



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

Note: The content and information on our menu and website are based on personal experience, careful research, and selected reliable sources. We take great care to provide information responsibly and to the best of our knowledge. However, this content does not replace individual medical or nutritional advice.

COFFEE, HEALTH TEA AND ME

ashwaganda latte

6.10

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

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

kurkuma espresso latte 6.10

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

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

reishi cappuccino

5.90

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

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

vegan milk alternative:

**oat, soy, coconut
lactosefree milk**

free

qdd ons

drink your coffee with

10g neutral taste protein + 1.50
(ESN)
10g neutral taste collagen + 1.50
(anumalbased.de)

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.

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

fennel-anise-caraway

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

4.50

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.

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

chaga tea

4.50

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

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

F A C T S

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.

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

S I P H A P P E N S , M A K E I T H E A L T H Y

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 energzing 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

LASA specials

guava soda

4.80

Guava syrup, fine chia seeds topped with soda water.

108 kcal 2g protein 20g kh 2g fett

calamansi soda

4.80

Calamansi syrup, fresh ginger, and lemongrass topped with soda water.

108 kcal 2g protein 20g kh 2g fett

roasted buko mocktail

Gently roasted buko (young coconut water) and pandan. Infused almond milk, refined with star anise and fresh pandan leaves.

215 kcal 2g protein 4g kh 22g fett

all drinks can be sweetened with @myhoney upon request.

F A C T S

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) **18.90**

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

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

omelette creation (C, G) **18.90**

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) **18.90**

two poached eggs on crispy joseph sourdough bread, served with mushrooms and shiitake and a creamy avocado sauce, garnished with fresh arugula, beet roots 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

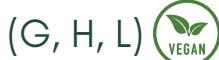
add ons (C, G, D, A)

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

*fried, scrambled,
hard-, softboiled, poached

THE HEALTHY BRUNCH CLUB SETS

tessa's feel good combi



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

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

19.90

add ons (C, G, D, A)

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

tina's soul food set

25.90



- * 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

charlotte's

healthy treat set

29,90

(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

F A C T S

Avocado

rich in healthy monounsaturated fats, dietary fiber, and valuable micronutrients. supports healthy digestion, promotes a balanced gut microbiome, and provides long-lasting satiety.

note: avocado is naturally high in histamine - please enjoy with caution if you have histamine intolerance.

Porridge

warming, nutrient-rich, and especially beneficial for the gut. oats provide valuable fiber (beta-glucans) that support gut flora, promote digestion, and keep you feeling full for longer. gentle on the stomach and ideal for a balanced start to the day.

with toppings like berries & chia or hemp seeds, porridge becomes even more prebiotic - a true upgrade for gut health!

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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

F A C T S

Dein Abschnittstext

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 ons

10g neutral taste protein + **1.50**
(ESN)

10g neutral taste collagen + **1.50**
(anumalbased.de)

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 - brought together by a love for travel, family, and, of course, brunch.

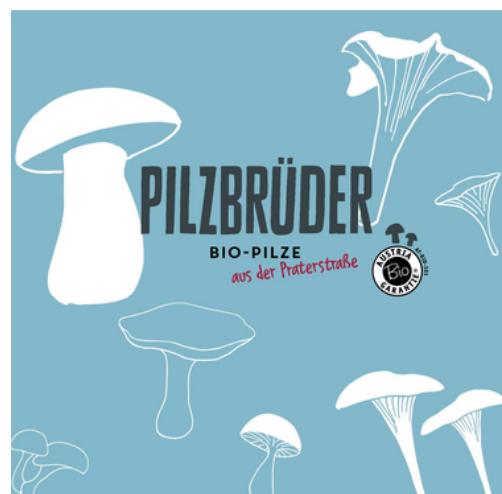
From New York to Chicago, along the Amalfi Coast, or right at home in Vienna, brunch has always been a special moment. With every bite, every coffee, and every new idea, the dream to share this joy grew.

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.

P A R T N E R



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