



Pro Food is an innovative restaurant concept which values a healthy and protein-rich nutrition. For everyone who wants to eat healthier without relinquishing taste. Rich of vitamins, proteins and important nutrients as well as good oils.

Starters

Small loaf of bread warm & crispy <i>25g protein</i>	8,9
dip of skyr and bellpepper, olive oil, maldon sea salt flakes	
Vegan thai asia sticks <i>25g protein</i>	11,5
crispy turnover, filled with vegetable curry & sweet chili dip	
Qube-aperitif <i>25g protein</i>	12,9
manchego cheese, serrano bacon & kalamata olives	
Beef carpaccio <i>65g protein</i>	16,9
with salad of tomato & lentil, rocket & parmesan cheese	
Grilled prawns <i>45g protein</i>	18,9
puree of bellpepper, rocket, walnut & pomegranate	
Tapastower for 2 people <i>100g protein</i>	39,9
prawns, vegetable sticks, antipasti variation	

Soups

Cappuccino of red lentils vegan <i>30g protein</i>	9,9
with filled mushroom roll	
Tom Yam Gung with prawns <i>25g protein</i>	12,9
mushrooms, tomatoes, herbs, chili & cilantro	

Salads

Lettuce, as starter / main dish	8,9 / 12,9
crudités, sprouts & pomegranate vinaigrette <i>20g protein</i>	
...with falafel <i>40g protein</i>	add. 5,9
...with fried goat cheese & thyme honey <i>40 g protein</i>	add. 6,9
...with grilled turkey breast <i>60 g protein</i>	add. 8,9
...with three fried prawns <i>50 g protein</i>	add. 9,9
...with fillet of yellow-fin tuna & poached egg <i>50g protein</i>	add. 9,9



Main dishes

Vegan Bowl	70g protein	17,9
falafel, quinoa, cherry tomatoes, bellpepper, avocado, rocket, pumpkin seeds & pomegranate dressing		
Fitness Bowl	110g protein	18,9
turkey breast, wild rice, baby spinach, broccoli, egg, carrot, corn edamame, cherry tomatoes, cucumber, roasted almond & pomegranate dressing		
Fish Bowl	105g protein	19,9
grilled fillet of bream, wild rice avocado, cucumber, edamame, sesame, soysauce & pomegranat dressing		
All Bowls are served with a dip of skyr and lime & avocado cream		
Savoury Chickpea-curry	75g protein	16,9
with edamame, colourful vegetables, cilantro, chili & wild rice		
...with grilled turkey breast filet	110g protein,	add. 6,9
Pasta „Cacio e Pepe“	25g protein	18,9
pecorino romano & black pepper		
...with grilled stripes of beef	60g protein	add. 9,9
Truffle pasta with king oyster mushroom	20g protein	19,9
additionally parmesan		
...with grilled stripes of beef	60g protein	add. 8,9
Grilled fillet of bream	80g protein	32,9
potato-lenitl salad & beetroot foam		
Wiener Schnitzel (saddle of veal)	50g protein	32,9
baked golden, lemon, cranberries, salad of potato & cucumber		
or styrian style, breaded in shredded pumpkin seeds 80g protein		
Short fried tuna steak	90g protein	36,9
with sesame & marinated soba noodle salad		
Grilled entrecôte, 250g	95g protein	38,9
rosemary potatoes, kenya bacon beans & creamed pepper sauce		

Desserts

Vanilla flavoured chia pudding 40g protein	9,9
with skyr topping & ragout of berries	
Chocolate truffle on raspberry coulis 15g protein	12,9
ragout of berries & clementine sorbet	
Small variation of cheese 30g proteins	16,9
grapes, walnuts, fruit bread & fig mustard	