

What do you need at SEIN?

One serving of HEROES per person and 1-2 TEMPTATIONS to share is a good start for today.

HEROES OF SEIN

SCHWIEGERMAMA

Homemade bread | Plant-based cheese | Cajun smoked tofu | Sivri Biber

CHF 26.00

LA VIE EN ROSE

Raviolo Rose | Tomato | Nuvole foam | smoked olives

CHF 26.00

BÁNH XÈO 2.0

Rice Crêpe | Mushrooms | Umami Majo | Greens & Pickles

CHF 26.00

MILLE FEUILLE

marinated fresh berries | Crème Diplomate | nougat crunch

CHF 26.00

TEMPTATIONS

FLORAS HELD

The best of a Vegetable | Labneh | Crisp

CHF 17.00

CRÊPE DE SOLEIL

Chickpeas | Pea purée | Garden vegetables

CHF 19.00

VERFÜHRT

Extra Vergine Joghurt | Seasonal compote | Granola

CHF 16.00

WALDGRUSS

Seed bread | Mushroom Pâté | Fig mustard | Meadow herbs

CHF 17.00

TATAR VERDE

Avocado | Apple | Tiger Milk | Crunch

CHF 19.00

+DEMETER EGG

softboiled egg
OR
Omelette

CHF 6.00

VITAMINES

IMMUNE BOOSTER SHOT rhubarb, hemp 2cl	CHF 3.00
COLDPRESSED JUICE beets, ginger, apple 20cl	CHF 9.00
FRESH JUICE aronia 20cl	CHF 8.50

REFRESH

DETOX SODA elderflower, lemon balm 30cl	CHF 6.00
HOME MADE ICETEA mint, lemon 30cl	CHF 6.00
SCHORLE rhubarb 33cl	CHF 6.00
URBAN LEMONADE YUZU 33cl	CHF 7.00
SPARKLING WATER 50cl	CHF 6.00
„TAP WATER ONLY“ à discrétion	CHF 3.00

AWAKEN

COFFEE, Miró Zürich	
ESPRESSO DOPPIO	CHF 5.00 6.00
+ Macchiato	+ CHF 0.50
AMERICANO	CHF 6.00
CAPPUCCINO	CHF 6.50
FLAT WHITE	CHF 7.00
CHAI LATTE DIRTY, Premsoul Zürich	CHF 7.50 8.50
MATCHA, Matcha & Friends Zürich	
LATTE	CHF 8.00
ICED COCONUT MATCHA	CHF 9.00
HOT CHOCOLAT DIRTY, Löw Delights Zürich	CHF 7.50 8.50
RAW COCOA, „Las Marias“ Guatemala	CHF 9.00
TEAPOT Verveine, Rooibos, Herbal, Jasmine, Earl Grey Blue Flower, Hibiscus, Teelabor Winterthur	CHF 8.00
OUR MILKS Peas as the standard, Oat on request, Cow at extra charge	+CHF 1.00

BUBBLES

MIMOSA DELUXE	CHF 18.00
Champagne, apricot juice 1dl	
CHAMPAGNE 1dl Flasche 75cl	CHF 16.00 89.00

WINE & BEER

WHITE Gemischter Satz. Müller-Thurgau, Riesling, grüner Veltliner. Baumgartner, Österreich.	CHF 11.00 56.00
RED Gemei. Merlot, Cabernet Sauvignon, Corvina. Otella, Italien.	CHF 11.00 65.00
Augustinerbräu Lager Hell 50cl	CHF 8.50
Paul IPA 33cl	CHF 7.00
Quöllfrisch alkoholfrei 33cl	CHF 7.00

DECLARATION & ALLERGENES

BREAD, homemade or made in Switzerland

EGG, from Demeter labeled farms with brother rooster rearing (Bruderhahn Aufzucht)

COW MILK, Demeter MILK

We are happy to provide personal information about allergens.

OUR MISSION

Food is power when chosen wisely.

Our mission is to bring plant-based cuisine to the highest culinary level. We are convinced that plant-based ingredients have everything it takes to create perfect flavor, depth, and sophistication—and that is exactly what we use to create something extraordinary. Where we selectively and complementarily offer animal products, this is not for ideological reasons, but out of a spirit of hospitality: as a bridge for all those who would like to gently approach purely plant-based cuisine. Our goal is to replace reservations with enjoyment – and to show that true taste needs no dogma

FOOD CREDO

We believe in the power of plant-based cuisine, authentic craftsmanship, and regional value creation. Our cuisine is based on traditional Swiss varieties, seasonal ingredients, and close collaboration with small producers who work with care and dedication. We choose what we use consciously—in tune with nature. Ingredients, varieties, and compositions may change daily and seasonally. What remains constant is our commitment to uncompromising quality, authenticity, and respect for the product, people, and origin.