

GLUTENFREI · VEGAN · VEGETARISCH

# Vrohstoff

RESTAURANT · CAFÉ · CATERING



Food & Drinks

# A powerful Start for your Day until 12am

## Açaí bowl <sup>(1)</sup>

refreshing cream of bananas, mango, açai puree, almond milk

5,60€

## Birchermüsli over Night <sup>(1,2)</sup>

gluten free oats, carottes, apple, hemp seeds, flax seeds, agave syrup, soy yogurt

5,80€

## Schoko-Puddingbowl

sweet potatoes, cacao, vegan protein powder, maca powder, maple syrup, almond butter, almond milk

5,80€

## I want it all

a colourful mix of all bowls and toppings

9,90€

## On Top of Your Bowl

## Kokosflocken <sup>(1)</sup>

coconut flakes with guava puree

3,30€

## Granolatopping <sup>(1)</sup>

granola topping with hazelnuts, almonds, cacao nibs, cashews, pecans, oats, hemp seed, chia seeds, walnuts

3,60€

## Fruchtnusstopping <sup>(1)</sup>

fruits and nuts topping with cashews, chia seeds, pecans, hemp seeds, kiwi, pears (varies with season)

4,20€



## Vroochstück til 12am

Swap your vegan egg and cheese for an organic egg and unpasteurized cheese. Extra charge: 1,80 €

## Vantastic <sup>(1)</sup>

jam, chocolate nut spread, vegan butter and fruit salad, bread & bun

7,90€

## Vrohlockend <sup>(1)</sup>

jam, chocolate nut spread, chia pudding with guava puree, fruit salad, vegan butter, bread & bun

9,90€

## Vielversprechend <sup>(5)</sup>

raw vegetables (lettuce, cherry tomatoes, cucumber sticks, sweet pepper), vegetable spread, avocado with sesame, vegan butter & cheese, bread & bun

9,90€

## Wahre Freude

raw vegetables (lettuce, cherry tomatoes, cucumber sticks, sweet pepper), vegetable spread, vegan butter & cheese, fried tomatoes & tofu scrambled egg with vegan bacon, bread & bun

13,90€

## Verrückt <sup>(1)</sup>

jam, vegetable spread, vegan butter & cheese, raw vegetables (lettuce, cherry tomatoes, cucumber sticks, sweet pepper), fruit salad, chia pudding with guava puree, avocado with sesame, tofu scrambled egg with vegan bacon, bread & bun

15,50€

## Englisch Vastbreak <sup>(1)</sup>

vegan bacon, tofu scrambled egg, mushrooms, fried tomatoes, warm beans, porridge, vegan sausage served in a pan, bread

16,80€

## Tofu Omelett <sup>(1, 5, 8)</sup>

Vegan omelette with dried tomatoes, lettuce, basilic pesto and roasted bread

12,90€

+ bacon

+ 2,40€

+ mushrooms

+ 2,40€

+ Mediterranean vegetables

+ 2,90€

extra bread

0,80€

extra bun

1,80€

# A STACK OF PANCAKES ALL DAY LONG



## Beeren-Pancakes <sup>(1)(10)</sup>

pancakes with layers of berries & coconut yogurt, sprinkled with coconut sugar

one

2,90€

two

5,80€

three

8,70€

## Schoko-Nuss-Pancakes <sup>(1)</sup>

pancakes with chocolate spread & hazelnuts

one

3,60€

two

7,20€

three

10,80€

## Herzhafte Pancakes

savoury pancakes with Mediterranean vegetables (eggplant, zucchini, dried tomatoes, artichokes, stewed sweet pepper, Kalamata olives, caperberries), basilic pesto & lettuce

14,90€

# Vegetarian food

You can choose a vegetarian option with fried or scrambled egg for both dishes.

## Gegrilltes Brötchen XXL <sup>(5, 6)</sup>

large roasted bun with guacamole, mesclun salad, fried tomatoes and tofu scrambled egg

11,90€

## Buntes Allerlei <sup>(5, 1, 8)</sup>

colourful mix of tofu scrambled egg with Mediterranean vegetables, half an avocado with sesame & salad of wild herbs (low carb)

14,50€



# Snacks, Fine Food & Salads

available as of 12am

## Beilagensalat <sup>(1, 6)</sup>

side salad with seasonal salad, fruits, vegetables, nuts & sprouts, homemade dressing

4,80€

## Suppe des Tages

soup of the day with roasted bread

4,90€

## Aubergine nach Hausmacherart <sup>(2, 6)</sup>

eggplant traditionally prepared, apple, onion, gherkin with cream, small potatoes with thyme & salad

small 9,90€ large 11,90€

## Vrohstoff-Salatteller <sup>(1, 5, 6, 8)</sup>

big plate full of fresh salad, fruits, caramelized nuts and seeds, cheese, fried mushrooms, sprouts, cress and homemade dressing

small 9,90€ large 13,90€

## Wildkräutersalat <sup>(1, 2, 5, 6, 8)</sup>

wild herbs salad with homemade dressing, falafel made of peas & lemon, tomatoes, cucumber, sweet pepper, red radish, carotte, nuts, plus cucumber herb dip and bread

16,90€

# Spaghetti Composition

Choose your kind of spaghetti!

## Nudelmix

mix made of carotte, zucchini & spaghetti pasta

## Low Carb

spaghetti made of carotte & zucchini

## Rohvegan (cold dish)

made of zucchini

Choose your kind of sauce!

## basilic pesto

for 2 people

10,90€

18,80€

## tomato sauce & basilic pesto <sup>(5)</sup>

for 2 people

11,90€

21,80€

## hearty soy bolognaise <sup>(2, 5)</sup>

for 2 people

13,90€

25,80€

## vegan scallops &

## pea menthe sauce <sup>(5)</sup>

for 2 people

15,90€

28,80€



# BURGER

Choose your Burger!

In a bun 10,50€

In a portobello mushroom 9,50€

In a flesh tomato 8,50€

Extra cheese 1,00€

## Der Peruaner <sup>(1, 5, 6)</sup>

smoked quinoa patty, tomato, mayo, cucumber, cheese sauce, braised onion and lettuce

## Der Grieche <sup>(1, 2, 5, 6, 8)</sup>

black bean patty, walnut menthe pesto, tzatziki, lettuce, tomato, cucumber, olives, onions, mayo and blue potato crisps

## Der Italiener <sup>(1, 5, 6, 8)</sup>

potatoes'n'basilic patty, Mediterranean vegetables & cheese, basilic pesto, tomato salsa, tomato, onions, mayo and lettuce

## Der Mexikaner <sup>(1, 5, 6, 8)</sup>

beetroot'n'bean patty, cheese, lettuce, onions, sweet corn, cucumber relish, tomato salsa, corn crisps and mayo

## Der Afrikaner <sup>(1, 5, 6, 8, 9)</sup>

sweet potato'n'amaranth patty, mayo, spinach, beetroot'n'peanut sauce, lettuce, apple onion chutney & blue potatoes crisps

## Der Amerikaner

black bean patty with BBQ sauce, vegan bacon and cheese, tomatoes, cucumber, braised onion & mayo

## Jack Attack

marinated jackfruit, slightly hot, and served with fried sweet corn, coleslaw apple salad, lettuce, cocktail sauce & sprouts

# Side Dishes

corn cob 2,50€

small salad 2,90€

sweet corn crisps 3,50€

potato crisps 3,80€

sweet potato fries – small 3,90€

sweet potato fries – large 4,90€

# Dips & Sauces

guacamole 1,80€

yogurt cucumber dip 1,80€

beetroot'n'peanut dip 1,80€

cheese sauce 1,80€

tomato salsa 1,50€

mayonnaise 1,50€

ketchup 0,50€

# FOCACCIA

## Focaccia

freshly prepared sandwich with avocado, salad, olives & tomato salsa made from dried tomatoes

11,90€

## Focaccia <sup>(2)</sup>

freshly prepared sandwich with king trumpet mushroom, thyme oil, sour cream and fresh herbs

14,90€



# Finest Food

as of 12 am.

## Linsenhirse-Curryplätzchen (1, 5, 6, 8)

five lentil millet curry cakes with creamy fennel mushroom sauce & braised romaine lettuce

14,50€

## Sellerievisch (1, 5, 6, 8)

celery with cucumber dill salad, roast potatoes, remoulade

14,90€

## Lasagne (1, 2, 5, 6, 8)

layered braised vegetables with pasta sheets and soy bolognese, coconut sour cream, gratinated with cheese, served with leaf beet salad

14,90€

## Gefüllte Ofensüßkartoffel (1, 5, 6, 8)

baked and filled sweet potato, caperberries, dried tomatoes, Kalamata olives, zucchini, egg plant, artichokes, pea menthe cream, served with a small salad

15,90€



## Raw Vegan Delight

## Gemischte rohköstliche Platte (1, 5, 8)

mixed raw vegan plate with seasonal fruits and vegetables, dried red onions, dried fruits, nuts, dips, seeds, sprouts and homemade raw vegan bread

16,50€

THE ONLY THING  
I LIKE BETTER  
THAN TALKING  
ABOUT FOOD IS  
EATING.

- JOHN WALTERS



## Detox Juice Bar

Extra vegan protein powder: +1€

### Green Karma (0,4l)

apple juice, orange juice, baby spinach, coconut milk, dates, zucchini, banana, apple

5,50€

### Blue Angel (0,4l)

blueberries, mango, figs, almond milk, orange juice

5,50€

### Kurkuma Sunrise (0,4l)

mango, cucumber, banana, apple, almond milk, curcuma, apple juice

5,50€

### Purple Unicorn (0,4l)

raspberries, apple, banana, coconut milk, apple juice, menthe

5,50€

## Shots & Booster

Ginger | Apple | Curcuma

3,00€

Ginger | Orange | Cinnamon

3,00€

## Homemade Lemonade

Lemon Thyme (0,4l)

4,50€

Basilic Lemon (0,4l)

4,50€

Wild Berry Thyme (0,4l)

4,50€

Apricot (0,4l)

4,50€

Cranberry (0,4l)

4,50€

## Tea Mood

Fresh Menthe Tea (0,4l)

3,90€

Fresh Ginger Tea (0,4l)

3,90€

Fresh Ginger Menthe Tea (0,4l)

3,90€

Black Tea (0,3l)

chai tea

2,90€

Green Tea (0,3l)

cactus flower

2,90€

Chailatte (0,3l)

black tea with milk

3,20€

Spicy-Granatapfel (0,4l)

pomegranate, orange zest, cardamom, green tea

4,50€

Kopfschmerzdrink (0,4l)

headache Drink, laurel, orange juice, orange zest, cinnamon

4,50€

Klarer Kopf (0,4l)

clear mind – sage, cloves, agave syrup, lemon slice

4,50€



## Carafe full of Joy

Infused Water, still or sparkling

Raspberry, Mango & Menthe (0,5l)

3,90€

Cucumber, Mango & Menthe (0,5l)

3,90€

Thyme, Grapefruit & Blueberry (0,5l)

3,90€

Lemon, Lime & Orange (0,5l)

3,90€



## Water still or sparkling

Vöslauer Wasser still (0,25l)	2,10€
Vöslauer Wasser sparkling (0,25l)	2,10€
Bottle of sparkling water (0,75l)	4,90€
Bottle of still water (0,75l)	4,90€
Tap water (0,75l)	0,50€

## Schorlen & Softdrinks

(0,33l)

Proviant Schorle - Orange Maracuja	2,60€
Proviant Schorle - Cherry Pomegranate	2,60€
Proviant Schorle - Apple	2,60€
Proviant Lemonade - Ginger Lemon	2,60€
Proviant Lemonade - Rhubarb	2,60€
Proviant Cola	2,60€
Proviant Cola - sugarfree	2,60€

## Freshly pressed Fruit Juice



Orange Juice - freshly pressed (0,25l)	3,80€
Grapefruit Juice - freshly pressed (0,25l)	4,50€

To eat is  
human,  
to eat well  
is divine.

## Beer

<b>Kesselring Steini (0,33l)</b> Pils	3,20€
<b>Kesselring Steini (0,33l)</b> Radler	3,20€
<b>Neumarkter Lammsbräu (0,33l)</b> gluten free Pils	3,20€
<b>Distelhäuser Pils (0,33l)</b> alcohol-free	3,20€
<b>Keiler Hefeweizen (0,5l)</b> pale	3,50€
<b>Kapuziner Hefe (0,5l)</b> alcohol-free	3,50€

## WARM & COLD

*Choose your Milk!*

oat milk (gluten free), soymilk,  
coconut milk, almond milk, milk,  
lactose-free milk

<b>Chococcino (0,3l)</b> your chosen milk, cacao powder, espresso	3,90€
<b>Hot Chocolate (0,3l)</b> your chosen milk, cacao powder	3,90€
<b>Curcuma Latte (0,3l)</b> your chosen milk, apple, curcuma, cardamom, cinnamon, ginger	4,50€
<b>Matcha Latte (0,3l)</b> your chosen milk, cinnamon, matcha	4,50€
<b>Maya-Kakao (0,3l)</b> your chosen milk, dark chocolate, maca powder, red chilli, pepper	4,50€

## Coffee Specialities

Our Coffee is delivered by the roastery house Rossini in Italy. Freshly prepared by our Baristas.



<b>Espresso</b>	2,10€
<b>Espresso Macchiato</b>	2,30€
<b>Espresso Doppio Macchiato</b>	3,50€
<b>Americano cup</b>	2,40€
<b>Americano pot</b>	3,20€
<b>Cappuccino cup</b>	2,80€
<b>Cappuccino pot</b>	3,90€
<b>Latte Macchiato</b>	3,50€
<b>Milchkaffee</b>	3,50€

Our coffee is a 50:50 Arabica Robusta mixture. A strong and wholehearted coffee.





## Red Wine

### Spätburgunder Dry

Vinyard Schenk (Randersacker)

A full-bodied and mellow wine with nuances of almond. A sweet scent of red fruits completes the fruity aroma.

0,1l 2,60€ 0,25l 6,50€ 0,75l 19,50€

### Alaris Shiraz

Bodegas Trapiche (Mendoza, Argentina)

Full-bodied wine with sweet tannin, notes of coca leave and menthe. Intense aroma of wild berries. Matches perfectly with the Lentil Millet Curry Cakes.

0,1l 2,10€ 0,25l 5,30€ 0,75l 16,00€

## White Wine

### Silvaner Dry

Vinyard Schenk (Randersacker)

A light wine with a discreet scented aroma. The mild acidity is a main characteristic of the finely scented wine. Reminds one of herbs.

0,1l 2,20€ 0,25l 5,50€ 0,75l 16,50€

### Riesling DAC Sprinzenberg

Vinyard Geyerhof (Kremstal Austria)

A dream of mango and pineapple combined with aromatic vineyard peach. The dynamic play of sweetness and acidity accentuates the aroma of Oriental and Asiatic spices just perfectly.

0,1l 2,20€ 0,25l 5,50€ 0,75l 16,50€

## Rosé Wine

### Rosé QbA trocken

Thorsten Krieger winery

The rosé comes lightly and carefree therefore. Aromas of red currants and fragrant strawberries. Refreshing on the palate and light, a pleasure for hot days.

0,1l 2,10€ 0,25l 5,30€ 0,75l 16,00€

## Weinschorle

### Weinschorle (0,25l)

wine and sparkling water, fruity or dry

3,90€

## Sparkling Wine

### Sparkling Wine (0,1l)

fruity or dry

3,00€

### Sparkling Wine Orange (0,1l)

semi dry

3,00€

*Drink  
wine  
feel  
fine*

## This & That

### Cassis Sprizz

cassis, red wine, sparkling water, berries

6,50€

### Aperol Sprizz

Aperol, prosecco, oranges

6,50€

### Vrohgin

Gin Rose, tonic water, berries, lime

6,50€

### Hugo

Secco, sparkling water, menthe, lime, elderberry syrup

6,50€

### Lillet Vroh

Lillet Blanc, tonic water, raspberries, cucumber, menthe

6,50€

### Rosato Basil

Secco Aperitivo, Rosata, basilic

6,50€

### Cuba Libre

Havanna Rum, coke, lime

6,90€

### Bacardi Rezz

Bacardi Rum, raspberry, Sprite

7,90€

### Gin Tonic

Gin, tonic water, cucumber

7,90€

### Vodka (2cl)

2,50€

### Jägermeister (2cl)

2,50€

### Tequila

silver or gold

2,50€



**It's wonderful  
to have you  
visiting. We  
wish you a  
pleasant and  
enjoyable stay  
at our place, at  
VROHSTOFF.**



## Everything is gluten free

All available baked goods, pasta, cakes, and pies are always completely gluten free. This is why we refrain from mentioning it for every dish.

## Raw and Healthy

Do you want your dishes raw, low-carb, etc.? We are happy to serve you fresh, untreated, and unpreserved "Living Food"! Your dish can be complemented by one of our delicious smoothies.

## Social Media

Visit us on Instagram and Facebook  
#vrohstoff #vrohstoffwuerzburg  
#vrohstofffam





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