ERA Urban but green at heart.

ATTACHED UNIT | DETACHED UNIT | SEMI-DETACHED UNIT

SOMERSALE 15

Downtown *elevated* living by the river

SOMERSALE 15 | SOMERSALE 15 | SOMERSALE 15

SAMSARA

List of allergens

1. Crustacean shellfish, eggs, fish, peanuts, soy, nuts, celery, gluten, lupin, molluscs, mustard, sesame, sulphur dioxide
2. Egg, milk products
3. Fish, soy products
4. Gluten, lupin, molluscs
5. Crustacean shellfish, eggs, fish, peanuts, soy, nuts, celery, gluten, lupin, molluscs, mustard, sesame, sulphur dioxide
6. Fish, soy products
7. Gluten, lupin, molluscs
8. Crustacean shellfish, eggs, fish, peanuts, soy, nuts, celery, gluten, lupin, molluscs, mustard, sesame, sulphur dioxide

Wine/drinking menu with a/ten/ten/ten/ten/ten and Bottle of wine

Business Lunch

Mon - Fri, 12:00 - 15:00

Wheatmilk
Oat milk
Soya milk 0.50
Cow's milk
Soy - sugar

0.50

Pancetta soup
Soy - sugar

10

Veggie meatballs with tomato potatoes and tomato sauce
Soy - sugar

Spelt Cavatappi with vanilla cream
Soy - sugar

10

Lentil cream soup
Soy - sugar

Mushroom slow cooked potatoes
Soy - sugar

Carrot cake
Soy - sugar

10

1 Soups

Raw squash cream with ginger 2
Dilled - raw sugar

carrots, ginger, coconut milk, cashews

Wheatmilk soup 2
Soy - sugar

potato, onion, dilled, parsley, cashews, bananas, leaves, cauliflower, lemon

Pancetta soup 2
Soy - sugar

pancetta, onion, carrots, chilli pepper, garlic, parsley

Lentil cream soup 2
Soy - sugar

lentil, celery, carrots, bell pepper, onion, cloves

Pumpkin soup 2
Soy - sugar

pumpkin, onion, potatoes, carrots, chilli pepper, parsley, cloves, dill, pepper, garlic

Tomato cream soup 2
Soy - sugar

tomatoes, onion, celery, carrots, garlic, basil, leaves, parmesan chips

Harvest soup 2
Soy - sugar

pumpkin, onion, potatoes, carrots, cinnamon, curry, cloves, clove oil

Mushroom cream soup, tomato cream, green pea and cold pea soup 2
Soy - sugar

mushroom, onion, garlic, parsley, tomatoes, potatoes, cinnamon, cloves, pepper, garlic, parsley, cashew nuts

Tomato cream with mint and ricotta 2
Soy - sugar

tomatoes, onion, garlic, mint, ricotta, cinnamon, cloves, curry, parsnip, dressing

2 Starters

Cauliflower pancake 2
Soy - sugar

cauliflower, corn oil, nutritional yeast flakes

Bruschetta 2
Soy - sugar

tomatoes, onion, garlic, basil, olive oil, pepper, salt

Spelt cavatappi with ginger, raw cream, sweet chilly sauce 2

Eggplant salad 2
Soy - sugar

aubergine, onion, garlic, tomatoes, cherry tomatoes, cucumber, parsley

Fresh with bitings, parmesan and lamb tonic 2

Fresh with bitings, parmesan and lamb tonic 2
Soy - sugar

arbonne rice, bulgarian, egg, garlic, tomato sauce, salad mix, parmesan chips

Harvest with pomegranate and salad 2
Soy - sugar

arbonne, onion, garlic, pomegranate, mint, lemon, cucumber, tomatoes

Caponatina with pita bread and cream 2
Soy - sugar

aubergine, tomatoes, onion, coriander, corn chips, lemon, olive oil

Mushroom croquettes, tomato sauce, green pea and cold pea salad 2
Soy - sugar

mushroom, onion, garlic, parsley, potatoes, tomatoes, cinnamon, cloves, pepper, garlic, parsley, cashew nuts

Tomato salad with mint and ricotta 2
Soy - sugar

tomatoes, onion, garlic, mint, ricotta, cinnamon, cloves, curry, parsnip, dressing, parmesan chips

3 Salads

Avocado, tomatoes and mango salad 3
Soy - sugar

avocado, mango, tomatoes, goat cheese, chives, chili pepper, vinaigrette

Sweet potato and quinoa salad 3
Soy - sugar

sweet potato, quinoa, onion, tomatoes, cucumber, parsley, chives, pumpkin seeds, vinaigrette

Grilled halloumi salad 3
Soy - sugar

halloumi, onion, tomatoes, cucumber, pomegranate, parsley, vinaigrette

Crispy goat cheese salad 3
Soy - sugar

goat cheese, onion, tomatoes, cucumber, mango, chives, pumpkin seeds, vinaigrette

Cricket salad 3
Soy - sugar

cricket, tomatoes, onion, cucumber, lettuce, fresh herbs, cucumber, tomatoes, olive, vinaigrette

Caesar salad 3
Soy - sugar

lettuce, onion, tomatoes, cucumber, parmesan, croutons, bacon, vinaigrette

Seared & pickled tuna 3
Soy - sugar

tuna, onion, tomatoes, cucumber, green mango, lettuce, wasabi, vinaigrette, sesame seeds, chili, coriander

Cabbage & Co 3
Soy - sugar

red cabbage, cauliflower, broccoli, onion, tomatoes, cucumber, parsley, vinaigrette

Baked cauliflower 3
Soy - sugar

cauliflower, baked potatoes, chimichurri sauce, pickled onion

Pomegranate & endamame 3
Soy - sugar

onion, tomatoes, cucumber, pomegranate, endamame, parsley, vinaigrette

Mushroom and pomegranate 3
Soy - sugar

mushroom, onion, tomatoes, cucumber, pomegranate, parsley, vinaigrette

Vegan salad with avocado and cashew cream 3
Soy - sugar

avocado, onion, tomatoes, cucumber, cashew cream, lettuce, carrots, bell pepper, parsley, vinaigrette

Vegan meatballs with tomato potatoes and tomato sauce 3
Soy - sugar

potatoes, tomatoes, chickpeas, parsley, meatballs, onion, garlic, tomato, sugar, vinaigrette

4 Main

Avocado rice 4
Soy - sugar

Avocado, green onions, onion, garlic, parsley, tomatoes, vinaigrette

Sweet & potato rice 4
Soy - sugar

sweet potatoes, onion, garlic, green onions, tomatoes, vinaigrette, sesame seeds, chili, coriander

Cabbage & Co 4
Soy - sugar

red cabbage, cauliflower, broccoli, onion, tomatoes, cucumber, parsley, vinaigrette

Baked cauliflower 4
Soy - sugar

cauliflower, baked potatoes, chimichurri sauce, pickled onion

Pomegranate & endamame 4
Soy - sugar

onion, tomatoes, cucumber, pomegranate, endamame, parsley, vinaigrette

Mushroom and pomegranate 4
Soy - sugar

mushroom, onion, tomatoes, cucumber, pomegranate, parsley, vinaigrette

Vegan salad with avocado and cashew cream 4
Soy - sugar

avocado, onion, tomatoes, cucumber, cashew cream, lettuce, carrots, bell pepper, parsley, vinaigrette

Vegan meatballs with tomato potatoes and tomato sauce 4
Soy - sugar

potatoes, tomatoes, chickpeas, parsley, meatballs, onion, garlic, tomato, sugar, vinaigrette

5 Burger

Signature Burger
Soy - sugar

bun, cauliflower, bell pepper, onion, tomatoes, lettuce, cucumber, parsley, chili, coriander, vinaigrette

Vegan burger 5
Soy - sugar

bun, cauliflower, bell pepper, onion, tomatoes, lettuce, cucumber, parsley, chili, coriander, vinaigrette

Double Cheese Burger 5
Soy - sugar

bun, onion, cucumber, garlic, pickles, cheddar, cheese, pepper, vinaigrette

6 Pasta

Truffle with pistachio, pepper and cashewn 6
Soy - sugar

truffle, pistachio, pepper, garlic, cashewn wasabi, mixed leaves, parmesan

Pasta with spinach and ricotta and pomesan pesto 6
Soy - sugar

spinach, ricotta, pesto, pine nuts, cashew, parmesan, cashewn cream, grated parmesan

Wheat-wheat pasta with pistachio and cashew cream 6
Soy - sugar

Pistachio, onion, garlic, cashew, wheat-wheat pasta, mixed leaves

Tagliatelle with zucchini, baked tomatoes and garlic 6
Soy - sugar

zucchini, tomatoes, garlic, onion, cashew, tagliatelle, parmesan, vinegar

Campanelle with broccoli and pesto 6
Soy - sugar

broccoli, onion, garlic, basil, pesto, cashew, pine nuts, parmesan

Tagliatelle with pesto, pine nuts, cashew and mushrooms 6
Soy - sugar

tagliatelle, mushrooms, onion, mushrooms

7 Stir-Fry

Spicy Kuchen Noodle
Soy - sugar

wheat noodles, cucumber, mushrooms, bamboo, carrots, onion, chili pepper, soy sauce

Japanese Fusion Wok
Soy - sugar

rice, broccoli, carrots, onion, soy, tofu

Pad Thai 7
Soy - sugar

rice, cashew, carrots, onion, mushrooms, bamboo, soy, peanut, lime, garlic, chili, green onion

Chow mein 7
Soy - sugar

carrots, onion, cashew, mushrooms, bamboo, soy, garlic, ginger

8 Dessert

Apple dessert 8
Soy - sugar

cake crumble, pineapple, whipped cream, dark chocolate, white agave syrup

Raw cake with forest fruits 8
Soy - sugar

cashew, coconut, berries, cocoa, cocoa butter, fruit, vanilla, pineapple

Carrot cake 8
Soy - sugar

carrots, cashew, hazelnuts, walnuts, cocoa butter, fruit, vanilla, pineapple

Salted Caramel Brownies with custard vanilla 8
Soy - sugar

Chocolate hazelnuts, cocoa butter, eggs, vanilla, custard

Signature cake 8
Soy - sugar

carrots, cashew, hazelnuts, walnuts, cocoa butter, fruit, vanilla, pineapple, coconut, berries

Apple tart with ice cream 8
Soy - sugar

apple, cinnamon, cashew, cocoa butter, fruit, vanilla, ice cream, fruit, pineapple, coconut, berries

Sorbet ice (mango / raspberry / lemon) 8
Soy - sugar

mix of fruit sorbet, fruit sauce, seasonal fruits for garnish

9 Kids

Lentil cream soup 9
Soy - sugar

potatoes, onion, garlic, cashew, parsley, bell pepper, vinegar

Mushroom soup 9
Soy - sugar

mushroom, onion, potatoes, cashew, parsley, bell pepper, vinegar

Spaghetti with tomato 9
Soy - sugar

pasta, tomato sauce, cheese

Alaskan pollock with potatoes, carrots and balsamic dressing 9
Soy - sugar

Alaskan pollock, potatoes, carrots, balsamic

Marinara meatball with potatoes 9
Soy - sugar

meatball, mashed potatoes, tomato sauce

Vinaigrette salad
Soy - sugar

Spaghetti napolitan
Soy - sugar

9

Tomato soup
Soy - sugar

pasta, tomato sauce, cheese

Grilled Kaiser with signature sauce 9
Soy - sugar

Kaiser, cheddar, cheese, pepper, vinegar

Marinara pasta 9
Soy - sugar

Tried cream with potato cheese 9
Soy - sugar

Potato wedges with cinnamon cheese 9
Soy - sugar

10 Sides

Mixed salad with vinaigrette 10
Soy - sugar

Sweet potato 10
Soy - sugar

Roasted potatoes 10
Soy - sugar

Tried cream with signature sauce 10
Soy - sugar

Potato wedges with cinnamon cheese 10
Soy - sugar

Tried cream with potato cheese 10
Soy - sugar

Potato wedges with cinnamon cheese 10
Soy - sugar

The prices are stated in Swiss Francs.
Our suppliers are carefully selected.
Our meat is exclusively from Swiss farms.
Our fish is from sustainable fisheries.

This menu is valid for children under 12 years old

SOUP

Raw vegan carrot soup with ginger
250ml / one cup
Kcal 180 grams 14 % of a day
Sodium, chromium, potassium, iron, copper, potassium, iron, copper, zinc, sulfur, carbohydrate, fiber, sugars, protein, fat, saturated fat, calories, vitamin a, vitamin c, vitamin b6, vitamin e, vitamin k, folate, vitamin b12, vitamin b1, vitamin b2, vitamin b3, vitamin b5, vitamin d, vitamin e, vitamin k, selenium, zinc, phosphorus, magnesium, calcium, iron, sodium, potassium, cholesterol, fat, saturated fat, monounsaturated fat, polyunsaturated fat, trans fat, omega 3, omega 6, sugar, fiber, starch, water, ash, alcohol, caffeine, theobromine, tryptophan, threonine, isoleucine, leucine, lysine, methionine, cystine, phenylalanine, tyrosine, valine, arginine, histidine, alanine, aspartic acid, glutamic acid, glycine, proline, serine, hydroxyproline, vitamin a iu, vitamin a rae, retinol, vitamin c, vitamin d (d2 + d3), vitamin d iu, vitamin e (alpha-tocopherol), vitamin e (alpha-tocopherol) iu, vitamin e (alpha-tocopherol) (mg), vitamin e (alpha-tocopherol) (µg), vitamin e (alpha-tocopherol) (iu),