GLOW MENU

HOT DRINKS

COFFEE/ AMERICANO	3,50€
ESPRESSO	3,00€
DOUBLE ESPRESSO	3,80€
ESPRESSO MACCHIATO	3,30€
FLAT WHITE	5,00€
CAPPUCCINO	4,50€
LATTE MACCHIATO	5,50€
HOT CHOCOLATE	6,00€
CHAI LATTE	5,50€
BULLETPROOF COFFEE (cinnamon, org coconut oil)	5,50€
GOLDEN TURMERIC LATTE	5,00€
MATCHA LATTE	5,50€
FRESH MINT/ FRESH GINGER LEMON TEA	4,70€
MOCCACINO (cacao, espresso)	5,00€
Lupine Coffee by Ecoffee	4,50 €

SPECIALTY LATTES

TIRAMISU LATTE WITH ALMOND MILK	7,00€
SPECULOOS LATTE OR MATCHA LAVENDER LATTE OR	7,00€
HOME-MADE PUMPKIN SPICE LATTE	7,50€

MILKS: OAT, SOY, ALMOND (+0,60€), COCONUT (+0,60€),
SYRUPS +1€ make it iced: +1€

GLOW

JUICES

GLOWING GREEN — S: 5,50€ / L: 7,50€
Spinach-fennel-cucumber-**celery**-apple-mint-parsley

SUNNY ORANGE
Carrot-apple-ginger

DEEP RED
beet-apple-ginger-lemon

SHOTS

GINGER NINJA: organic ginger, lemon — 3,50€

SHAKES

MERRY BERRY — 6,50€
Coconut milk- banana- mixed berries

KICKSTARTER — 6,50€
Almond milk- banana- espresso- cinnamon- maca- org agave

FUNKY MONKEY — 6,50€
Coconut milk, banana, dates, peanut butter, cinnamon

HIGH HOPES — 6,50€
Coconut milk- banana- apple- spinach- avocado

NEW!

POWER UP YOUR DRINK WITH A HEARTY SCOOP OF PROTEIN !
NAWAY PROTEIN:
VANILLA ICE CREAM OR CHOCOLATE FUDGE 3,50€

GLOW

LOOSE LEAF TEA

EARL GREY BLUE BLOWER// JAPANESE SENCHA UCHIYAMA// CHAMOMILE FLOWER// SOUL BALM MIX: eucalyptus, lemongrass, apple, liquorice root, marigold petals	4,20€

COLD DRINKS

Filtered still or sparkling water 0,5 l or	2,80€
1 l	5,50€
LEMONAID Lime// Passionfruit// Ginger	3,80€
THALUS pure non carbonated spring water	2,80€
TENSAI ORGANIC ICE TEAS black tea-ginger// white tea-blueberries// green tea-lemon//matcha mint	3,80€
ORTEA Mate & Grape	4,50€
Kombucha by RICH (lavender, basil, ginger or hibiscus)	5,00€

GLOW

ALCOHOLIC DRINKS

BOTTLE OF “WOLFF BEER”	5,00 €
GIN TONIC	12,00 €
GLASS OF CREMANT	11,50 €
BOTTLE OF CREMANT	46,00 €
GLASS OF CHARDONNAY	9,50 €
BOTTLE OF CHARDONNAY	38,00 €

NON-ALCOHOLIC DRINKS

NO GIN TONIC	10,00 €
GLASS OF CREMANT 0,0	8,00€

GLOW

HEALTHY START ALL VEGAN

HOME-MADE SUGAR-FREE GRANOLA & FRUIT (GF) (5,6,8)	13,00€
BAKED SWEET POTATO (GF) (5,6,8) topped with yogurt, home-made granola & fruit	13,50€
BIRCHER MÜSLI with organic nuts (GF) (6,8)	7,00€
POWER PORRIDGE (GF) (8 ALMONDS, 11,12) organic glutenfree oats, NAWAY vanilla protein powder, yogurt, oraganic almonds, hemp seeds, fruit	15,00€
YOGI PORRIDGE (GF) (5, 8,12) organic GF oats, peanut butter, fruit & seeds	14,50€
ACAI BOWL (GF) (5,6,8) organic açai, home-made sugar-free granola, berries, peanut butter	14,50€

NEW!

FUEL YOUR DAY BY ADDING A SCOOP OF PROTEIN TO YOUR BREAKFAST!

NAWAY PROTEIN:

VANILLA ICE CREAM OR CHOCOLATE FUDGE 3,50€

GLOW

GLOW'S FAVS ALL VEGAN

AVOCADO TOAST (1/wheat,11) — 12,50€
home-made hummus, avo, organic bread

SCRAMBLED TOFU TOAST (1/wheat,6) — 12,50€
home-made veganaise, tofu, chives & organic bread

TOAST “DU MOMENT” — 14,00€
check our blackboard or ask our lovely staff for more information

ELVIS TOAST (1/wheat,5) — 12,50€
organic peanut butter, banana, cacao nibs & pomegranate

PANCAKES & FRUIT (6) — 15,00€
gluten free home-made pancakes with organic maple syrup & fruit

TOWER OF PANCAKE POWER (GF) (6,8) — 17,00€
4 layers of pancake, banana, maple syrup, peanut butter & fruit

AUTUMN NOURISH BOWL (Saturday only) (6,9,10,11) — 19,00€
home-made organic scrambles tofu & hummus, roasted pumpkin & mixed veggies, crispy chickpeas, avocado & organic bread

GLOW

SANDWICHES//WRAPS//BAGELS

KAWANA SANDWICH (1/wheat,6) — 10,00€
organic baguette, home-made veganaise, avo, salad, carrots, vegan chicken

ERNEST WRAP (1/wheat, 6, 9,10) — 9,00€
chickpea tuna, avocado, wakame, veganaise

OLANA WRAP (1/wheat,6) — 9,00€
sweet potatoes, scrambled tofu, salad, samurai sauce

REGIS BAGEL (1/wheat,6,10) — 10,00€
home-made "ham", caramelised onions, roasted bell pepper, mustard veganaise & greens

On site served with colourful side salad +3,50 €

GLOW

LUNCH

SOUP OF THE DAY	5,50€ //8,00€
SALAD OF THE DAY	9,00€ // 16,00€
DISH OF THE DAY	17,00€
BUDDHA BOWL (GF) (5,6,11) organic quinoa, avocado, home-made hummus, raw veggies, slightly spicy sweet potato sauce	19,50€
HARVEST BOWL (GF) (8 walnuts, 11) organic quinoa, avocado, roasted chickpeas, sweet potato, eggplant, babaganoush, lemon tahini sauce & nuts	19,50€

FOR DESSERTS PLEASE CHECK OUT THE COUNTER
FOR LOTS OF VEGAN & GLUTEN FREE TREATS

GLOW

ALLERGENS

1. Cereals containing gluten
2. Crustaceans and products thereof
3. Eggs and products thereof
4. Fish and products thereoF
5. Peanuts and products thereof
6. Soybeans and products thereof
7. Milk and products thereof
8. Nuts, namely: almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts
9. Celery and products thereof
10. Mustard and products thereof
11. Sesame seeds and products thereof
12. Sulphur dioxide and sulphites
13. Lupin and products thereof
14. Molluscs and products thereof

GLOW