



LAB KITCHEN

ACTIVE FOOD

BREAKFAST

AÇAI BOWL

fresh acai, banana, mulberries, hempseeds, coconut flakes and cacao nibs

PROTEIN PORRIDGE

oats, chia seeds, almond, coconut-rice milk, banana, apple, coconut flakes, cacao nibs, nutbutter and berry sauce

GRANOLA BOWL

yoghurt, homemade granola, berry sauce

HOUSE TOAST

spelt toast, avocado, edamame, sweet potatoes, sundried tomatoes, sprouts and goat cheese + optional poached egg

PALEO POWER PLATE

scrambled eggs, sweet potatoes, avocado, pesto and side salad

LUNCH

GREEN BOWL

Quinoa, roasted bell pepper, zucchini, cherry tomatoes, cucumber, green asparagus, hummus, yoghurt and mixed salad

RED BOWL

whole grain pasta, roasted chickpeas, avocado, goat cheese, beetroot pesto and arugula

ORNAGE BOWL

whole grain rice, mango, carrots, mushrooms, tofu, sprouts, poached egg and salad

BLUE TOAST

Sweet potato wedges, scrambled tofu, guacamole, marinated beans, corn and lentils and mixed salad

LUNCH SPECIALS

PLANT PLATE

our weekly dish, plant based and super delicious!

SEASONAL SALAT

fresh and seasonal ingredients, our chef will create something special for you!

SMOOTHIES

BERRY SMOOTHIE

Banane, strawberry, blueberry, raspberry, mango, coconut-rice milk

SPIRULINA SMOOTHIE

Spirulina, banana, mango, almond, cacao, cacao nibs, almond-rice milk

SWEET & SALTY

ENERGY BALLS

*fresh acai, banana, mulberries, hempseeds, coconut flakes and cacao nibs
Flavours: matcha, coco, cacao, tahini, orange*

BEAN BEET BROWNIE (GLUTEN FREE)

75 % chocolate, cacao, cooked black beans, roasted beets, coconut sugar

BANANA BREAD (GLUTEN FREE)

banana, almond flour, chia seeds, coconut flakes, coconut sugar

GRANOLA BAR

Oats, chia seeds, sunflower seeds, pumpkin seeds, cashews, coconut sugar, coconut oil

BRAIN FOOD

almonds, brazil nuts, pecans, macadamia, goji berries, apricots and figs

SOUL FOOD

cashews, cacao-cashews, walnuts, pecans, coconut flakes and dried bananas

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FIND US HERE: RUNBASE Berlin — Schleusenufer 4, 10997 Berlin

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