

# 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

### NEUE TRADITION

Knödel | Pumpkin seeds | Potato espuma | Smoked savoy cabbage |

CHF 26.00

### BÁNH XÈO 2.0

Rice Crêpe | Mushrooms | Umami Majo | Greens & Pickles

CHF 26.00

### DER STRUDEL

Pear | Vanilla Sauce | Gold of Pines | Styrian oil

CHF 26.00

## TEMPTATIONS

### FLORAS HELD

The best of a Vegetable | Labneh | Crispy

CHF 17.00

### CRÊPE D'ORIENT

red lentils | raita tempeh | herbs

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

### OKINAWA TATAR

Plant tartare | Umami mayo | Vegetable chips

CHF 19.00

### +DEMETER EGG

softboiled egg OR Omelette

CHF 6.00

## VITAMINES

IMMUNE BOOSTER SHOT seasonal   2cl	CHF 3.00
COLDPRESSED JUICE seasonal   20cl	CHF 9.00
FRESH CITRUS JUICE seasonal   20cl	CHF 8.50

## REFRESH

DETOX SODA seasonal   30cl	CHF 6.00
HOME MADE ICETEA seasonal   30cl	CHF 6.00
SCHORLE seasonal   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, fresh Orange 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   54.00
Augustinerbräu Lager Hell   50cl	CHF 8.50
Paul IPA   33cl	CHF 7.00
Quöllfrisch alkoholfrei   33cl	CHF 7.00

# IN SEASON

## IMMUNE BOOSTER SHOT

Green Coldpressed + nettle

## COLDPRESSED JUICE

Cucumber, Green Apple, Ginger, Citrus

## FRESH CITRUS JUICE

Orange

## DETOX SODA

Cucumber, Lime, Sparkling Water

## HOME MADE ICE TEA

Early Grey Blue Flower, Apple, Lemon

## SCHORLE

Rhubarb

## UNSERE 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.

# 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.