golden kurkuma  **4.30**
golden mix of sonnentor's ginger-lemon syrup and fresh turmeric, spicy and energizing for body and mind.

55g **0g** **13g** **0g**
kcal **protein** **kh** **fett**

cherry ice glow **4.80**
a refreshing collagen drink from biogena with fruity cherry flavor. nourishing from the inside for skin and joints.

38g **10g** **9g** **0g**
kcal **protein** **kh** **fett**

kefir mango lassi **4.50**
a creamy lassi made from kefir and mango. Fruity, lightly fizzy, and refreshing.

55g **2g** **10g** **2g**
kcal **protein** **kh** **fett**

all drinks can be sweetened with date syrup upon request.

FACTS

oxymel
a traditional blend of apple cider vinegar, honey and herbs. loved since ancient times as a natural tonic.
supports digestion, has anti-inflammatory benefits, and refreshes with its sweet-sour, slightly tangy taste.
boosts your immune system with antioxidant and antibacterial properties.



E G G

C I T E M E N T S

eggs any style* (C, G, H) 14.90

made with one or two eggs, expertly prepared to your liking, served on sweet potato and avocado slices. accompanied by sautéed mushrooms and shiitake, garnished with fresh arugula, sprouts, and cress.

324g	13/26g	27g	15g
kcal	protein	kh	fett

omelette creation (C, G) 16.90

fluffy omelette made with two eggs, filled with onions, shiitake/ mushrooms, and fresh spinach. served on sweet potato and avocado slices. topped with arugula, sprouts, and cress. optional with tomatoes, cheese, and bacon cubes.

250g	26g	13g	9g
kcal	protein	kh	fett

beggs enedict (C, G, H) 17.90

two poached eggs on crispy joseph sourdough bread, served with mushrooms and shiitake and a creamy avocado sauce, garnished with fresh arugula, sprouts, cress, and toasted pine nuts.

glutenfree: sweet potatoe slices

245g	12g	54g	34g
kcal	protein	kh	fett

A V O

L U T I O N

avocado bowl (H) 10.90

creamy avocado, fruity apple, and golden-roasted almonds. a light snack, rich in vitamins, minerals, and healthy fats.

258g	6g	18g	24g
kcal	protein	kh	fett

avocado bread (C, G) 12.90

crispy sourdough bread from joseph, generously topped with creamy mashed avocado, enhanced with fresh sprouts and cress for a vibrant, green freshness.

320g	8g	38g	16g
kcal	protein	kh	fett

add ons (C, G, D, A)

eggs your style	1.90
cheese	1.50
half of an avocado	2.90
organic bacon	2.50
organic salmon	2.30
mushroom mix	1.90
two slices of joseph sourdough bread	2.40
sweet potatoes	1.90


*fried, scrambled,
hard-, softboiled, poached



S E T S

tesa's feel good combi

18.90

(G, H, L) 

- * hot drink with adaptogene of your choice
- * premium porridge
- * fresh juice of your choice

245g	12g	54g	34g
kcal	protein	kh	fett

kids combi

12.90

(A, C, G)

- * fresh juice of your choice
- * eggcitement or berry good choice
- * two slices of joseph sauerdough bread

tina's soul food set

25.30

(A, C) 

- * hot drink w/t adaptogene of your choice
- * avocado bread with 3 add ons
- * oats with love

640g	26g	63g	38g
kcal	protein	kh	fett

add ons (C, G, D, A)

eggs your style	1.90
cheese	1.50
half of an avocado	2.90
organic bacon	2.50
organic salmon	2.30
mushroom mix	1.90
two slices of joseph sourdough bread	2.40
sweet potatoes	1.90

charlotte's

healthy treat set

28.90

(A, C, G, H, D)

- *hot drink w/t adaptogene of your choice
- * eggcitement of your choice (eggs any style, omlette creation beggs enedict)
- * berry good choice

470g	26g	63g	38g
kcal	protein	kh	fett

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O A T S W I T H L O V E

premium porridge

10.90



a warming treat of tender oats, enhanced with hemp and chia seeds, coconut flakes, and grated apple. a hint of cinnamon completes the flavor, topped with crunchy sliced almonds and fresh blueberries and raspberries.

220g	7,1g	20g	15g
kcal	protein	carbs	fat

coconutcreme power-oats 9.50



powerful hemp seeds wrapped in coconut cream, combined with tender oats and chia seeds and mashed bananas, topped with raspberries and blueberries.

415g	10g	45g	22g
kcal	protein	carbs	fat

add 15g natural protein taste +2,50

F A C T S

chia seeds

these seeds are little energy booster! they contain soluble fiber that absorbs water and swells in the gut, supporting a healthy gut flora and aiding digestion. plus, they're rich in omega-3s and antioxidants.

blueberries

rich in fiber, anti-inflammatory compounds, and with antimicrobial properties, blueberries support healthy digestion and strengthen the gut flora and intestinal lining.



B E R R Y G O O D C H O I C E

whole-grain pancakes with raspberry-flaxseed oil **12.50**

(A, C, G) 

fluffy whole-grain pancakes, served with creamy raspberry quark and flaxseed oil, enhanced with juicy blueberries and a touch of maple syrup for natural sweetness.

340g	14g	42g	12g
kcal	protein	carbs	fat

chialovers



9.50

tender chia seeds gently soaked in coconut milk meet fresh, creamy mango puree. topped with juicy blueberries – naturally light and full of energy.

418g	10g	42g	12g
kcal	protein	carbs	fat

add 15g natural protein taste **+2.50**

F A C T S

quark-flaxseed oil

this combination comes from dr. j. budwig's budwig diet and is considered particularly healthy. flaxseed oil is the best plant-based source of omega-3, while quark provides high-quality protein and is rich in sulfur-containing amino acids, essential for cellular metabolism. a harmonious blend of easily digestible protein and valuable omega-3 fats, it supports healthy digestion and also has anti-inflammatory properties.

hemp seed

small seeds, big impact! rich in plant-based protein, healthy omega-3 fatty acids, and fiber, hemp seeds support good digestion, promote heart health, and provide valuable minerals.



Our Story

What started as a simple birthday ritual has now evolved into the Healthy Brunch Club.

Three sisters – a doctor and two flight attendants – brought together by a love for travel, family, and, of course, brunch.

From New York to Chicago, along the Amalfi Coast, or right at home in Vienna, brunch has always been a special moment. With every bite, every coffee, and every new idea, the dream to share this joy grew.

Our roots in the Philippines give us a deep love for hospitality, bold flavors, and a heart for good food. Today, these influences shine through in our menu, alongside inspiration from our travels around the world.

When Tina was diagnosed with chronic gut inflammation, food became even more meaningful for us. Since then, we've focused on healthy swaps and anti-inflammatory ingredients – never compromising on taste or creativity.⁷

The result: a colorful lineup of trendy, balanced, globally inspired brunch dishes that don't just fill you up – they make you happy and healthy.

PARTNER



lactose free



vegan



glutenfree

ALLERGEN INFORMATION

A - cereals containing gluten
B - crustaceans
C - eggs
D - fish

E - peanuts
F - soybeans
G - milk / lactose
H - tree nuts

L - celery
M - mustard
N - sesame seeds
O - sulphites

P - lupin
R - molluscs