

SALADS, BOWLS & MASON JARS

Salads & Bowls

4 persons / 6 persons

- **Falafel Veggie** with rocket-mustard -veggie- **37€ / 55,5€**
- **Fruity Goat** with rocket-mustard -veggie- **35€ / 52,5€**
- **Penne Pesto** -veggie- **29€ / 43,5€**
- **Couscous Mediterranean** w. bals. -veggie- **27€ / 40,5€**
- **Mixed salad** with balsamico -veggie- **29€ / 43,5€**
- **Buddha bowl** with soy-sesame -veggie- **40€ / 60€**
- **Fiesta bowl** with salsa -veggie- **40€ / 60€**

- **Caesar's salad** with caesar's -chicken- **33€ / 49,5€**
- **Sesame-Chicken** with soy-sesame -chicken- **36€ / 54€**

- **El Mexicano** with salsa -vegan- **35€ / 52,5€**
- **Green Vegan** with green lovers -vegan- **33€ / 49,5€**
- **Fit 'n Healthy** with rocket-mustard -vegan- **33€ / 49,5€**
- **Oriental bowl** with mango-curry -vegan- **40€ / 60€**
- **Energy bowl** with rocket-mustard -vegan- **40€ / 60€**

- **Rind Deluxe** with french -roastbeef- **37€ / 55,5€**

- **Nizza** with balsamico -fish- **36€ / 54€**
- **Nordisch by Nature** with dill-yoghurt -fish- **37€ / 55,5€**

more detailed information under www.greenlovers-catering.de

Salads in mason jars *examples*

- **Caprese salad** **3,5€**
- **Potato salad** with tiny schnitzel **3,5€**
- **Potato salad** with roastbeef skewer **3,5€**
- **Nizza** with balsamico **3,5€**
- **Fiesta bowl** with salsa **3,5€**
- **Caesar's salad** with caesar's **3,5€**
- **Fruity Goat** with rocket-mustard **3,5€**
- **Penne Pesto** **3,5€**
- **Couscous Mediterranean** with balsamico **3,5€**
- **Mixed salad** with balsamico **3,5€**
- **Buddha bowl** with soy-sesame **3,5€**

BUFFET PLATES, FINGERFOOD & SOUPS

Buffetplates

- **Antipasti** e.g. with champignons, carrots, pepper, zucchini **40 €**
- **Caprese** tomatoes, mozzarella, pesto, fresh basil **25 €**
- **Creperolls with cream cheese and salmon** 30 pieces **35 €**
- **Dates covered in bacon** and fig mustard 40 pieces **40 €**
- **Fresh cut fruitplate** **40 €**
- **Potato salad „Hamburg style“** **35 €**
- **Cantaloupe pieces** with serrano ham **35 €**
- **Mango mozzarella** with chiliflakes **30 €**
- **Small meatballs** with dip **39 €**
- **Beef carpaccio** beef, rocket, champignons, grana padano **35 €**
- **Vitello tonnato** roastbeef, tuna cream, caper, tomatoe cubes **35 €**

Fingerfood / Skewers

minimum order: 10 pieces / sort

- **Caprese skewer** **1,5€ / piece**
- **Chicken sate skewer** with dip **1,5€ / piece**
- **Falafel pepper skewer** with hummus **1,9€ / piece**
- **Feta olive cucumber skewer** **1,5€ / piece**
- **Prwan skewer with cherrytomatoes** and dip **2,1€ / piece**
- **Mixed fruit skewer** **1,5€ / piece**
- **Cantaloupe serrano ham skewer** **1,7€ / piece**
- **Cheese grapes skewer** **1,5€ / piece**
- **Marinated antipasti skewer** **1,5€ / piece**
- **Small meatballs skewer** with cherrytomatoes **1,7€ / piece**
- **Zucchini rolls** with ricotta **1,9€ / piece**

Soups

examples. starting from 5,50€. minimum order: 10 portions

- **Chili con carne** **5,9€ / portion**
- **Potatosoup** with bacon & vienna sausages **5,9€ / portion**
- **Carrot sweet chili soup** **5,5€ / portion**
- **Red thai curry** with vegetables and chicken **5,9€ / portion**
- **Tomatosoup** with basil and croutons **5,5€ / portion**
- **Vegan lentil soup** **5,5€ / portion**
- **Coconut lemongras soup** **5,5€ / portion**

BREADS, DESSERTS & SMOOTHIES

Farmerbreads, Canapés & Co

from 10 pieces/ sort

- **Bagels*** **from 2,9€ / piece**
- **Farmerbreads*** **from 2,9€ / piece**
- **Small lye rolls*** **from 2,3€ / piece**
- **Canapés*** **from 1,7€ / piece**
- **Sandwiches*** **from 2,5€ / piece**
- **Wholemeal breads*** **from 2,5€ / piece**
- **Tramezzini-corners*** **from 1,7€ / piece**

*Mixed cheese and cold meats, also vegan toppings like hummus

Desserts & Sweets

*from 5 pieces / sort

- **Yoghurt** with pineapple, mixed fruits or cereals **2,5€ / piece**
- **Vanilla curd** with fresh fruits **2,9€ / piece**
- **Chia pudding*** with berry puree or mango puree **2,9€ / piece**
- **Dark mousse au chocolat** **2,9€ / piece**
- **Semolina porridge with sour cherries*** **2,9€ / piece**
- **Rice pudding*** with coconut milk and cherries **2,9€ / piece**
- **Panna cotta*** **2,9€ / piece**
- **Red fruit jelly** with vanilla sauce **2,9€ / piece**
- **Vegetable sticks with dip** **2,5€ / piece**
- **Mini pastry** **1,3€ / piece**

Juices / Smoothies

e.g. 300ml PET / 1 liter masonbottles

- **F.A.K. juice** fennel, apple, carrot **330ml / 1 liter 3,9€ / 11€**
- **Orange carrot juice** **330ml / 1 liter 3,5€ / 10€**
- **Red Harmony** with red beetroot **330ml / 1 liter 3,9€ / 11€**
- **Top Mix** with pineapple or orange **330ml / 1 liter 3,9€ / 11€**
- **Vitamin C Bomb** citrus fruits **330ml / 1 liter 3,9€ / 11€**
- **Energizer** with banana & pineapple **330ml / 1 liter 4,5€ / 12€**
- **Green Detox** with spinach & celery **330ml / 1 liter 4,5€ / 12€**
- **Passionate** with passionfruit **330ml / 1 liter 4,5€ / 12€**
- **Power Yoghurt** only the best **330ml / 1 liter 4,5€ / 12€**
- **Wake Me Up** w. matcha & pineapple **330ml / 1 liter 4,5€ / 12€**
- **Ingwer shot** with apple **330ml / 1 liter 6,5€ / 18€**