



Pro Food is an innovative restaurant concept that emphasizes a healthy and protein-rich diet. For everyone who wants to eat more consciously without sacrificing taste. High protein, rich in vitamins, and with important nutrients as well as high quality oils.

## Lunch menu

- 02.03.2026 - 06.03.2026 -

Monday - friday, 12:00 am - 2:30 pm

### Soups & starters

Small mixed salad with uncooked vegetables	4,5
Red curry soup <i>5g protein</i>	5,9

### Main courses

Rigatoni with bolognese sauce & small salad <i>10g protein</i>	9,9
Colourful salad with fried mushrooms <i>15g protein</i>	9,9
Fried zucchini with tomatoes & rice <i>15g protein</i>	9,9
Chickenbreast with vegetables & rice <i>45g protein</i>	13,9
Grilled salmon with colourful potato salad <i>45g protein</i>	14,9
Beef strips with mushroom cream sauce & fried potatoes <i>45g protein</i>	23,9

### Dessert

Chocolate mousse with nuts <i>5g protein</i>	5,9
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### At our lunch we serve

Refreshments 0,2l Soft drinks, juices & water	2,5
Refreshments 0,4l Soft drinks, juices & water	3,5
Hot drinks Espresso, coffee, cappuccino, cafe au lait, glass of tea	2,5
Happy "Spritz" Hour different variations to choose	5,0



## Lunch menu

Monday - friday, 12:00 am - 2:30 pm

### Soups & starters

Lentils curry with papadam <i>40g protein</i>	12,9
"Strammer Max" on pinsa bread, herbs dip & cheese <i>25g protein</i>	12,9
Freshly baked pinsa with tomatoes & buffalo mozzarella <i>20g protein</i>	15,9
Marinated beef tartare with detox salad <i>30g protein</i>	16,9

### Main courses

Lunch Bowl <i>55g protein</i> avocado, edamame, carrot, tomato, lentils, cucumber, paprika, corn, skyr dressing	16,9
Large green salad with vegetables & balsamic dressing <i>5g protein</i>	14,9
with grilled goat cheese <i>25g protein</i>	17,9
with fried variation of fish <i>30g protein</i>	17,9
with crispy poulard breast <i>25g protein</i>	19,9
with argentine red prawns 3 pieces <i>25g protein</i>	19,9
Corn fed chicken breast, beans, wild rice & reita <i>70g protein</i>	27,9
"Wiener Schnitzel" with potato beans salad & lingonberry <i>50g protein</i>	28,9

### Desserts

Duo of sorbet with fruit salad <i>5g protein</i>	7,9
Quinoa coconut skyr pudding with crunch <i>20g protein</i>	9,9

If you have any allergies do not hesitate to ask our service