

JUICES & SHAKES

COLD-PRESSED JUICES (ORGANIC) € 4.90

Antidote – Love Me 0.25 l 

Granny Smith, spinach, green cabbage, lemon, spirulina

Antidote – Karrot Kid 0.25 l 

Orange, carrot, lemon, turmeric

Antidote – Just beet it! 0.25 l 

Beetroot, apple, carrot, lemon, goji

Antidote – Pineapple Express 0.25 l 

Apple, pineapple, mint



SMOOTHIES (ORGANIC) € 5.90

Wholey – Amazing Açai | Antioxidant 0.35 l 

Banana, strawberries, blueberries, kale, cherries, dates, açai, coconut cream, coconut chips

Wholey – Ban & Berries | Performance 0.35 l 

Strawberries, banana, courgette, redcurrants, raspberries, dates, goji berries, mint

Wholey – Ginger Ninja | Immunity 0.35 l 

Banana, mango, apple, pineapple, figs, yellow pepper, dates, ginger, turmeric

Wholey – The Real Green | Detoxification 0.35 l 

Spinach, apple, figs, celery, dates, lucuma, lime juice, ginger, cilantro



NOMILKSHAKES (ORGANIC) € 5.90

Wholey – Strawberry | Healing 0.35 l 

Strawberries, banana, mango, cashews, dates, cashew cream, sea salt

Wholey – Green Vanilla | Balance 0.35 l 

Banana, kale, dates, cashews, cauliflower, cashew cream, vanilla, ginger, sea salt

Wholey – Peanut Power | Vitality 0.35 l 

Banana, pumpkin, dates, cashews, cashew cream, peanuts, peanut creme, coconut milk, carob, maca, sea salt

THE BEN GREEN PRINCIPLE

CHOOSE YOUR INDIVIDUAL INGREDIENTS
ALWAYS LACTOSE AND GLUTEN FREE

HIGH
PROTEIN



LOW
SUGAR



LOW
CARB



VEGGIE



VEGAN



WE MAKE FAST FOOD GOOD FOOD.

Our dishes are made using only the highest-quality ingredients, which are prepared quickly and carefully. We are completely gluten- and lactose-free and renounce the use of additives and industrial sugar as completely as possible.

#MADETOSMILE #POSITIVEEATING #MAKEACHoice

 Vegan  Vegetarian

Our meals can partially contain traces of crustaceans, eggs, fish, peanuts, soy, lactose-free milk, nuts, mollusks, celery, mustard, sesame, lupines, and sulfur.
Our staff will gladly provide you with further information!

SWEETS & TREATS

Vegan chocolate cake  € 3.90

Vegan apple cake with chia and almond base  € 5.90

Carrot cake  € 5.90

Raspberry heart with coconut base  € 5.90

Cookies € 2.90

HOT DRINKS



No Junk! No Lactose! Just Power!

This is why we serve our hot drinks with low-glycemic coconut sugar (suitable for diabetics) and do not use refined sugar. It goes without saying that all of our milk is lactose-free and of the highest quality. Whole milk (lactose-free), almond, soy and oat milk. Our coffee specialties are made exclusively with I-O. premium coffee. As far as our tea goes, we opt for organic, fair-trade products from ChariTea.

COFFEE & MORE

All varieties also available in I-O. decaffeinated, extra espresso shot €1.00

Espresso € 2.60

Espresso Macchiato € 3.10

Doppio € 3.60

Caffe Crème € 3.20

Cappuccino € 3.70

Flat White € 3.90

Caffè Latte € 4.10

Hot Raw Chocolate € 4.10

Chai Latte € 4.20

Matcha Latte € 4.50

TEA

Fresh Ginger € 3.50

Fresh Lemon € 3.50

Fresh Mint € 3.50

ChariTea* € 3.50

*Different varieties available – please ask at the counter.

MENU

Ben Green

MADE TO SMILE

WWW.HELLOBENGREEN.DE

WHOO! WHOOP! SOUP!

Tomato and coconut soup with Ben Green
curry foam and organic foccacia 🌿

€5.90



BEN GREEN INTRODUCING POKE BOWL VOL. 1



SUSHI BOWL

Marinated salmon sashimi, mango and avocado slices,
pepperoni, mixed red cabbage and coriander with
vinegared black rice

€11.90

Extra portion of marinated salmon upon request

+ €3.90



MORE SUPER POWER?

CHECK OUT THE COUNTER
FOR OUR LATEST OFFERS!



ENERGY BOWL €8.90

Our Energy Bowls are prepared with a fresh variety of veg and
herbs – quickly and just for you.

01 Choose a BASIC	02 Choose a SAUCE	03 Optional EXTRA
Black rice	Ben Green masala	CHICKEN €2 ⁹⁰
Braised sweet potato	Ben Green curry	SALMON €3 ⁹⁰
Quinoa	Asian tamari ²	SHRIMPS €3 ⁹⁰

² With preservatives.

PASTA BOWL €8.90

Our pasta bowls are prepared quickly and just for you
with a fresh variety of veg and herbs.

01 Choose a BASIC	02 Choose a SAUCE	03 Optional EXTRA
Mung bean pasta	Tomato sauce	CHICKEN €2 ⁹⁰
Rice noodle tagliatelle	Pesto Tomato-walnut / Ben Green	SALMON €3 ⁹⁰
Courgette & carrot noodles	Lemon mushrooms	SHRIMPS €3 ⁹⁰

SALAD BOWL €7.90

Our salad bowls are prepared quickly and just for you
with a fresh variety of veg, herbs and nuts.

01 Choose a BASIC	02 Choose a DRESSING	03 Optional EXTRA
Lamb's lettuce & spinach	Spicy lemon ²	CHICKEN €2 ⁹⁰
Rocket & Chinese cabbage	Sesame - miso ^{1, 2, 4}	SALMON €3 ⁹⁰
Leaf lettuce	Raspberry vinaigrette ^{1, 3}	SHRIMPS €3 ⁹⁰

¹With colouring. / ²With preservatives. / ³With antioxidants. / ⁴With antioxidants.

🌿 Without extras, all of our bowls are vegan. 🌿

SANDWICHES

BREAKFAST SUGGESTION

AVOCADO & BEETS HUMMUS SANDWICH €5.90

Organic multigrain bread, avocado, beetroot hummus,
radishes, fresh basil leaves 🌿

FARMERS' SANDWICH €6.90

Organic pumpkin and carrot bread, Gruyère cheese, garden
cress, sprouts and carrot, apple, walnut and cranberry salad with
home-made almond cream 🌿

SO ITALIAN! SANDWICH €6.90

Organic foccacia with romaine lettuce massaged with almond
cream, tomato, Parmesan, fresh basil and Ben Green pesto 🌿

SMOKED SALMON SANDWICH €6.90

Organic pumpkin and carrot bread, smoked salmon,
home-made almond and horseradish cream, marinated
red cabbage and coriander

BEN GREENS' ORIGINAL BLT €7.90

Organic multigrain bread, fried egg, crispy bacon, marinated
romaine lettuce, tomatoes and home-made spicy pepper and
tomato sauce

FRENCH QUICHE

SALMON QUICHE €7.90

Quiche with fresh salmon and dill and a mixed salad
with raspberry vinaigrette

SPINAT QUICHE €7.90

Quiche with fresh spinach and pine nuts and a mixed salad
with raspberry vinaigrette 🌿



HAPPY BOWLS

BREAKFAST SUGGESTION

BOOM CHIA WOW WOW! €6.90

Chia seed pudding 🌿
Chia seeds, oatmeal, coconut flakes, almond milk, coconut milk,
agave nectar, pomegranate kernels, kiwi, pumpkin seeds

A GOOD START! €6.90

Açai and banana porridge 🌿
Oatmeal, coconut flakes, chia seeds, buckwheat,
kiwi, almond milk, agave nectar



COLD DRINKS

WATER

Viva con Agua 0.33 l / 0.5 l / 0.75 l €3.30 / €4.50 / €5.50
LOUD / QUIET

LEMONADES & MORE €3.50

leev 0.2 l
Elstar apple juice

leev 0.33 l
Elstar sparkling apple / Hoppe (sparkling apple with hops)

LemonAid (organic) 0.33 l
Lime / passion fruit

Djahé (organic) 0.33 l
Ginger-lemon

Cucumis 0.33 l³
Cucumber lemonade / Lavender lemonade

ChariTea (organic) 0.33 l
Black / Green

COCONUT WATER €4.90
Fountain of Youth 0.5 l

³With antioxidants.

