

CLASSICS ALL DAY

AVOCADO-TOAST 🍴	8.90
An absolute trend-setter: creamy avocado and two ORGANIC fried eggs on toasted ORGANIC wholegrain spelt bread with lemon dressing a, b	
⊕ <i>add smoked salmon and horseradish</i>	+ 3.90
STRAMMER MAX	8.90
An all-time breakfast classic: grilled savoury Serrano ham and two ORGANIC fried eggs on toasted ORGANIC wholegrain rye bread with spinach and Dijon mustard b, c	
STRAMMER LAX	9.90
A variation on the “Max”: smoked salmon with horseradish and two ORGANIC fried eggs on toasted ORGANIC wholegrain rye bread, with lemon dressing c	
OPEN HUMMUS SANDWICHES 🍴	7.90
Home-made hummus on ORGANIC wholegrain spelt bread with cherry tomatoes, diced cucumber and home-made pesto with peanuts. Select your favourite hummus: original, black olive or beetroot f	
BELGIAN WAFFLE	3.90
With icing sugar a	
⊕ <i>add fresh berries</i>	+ 2.00
CHIA PUDDING 🍴	3.90
Chia seeds soaked in coconut milk and agave syrup with mango and passion fruit purée	
STEAK 'N' EGG	11.90
Cotidiano’s best: lightly grilled steak stripes, ORGANIC scrambled egg and crispy potato wedges with home-made burger sauce juicy roast gravy tangy cheddar and rocket and baby spinach mix a, c, i, k	
SALMON'N EGG	13.90
Cotidiano’s finest: gently cooked salmon, ORGANIC scrambled egg and crispy potato wedges with home-made burger sauce, tangy cheddar, cherry tomatoes and a rocket and baby spinach mix a, c, i	
MOUNTAIN JOY 🍴	8.90
Fresh pretzel croissant with ORGANIC scrambled eggs, mild goat cheese and fresh rocket b	
⊕ <i>add half of an avocado with hummus</i>	+ 4.50
LE AMERICAN	8.90
Fresh croissant with ORGANIC scrambled eggs, sharp cheddar, crispy bacon and baby spinach a, b, e, h	

BREAKFAST

UNTIL
11 AM

COTIDIANO

TRY VEGAN 🌱	9.90
Fancy going vegan today? It's as simple as that: with our fresh home-made banana bread, creamy hummus in half an avocado and chia pudding with fresh mango and passion fruit purée	
AÇAÍ BOWL 🌱	8.90
Superfood meets superstars: ORGANIC açai purée with blueberries, dates and bananas topped with mango, chia seeds and granola	
BREAKFAST BOWL 🌱	4.90
Power up your day: crunchy granola with creamy yoghurt, fresh fruit and home-made mango and passion fruit purée	
MORNING KICK 🌱	9.50
An energy boost for your body: fresh, home-made banana bread with mild goat cheese, rocket salad, sweet agave syrup and walnuts, with Greek Yoghurt and fresh fruit 🌱	
BIRCHER MUESLI 🌱	5.50
Super-fruity bircher muesli f with almond slivers and a topping of fresh fruit	
⊕ <i>add a Red Fusion Smoothie 0,2 l</i>	+ 4.20
FRUIT SALAD 🌱	4.90
The good morning, vitamin bomb: fresh cantaloupe melon, honeydew melon and pineapple with berries	
⊕ <i>add our home-made banana bread</i>	+ 2.90
PLAIN NATURAL YOGHURT	2.90
⊕ <i>add fresh fruit</i>	+ 2.00
SCRAMBLED ORGANIC EGGS 🌱	4.90
Choose two extra ingredients and individualize your ORGANIC eggs	
⊕ <i>Cherry tomatoes, spinach, bacon b,d, cheddar a, sheep cheese, grilled Serrano ham b,c, goat cheese b or olives f</i>	+ 2.00
⊕ <i>More protein (+ one ORGANIC egg)</i>	+ 1.90
⊕ <i>Chicken breast</i>	+ 3.90
⊕ <i>Smoked salmon</i>	+ 4.90
⊕ <i>Bacon b,d</i>	+ 1.20
BREAD BASKET small large	2.50 4.90
ORGANIC wholegrain spelt bread, ORGANIC wholegrain rye bread and baguette. Gluten-free bread is also available.	
INDIVIDUAL BREAKFAST OPTIONS	
⊕ <i>Two slices of Serrano ham b,c</i>	+ 2.00
⊕ <i>Two slices of smoked salmon and horseradish</i>	+ 4.90
⊕ <i>Half of an avocado plain</i>	+ 3.50
⊕ <i>Hummus plain, with black olives f or beetroot 🌱</i>	+ 2.90
⊕ <i>Half of an avocado filled with home-made hummus</i>	+ 4.50

STARTERS TO SHARE

OPEN HUMMUS SANDWICHES 🌱	7.90
Home-made hummus on ORGANIC wholegrain spelt bread with cherry tomatoes, diced cucumber and home-made pesto with peanuts. Select your favourite hummus: original, black olive or beetroot 🌱	
HUMMUS SELECTION 🌱	4.90
Original, black olive and beetroot on slices of baguette 🌱	
Bruschetta piccolo grande 🌱*	3.90 5.90
2 or 4 freshly toasted slices of ciabatta with three kinds of tomatoes, rocket, and Grana Padano	
Pizza Bread 🌱	3.90
Fresh from the oven with garlic and rosemary	
Mixed salad small large 🌱	3.90 7.90
Colourful mixed salad with baby spinach, young rocket, cherry tomatoes and balsamic dressing	
⊕ <i>add sheep cheese</i>	+ 2.00
Caesar Salad small large	4.90 8.90
Romaine lettuce, creamy Caesar dressing (with sardines), Grand Padano and crispy croutons 🌱	
⊕ <i>add chicken breast</i>	+ 3.90
Baby spinach with grilled goat cheese and honey small large 🌱	5.40 9.40
Cherry tomatoes, crunchy walnuts, and fruity balsamic-raspberry dressing 🌱	

FOR KIDS

Pizza Bambini 4.90
Your choice of a small portion of pasta, e.g. with tomatoes or Bolognese sauce

Pasta Bambini 4.90
Your choice of a small pizza, e.g. Pizza Margherita or Pizza Salami

BOWLS

Avocado Power Bowl 	9.90
Trendy food with an energy kick: creamy avocado, fresh pineapple and crunchy edamame with beetroot, cherry tomatoes, a rocket and baby spinach mix, mixed seeds and home-made chickpea-mint dressing on a bed of quinoa ^c	
⊕ <i>add chicken breast</i>	+3.90
⊕ <i>add a prawn brochette</i>	+4.90
Happy Buddha Bowl 	9.50
Our guarantee for happiness: savoury sheep cheese and a hard boiled ORGANIC egg with beetroot, cucumber, cherry tomatoes and a rocket and baby spinach mix, with fruity curry-yoghurt dressing on a bed of whole-grain rice ^{a, c, i}	
⊕ <i>add steak strips slow-cooked for 24 hours</i>	+4.90
Oriental Bowl  *	9.50
Travel to the exotic Orient: savoury sheep cheese, grilled cauliflower and home-made beetroot hummus with cucumber, a rocket and baby spinach mix, pomegranate seeds and chickpeas with home-made chickpea-mint dressing on a bed of couscous ^{b, c}	
⊕ <i>add chicken breast</i>	+3.90
⊕ <i>add a wheat-based vegan patty</i>	+3.50
Poke Bowl	12.90
Aloha Hawaii: slow-cooked salmon and crunchy edamame with mango, grilled cauliflower, rocket and baby spinach mix and home-made sesame-coriander dressing on a bed of whole-grain rice ^{b, c, e}	

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ADD SOME VARIETY TO YOUR BOWL

BASIS






Change the basic ingredients*

Couscous, whole-grain rice, quinoa (white, red, black) or double portion salad


HOME-MADE DRESSINGS

Change the dressing*

(*at no extra cost)

Curry-yoghurt dressing 
Soy-sesame dressing 
Chickpeas-mint dressing 
Caesar dressing (with sardines)
Coriander-sesame dressing ^{b, c, e} 
Tangy lemon dressing ^{a, c} 

WARM BOWLS

Juicy Beef Bowl	12.90
Concentrated beef-power in one hearty bowl: lightly grilled steak stripes, crispy potato wedges with tangy melted cheddar, fine red wine onions, juicy roast gravy, a boiled ORGANIC egg, rocket and baby spinach mix, home-made lemon dressing and fresh crispy diced bell-pepper and cucumber <small>a,c,k</small>	
⊕ <i>double portion tender steak strips slow-cooked for 24 hours</i>	+4.90
Steak 'n' Egg Bowl	11.90
Cotidiano's best: lightly grilled steak stripes, ORGANIC scrambled egg and crispy potato wedges with home-made burger sauce juicy roast gravy, tangy cheddar <small>a</small> and rocket and baby spinach mix <small>a,c,i,k</small>	
⊕ <i>add grilled vegetables</i>	+2.90
Lachs 'n' Egg Bowl	13.90
Cotidiano's finest: gently cooked salmon, ORGANIC scrambled egg and crispy potato wedges, diced cucumber with home-made burger sauce, tangy cheddar and rocket and baby spinach mix <small>a,c,i</small>	
⊕ <i>add small side salad</i>	+3.90
FEELGOOD FALAFEL BOWL  *	9.90
Vegetarian soul food: grilled falafel patty, pumpkin-bean stew with oriental spices, savoury sheep cheese and fresh crispy diced bell-pepper and cucumber <small>i</small>	
⊕ <i>add gently cooked salmon</i>	+4.90
⊕ <i>double portion sheep cheese</i>	+2.00

COTIDIANO

GIVE YOUR BOWL THAT EXTRA KICK

⊕ <i>Chicken breast</i>	+3.90
⊕ <i>Steak strips</i>	+4.90
⊕ <i>Poached salmon</i>	+4.90
⊕ <i>Prawn brochette</i>	+4.90
⊕ <i>Bacon</i> <small>b,d</small>	+1.20
⊕ <i>One ORGANIC fried egg</i>	+1.90
⊕ <i>Sheep cheese</i>	+2.00
⊕ <i>Half of an avocado filled with home-made hummus</i>	+4.50

FRIES

Ruff's Fries	6.10	Mexican Fries 🌱	6.10
Blue cheese cream, bacon, tomato, pickles a, b, d, i		Tomato salsa, sour cream, home-made guacamole c	
Truffle Fries	5.60	Bolo Cheese Fries	6.10
Truffle fries with caesar dip b		Bolognese sauce, cheese dip b	
Fries with dip of your choice 🌱	3.90	Our Sauces	
Original belgian fries, double fried		Ketchup / Mayonnaise a / Burger sauce b / BBQ Sauce b / Cheese Sauce b / Ceasar Sauce b / Lime Mayonnaise a / Sweet Honey Mustard	

SIDES

RUFF'S BURGER

Coleslaw 🌱	3.90
Classic American coleslaw b	
Mixed salad small 🌱	3.90
Colourful mixed salad with baby spinach, young rocket, cherry tomatoes and balsamic dressing	
Caesar Salad small large	4.90 8.90
Romaine lettuce, creamy Caesar dressing (with sardines), Grand Padano and crispy croutons b	
Baby spinach with grilled goat cheese and honey small large 🌱	5.40 9.40
Cherry tomatoes, crunchy walnuts, and fruity balsamic-raspberry dressing b	

PIMP MY BURGER

⊕ Bacon b, d	+1.20	⊕ Vegan bun b 🌱	your choice
⊕ Truffle oil	+1.90	⊕ Low-Carb (no bun)	your choice
⊕ Jalapeños	+0.70	⊕ Gluten free bun b	+1.20
⊕ Cheddar cheese a	+1.00	⊕ Vegetable patty	your choice
⊕ Blue cheese cream	+1.20	⊕ Crispy chicken c	your choice
⊕ Goat cheese	+1.50	⊕ Vegan patty c	+1.20
⊕ Sour cream	+1.20	⊕ Make it double	+3.40
⊕ Balsamic onions	+0.70		
⊕ Home-made guacamole	+1.20		
⊕ ORGANIC fried egg	+1.90		




BURGER

BEEF

we grill our
beef medium*

- Ruff's Burger** * 9.20
Blue cheese cream, bacon, beef, lettuce, tomato, pickles, burger sauce a, b, d, i
- Cheeseburger** * 7.80
Cheddar cheese, beef, lettuce, tomato, pickles, burger sauce, ketchup a, b, i
⊕ add bacon b, d +1.20
- Giggly Burger** * 8.80
Balsamic onion, giggly sauce, cheddar cheese, sweet honey mustard,
beef, lettuce, tomato, pickles, burger sauce a, b, i
- Avocado Burger** * 9.50
Homemade guacamole, bacon, beef, lettuce, burger sauce b, c
⊕ add ORGANIC fried egg +1.90
- Caesar Burger** 9.80
Truffled beef, parmesan, caesar sauce (with sardines), romaine lettuce,
tomato, pickles a, b, i
- BBQ Burger** * 9.20
Bacon, fried onion, BBQ sauce, cheddar cheese, beef, lettuce, tomato,
pickles a, b, d, i
⊕ make it double +3.40
- Old Bag Burger** * 10.20
Goat cheese, bacon, mango chili chutney, rocket salad, beef,
burger sauce b, d

VEGAN / VEGGIE

- Keen 4 Burger**  9.20
Vegan patty of pea protein, lettuce, tomato, pickles, burger sauce,
ketchup b, j
⊕ with vegan cheese +1.00
- Salsa Burger**  9.20
Vegan patty of pea protein, tomato salsa, homemade guacamole,
lettuce c
- Veggie Burger**  7.80
Veggie patty, lime mayo, rocket salad, tomato, pickles, burger sauce a, b, i

CHICKEN

- Chicken Burger** 9.40
Crispy chicken, rocket salad, lime mayo, tomato, pickles, burger sauce a, b, c, i

PASTA

Spaghetti Carbonara	9.90
Italian soul food with savoury bacon, Grana Padano and organic egg in a cream sauce. b, c	
Penne Speciale	10.90
Our customers' favourite: Penne with tender, grilled strips of chicken breast, mushrooms and fruity Napoli sauce, refined with cream and green onions b	
Spaghetti Salsiccia	12.90
With grilled savoury Italian sausage, grilled mushrooms, bell peppers, mild peperoncini, and Napoli sauce c	
Spaghetti al Pesto 	7.90
The classic dish made from the finest ingredients with homemade green pesto, refined with diced tomatoes	
Penne Verdura 	11.90
Mixed grilled vegetables, Napoli sauce, rocket, and cashew nuts	
⊕ <i>add grilled strips of chicken breast</i>	+ 3.90
Spaghetti Gamberoni	12.90
Fresh grilled prawns with diced tomatoes and just a fine hint of garlic, choice of garlic and oil or tomato sauce	
Spaghetti Bolognese	8.90
With the traditional ground-beef sauce	
Spaghetti Bolognese vegetarian 	8.90
A vegan version of the traditional minced meat and vegetable sauce	
⊕ <i>add grilled vegetables</i>	+ 2.90

CIAO BELLA

FRESH UP - FRESH UP - FRESH UP - FRESH UP - FRESH UP

TO COMPLEMENT YOUR MEAL WE RECOMMEND

⊕ <i>Small Caesar salad</i>	+ 4.90
⊕ <i>Small side salad</i>	+ 3.90
⊕ <i>Coleslaw</i>	+ 3.90
⊕ <i>Small baby spinach salad with baked goat cheese with honey</i>	+ 5.40

PIZZA

Salami	9.90
Spicy salami, tomato sauce and mozzarella <small>b, c</small>	
⊕ <i>add Jalapeños</i>	+0.70
Prosciutto Crudo e Grana Padano	13.90
A popular Ciao Bella classic with air-dried Italian prosciutto, Grana Padano, rocket, diced tomatoes and mozzarella <small>b, c</small>	
Funghi 🍄	8.90
Mushrooms, mozzarella and tomato sauce	
Quattro Stagioni	11.90
With spicy peperoni salami, cooked ham, grilled artichokes, mushrooms and mozzarella <small>b, c</small>	
Margherita 🍅	7.90
Cherry tomatoes, mozzarella and tomato sauce	
Pollo con Pesto	12.90
With grilled strips of chicken breast, homemade green pesto, mushrooms, bell pepper and three kinds of tomatoes with rocket <small>h</small>	
Vegetariana 🍅*	11.90
With grilled market vegetables, tomato sauce, mozzarella and fresh rocket	
⊕ <i>add grilled Black Tiger Prawns</i>	+4.90
Salsiccia piccante	12.90
With salsiccia (spicy Italian sausage), hot peperoncini, bell pepper, tomatoes, rocket and mozzarella <small>c</small>	
Gamberoni	13.90
With prawns, three kinds of sun-ripened tomatoes, rocket, olives, garlic, mozzarella and fruity tomato sauce <small>f</small>	

CAKES AND DESSERTS

Cheesecake	3.90
Homemade cheesecake	
Chocolate cake gluten-free	3.90
Homemade, gluten-free chocolate cake	
Carrot cake vegan 🌱	3.90
Homemade, carrot cake, vegan	
Warm Brownie	3.90
Melt-in-the-mouth home-made brownie	
⊕ <i>add fresh berries</i>	+2.00
Fruit Salad 🌿	4.90
The good morning, vitamin bomb: fresh cantaloupe melon, honeydew melon and pineapple with berries	
Belgian Waffle	3.90
With icing sugar ^a	
⊕ <i>add fresh berries</i>	+2.00
Home-made Muffin	3.20
Chocolate Cherry or blueberry muffin	
Chia Pudding 🌿	3.90
Chia seeds soaked in coconut milk and agave syrup with mango and passion fruit purée	
Home-made banana bread 🌿	2.90
Fresh home-made banana bread with walnuts (2 slices)	
Tiramisu	4.90
Classic with creamy mascarpone cream, sweet biscuits and cacao ^{i,m}	
Small Açai 🌿	5.50
Light, fruity purée of ORGANIC açai, blueberries, dates, bananas, topped with mango, chia seeds and granola	

ENJOY A SWEET MOMENT!

Home-
made

In the mood for something sweet? Don't miss our delightful **home-made cakes and desserts**... The best thing to do is quickly take a look at our **dessert showcase** or ask our service staff about our current selections.

COFFEE SPECIALTIES

Espresso single double	1.90 2.90
Espresso Macchiato single double	2.00 3.00
Flat White	3.90
Café Crème	2.90
Americano (with a double shot of espresso)	3.20
Cappuccino normal large	2.90 4.20
Oatdrink Cappuccino normal large	3.60 4.90
Latte Macchiato	3.50
Café au Lait	4.20
Moccacino	3.70
Belgian hot chocolate	3.20
Iced Latte	3.50

Decaf option available for all our coffee specialties.

Quality ORGANIC milk for quality coffee.

Oat and lactose-free alternatives

+ 0.70



**Our coffee quality promise:
respectful, sustainable, trustful working
together with the farmers.**

TEATIME

Fresh mint tea	3.90
Fresh ginger tea with honey	3.90
Fresh ginger and orange tea	3.90
Fresh hot lemon	3.90
Chai latte	3.90
English Breakfast, Earl Grey, Fruit tea, Green tea, Camomile tea, Herbal tea	3.90

GETRÄNKE

FIZZY DRINKS | ICED TEA

	Home-made	0.4 l
Lemonade		4.90
Mint lemonade		4.90
Pomegranate lemonade ^{a,b}		4.90
Lime and elderflower lemonade		4.90
Iced green tea with ginger		4.90
Light iced green tea (no sugar)		4.90
Iced fruit tea with lime ^b		4.90

SMOOTHIE

	Home-made	0.2 l 0.4 l
Red Fusion Smoothie [🌱]		4.20 6.90
Strawberries, banana, mint and almond drink		
Green Power Smoothie [🌱]		4.20 6.90
Baby spinach, mango, dates, pineapple and passion fruit		

JUICE | SOFT | WATER

Immune Defense		2.90
Ginger and curcuma shot		
Saft 0.2 l		2.80
Cloudy apple juice, passion fruit juice, rhubarb juice, blackcurrant juice, mango juice		
Juice spritzer 0.4 l		4.20
Paulaner Spezi ^{b,c,m} 0.33 l		3.90
Coca-Cola ^{a,m} 0.33 l		3.90
Thomas Henry Tonic Water ^c 0.2 l		3.50
Aqua Monaco 0.33 l 0.75 l		4.20 6.90
still / sparkling		
Tablewater 0.25 l 0.5 l		2.20 3.90
still / sparkling		

BEER

Tegernseer Hell (draught) ^k 0.3 l 0.5 l		3.10 3.90
Lammsbräu Helles non-alcoholic Bio 0.33 l		3.10
Erdinger Urweisse (draught) ^k 0.5 l		3.90
Erdinger non-alcoholic wheatbeer		3.90
Shandy Russ'n (wheat beer-lemonade mix) ^k 0.5 l		3.90

CHAMPAGNE ^k

		0.75 l
Laurent Perrier ^k Brut		89.00
Laurent Perrier ^k Rose		129.00

SPRIZZ | LONGDRINKS ^k

Henry Sprizz ^{a, b, k}	7.90
The Cotidiano spritz with ORGANIC gin, home-made lemonade, sparkling water, grenadine, mint and cucumber	
Aperol Sprizz ^{a, b, k}	7.50
Lillet Wild Berry ^k	7.90
Waldbeer-Sprizz ^{a, b, k}	7.90
Hugo ^k	7.50
Prosecco ^k 0.1l 0.75l	3.90 24.90
Rosé wine spritzer ^k 0.25l 0.5l	4.90 8.90
White wine spritzer ^k 0.25l 0.5l	4.90 8.90
Brick Gin and Tonic ^k	7.90
Brick ORGANIC gin, Monaco tonic, lemon zest and rosemary	
Hendrick's Gurke ^k	8.90
Hendrick's gin and Monaco tonic	
Cuba Libre ^{a, m}	8.90
Cocktail made of Coca-Cola, Havana Club rum and lime	

WINE ^{b, k}

Also
available
by the
bottle

0.1l | 0.25l | 0.75l

WHITE

Blanc Côtes de Gascogne IGP	3.20 6.90 21.80
A cuvée of Colombard and Sauvignon blanc	
Grohsartig Weingut Groh, Rheinhessen	3.50 7.90 24.90
The best of Burgundy and Chardonnay from a wood cask	
Lugana DOC, Villa Albinoni, Venetien	3.90 8.90 26.90
This wine is perfect for unwinding in Italy's northernmost town	

ROSÉ

Rosé Côtes de Gascogne IGP	3.20 6.90 21.80
A rosé for relaxation and anticipation Ideal for flirting	

RED

Primitivo „Lifili“	3.20 6.90 21.80
Nice Primitivo with mellow character	
Nero d'Avola Costadune	3.50 7.90 24.90
Brings the sounds of the Sicilian waves to your glass	
Merlot, Anderra Rothschild, Chile	3.90 8.90 26.90
This red unites the Mediterranean and Central Europe	

SPIRITS LANTENHAMMER ^k

2 cl

Williamsbirnenbrand unfiltered	4.90
Mirabellenbrand unfiltered	4.90
Waldhimbeer Liqueur	4.90

**FOOD LOUNGE
PARKSTADT SCHWABING**

Alfred-Arndt-Straße 1
80807 München

FOLLOW US:

@foodlounge.muc



**FOR MORE INFORMATION
ABOUT OUR BRANDS**



www.cotidiano.de



www.ruffsburger.de



www.ciao-bella.de



Our ORGANIC assortment is certified through a state-approved DE-ÖKO-006 certification body.

**ALLERGENS
AND ADDITIVES**

a. contains colouring | b. contains preservatives | c. contains anti-oxidants | d. contains nitrates | e. flavour enhancers | f. darkened | g. waxed | h. phosphate | i. sweetener | j. contains a source of phenylalanine | k. contains alcohol | l. genetically modified | m. contains caffeine

All salads, bowls, burgers, burger sauces and sandwiches may contain traces of Dijon mustard ^{a, c} or mayonnaise ^a.

For a detailed list and information on additives subject to mandatory labelling, allergens, and ingredients, please ask our staff.

October 2021 | All prices in EUR incl. VAT.

www.foodlounge.net