

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

LA BELLE CHANTERELLE

Sourdough flatbread | Miso mushroom butter | chanterelle | cranberries | parsley Kewpie

contains gluten

CHF 26.00

RÖSTI NEST

Ur Lox | Kren-Fraiche | honey-dill mustard caviar | horse radish

CHF 26.00

GOLDENER MORGEN

Gyoza | sugarloaf | mais shoyu | calamansi | chili crunch

contains gluten

CHF 26.00

AMOR'S DELIGHT

Walnut frangipane | glazed plums | tonka mousse | ginger honey

CHF 26.00

TEMPTATIONS

FLORAS HELD

Eggplant | tahini
beurre blanc |
pomegranate |
black garlic

CHF 17.00

WALDGRUSS

Almond-feta |
radicchio | pea-
ches | charcoal
focaccia

CHF 17.00

SPÄTSOMMER

cucumber-melon salad | jalapeno gazpacho | Engel chorizo

CHF 19.00

DOSA

rice-lentil dosa
| pickled beet |
curry Luya | sour-
cream

CHF 19.00

VERFÜHRT

Extra Vergine
pumpkin seed
quark | pickled
grapes | beurre
noisette

CHF 16.00

+DEMETER EGG

softboiled egg
OR
Omelette

CHF 6.00

VITAMINES

IMMUNE BOOSTER SHOT beet, coal, cayenne 2cl	CHF 3.00
COLDPRESSED JUICE beets, ginger, aronia 20cl	CHF 9.00
FRESH JUICE grapefruit 20cl	CHF 8.50

REFRESH

DETOX SODA bergamotte, soda 30cl	CHF 6.00
HOME MADE ICETEA verveine, sea buckthorn 30cl	CHF 6.00
SCHORLE grapefruit 33cl	CHF 6.00
URBAN LEMONADE CALAMANSI 33cl	CHF 7.00
SPARKLING WATER 50cl	CHF 6.00
„TAP WATER ONLY“ à discrétion	CHF 3.00

AWAKEN

KAFFEE, 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
SPECIAL: MOCHACCINO ARABICO	CHF 8.50
CHAI LATTE DIRTY, Premisoul Zürich	CHF 7.50 8.50
MATCHA, Matcha & Friends Zürich	
MATCHA LATTE	CHF 8.00
SPECIAL: MATCHA LATTE PFLAUME	CHF 9.00
HEISSE SCHOGGI DIRTY, Löw Delights Zürich	CHF 7.50 8.50
ROHKAKAO, „Las Marias“ Guatemala	CHF 9.00
TEEKANNE Verveine, Rooibos, Kräuter, Jasmin, Earl Grey Blue Flower, Hibiskus, Teelabor Winter- thur	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, grapefruit 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 59.00
Augustinerbräu Lager Hell 50cl	CHF 8.50
Paul IPA 33cl	CHF 7.00
Quöllfrisch alkoholfrei 33cl	CHF 7.00

DECLARATION & ALLERGENES

VEGAN, all dishes

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.