



Englisch

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



## C O F F E E , H E A L T H T E A A N D M E

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### **ashwaganda latte**

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

**5.50**

### **reishi cappuccino**

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

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

**4.60**

### **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**

## F A C T S

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### **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.



## COFFEE, HEALTH TEA AND ME

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### **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.

## F A C T S

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### **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** 

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**

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

## 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.



## SIP HAPPENS, MAKE IT HEALTHY

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### apple-cider soda from myhoney



**raspberry | honey | sage 4.50**

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 kcal      0g protein      11g kh      0g fett

### golden kurkuma



**4.30**

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

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

### kefir mango lassi 4.50

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

55g kcal      2g protein      10g kh      2g 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 kcal      10g protein      9g kh      0g fett

all drinks can be sweetened with @myhoney upon request.

## F A C T S

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### oxymel (honey cider vinegar)

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

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### **tessa's feel good combi**

(G, H, L)  VEGAN

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

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

**18.90**

### **kids combi**

(A, C, G)

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

**12.90**

### **tina's soul food set**

(A, C)  VEGAN

- \* 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

**25.30**

### **add ons (C, G, D, A)**

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

### **charlotte's**

### **healthy treat set**

(A, C, G, H, D)

**28.90**

- \*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



## OATS WITH LOVE

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### premium porridge



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

**10.90**

### 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**

## FACTS

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### 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

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### **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

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### **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.

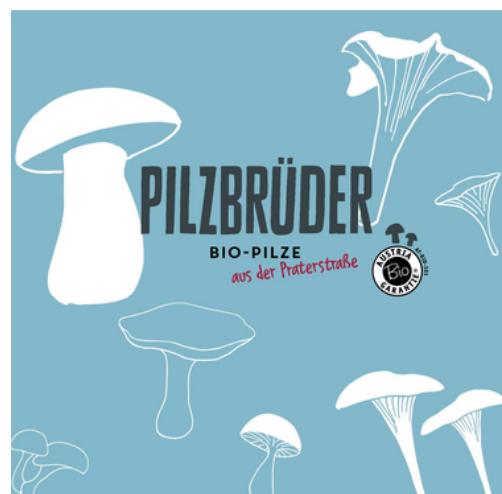
Our roots in the Philippines give us a deep love for hospitality, bold flavors, and a heart for good food. Today, these influences shine through in our menu, alongside inspiration from our travels around the world.

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.<sup>7</sup>

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.

## P A R T N E R

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**lactose free**



**vegan**



**glutenfree**

### ALLERGEN INFORMATION

A - cereals containing gluten

E - peanuts

L - celery

P - lupin

B - crustaceans

F - soybeans

M - mustard

R - molluscs

C - eggs

G - milk / lactose

N - sesame seeds

D - fish

H - tree nuts

O - sulphites