

THE RESTAURANT IN PANKOW FOR CULINARY DELIGHT, HEALTH & SUSTAINABILITY.

All delicacies are **organic, vegan and without added sugar.**

Our cuisine is also **100% gluten-free.**

Everything is fresh and **homemade.**

Breakfast and the Brunch Etagere are available at any time of the day,

because it is never too late for a second breakfast!

Of course, you will also find delicious dishes for lunch
and heavenly, healthier desserts.



OUR STORY

Health is priceless. Our founder learned this at a young age through a terrible illness. But giving up was out of the question for her.

She decided wholeheartedly: Change lifestyle. Eat healthy. Get into balance.

The big personal upheaval and all her knowledge about healthy eating quickly turned into an inspiring and "delicious" mission:

To share her own creations with the world. And to make it possible for everyone to enjoy healthy.

WHAT MAKES US SPECIAL

TRIVITYS is a place where pleasure, health and sustainability come together. All our products are handmade, unique, delicious, wholesome and natural. We are always developing new healthy products and dishes. Exquisite superfoods are integrated in a perfect composition:

our use of the best organic-vegan, mainly regional ingredients are self-explanatory

We develop all recipes ourselves and live out our creativity.

Because healthy naturally tastes delicious!

PLEASE ORDER AND PAY AT THE COUNTER. THANK YOU!



WARM BEVERAGES

COFFEE SPECIALTIES

	€
Espresso Ristretto Lungo	2,5
Espresso Doppio Macchiato	3,9
Café Crema	3,3
Americano	3,5
Cappuccino	4,2
Flat White	4,9
Latte Macchiato	4,9
Hot Chocolate	4,9
Chocolate-Shock: hot chocolate with espresso (Moccaccino)	5,9
Babyccino	2,2
Extra Espresso Shot	1,9



TEA SPECIALTIES

Black Green Forest herbs Nettle Rooibos Nana mint Tiger tea	3,5
Oolong - very fine green tea from China	4,9
<u>Fresh tea:</u>	4,7
Ginger+Apple Ginger+Mint Ginger+Turmeric Ginger+Lemon Thyme+Orange Apple+Rose blossoms Hibiscus blossoms	

SUPERFOODS-LATTE

Morning Power: Maca+cocoa+guarana	5,9
Dark Energy: Chaga+cocoa or Chaga+espresso	6,9
Health Booster: Reishi+Maitake+Coriolus+Beetroot+Coconut blossom sugar	6,9
Green Oasis: Matcha+barley grass+lemon grass	5,9
Matcha Love: Matcha pure	5,9
Inner Fire: Beetroot+cocoa+chili	4,9
Pink Love: Pure beetroot	4,9
Golden Milk: Turmeric+ginger+cinnamon+cardamom+cayenne pepper	4,9
Masala Chai: Cardamom+cinnamon+cloves+ginger+black pepper	4,9
Dirty Chai: Masala Chai+Espresso	5,9
Blue Lagoon: Spirulina+Rosemary+Vanilla	6,9

ICED +1

Choose btw. oat (gluten-free), soy, almond and coconut-almond drink at no extra charge.

Note: If you have any questions about allergens, please consult the ingredient list at the counter. - DE-ÖKÖ-070 -



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COLD BEVERAGES

IMMUNITY BOOSTER:

FRESHLY SQUEEZED JUICES FROM ORGANIC FRUITS AND VEGETABLES 0.4 L	€
Wild Carrot: Carrots+Apple+Sweet potato+Ginger, opt. oil	6,9
Golden Apple: Apple+Carrot+Turmeric+Cayenne, opt. oil	6,9
Fire Starter: Ginger+Turmeric+Apple+Beetroot+Cayenne, opt. oil	6,9
Detox Pure: Apple+Celery+Cucumber+Lemon	6,9

SHOTS 5CL

Ginger+Lemon Turmeric+Orange Fireshot: Ginger+Turmeric+Beetroot	3,9
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JUICES & SCHORLEN

Ostmost Streuobst | Proviant 0,33L

Apple+Mint Apple+Currant Apple+Rhubarb Paradise Maracuja & Orange	3,5
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Charitea 0,33L

Mate Ginger sugar-free Rooibos passion fruit tea	3,5
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Guava lemonade, 0.33L

Elderberry+Mint Ginger+Turmeric Mango+Lime	3,5
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REFRESHING DRINKS

Homemade lemonade 0,4L	5,9
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Non-alcoholic beer 0,33L	3,5
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Mineral water Rheinsberger Preussenquelle 0,5L

still sparkling	3,9
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Extras 2,5

Maca	
Barley grass	
Guaraná	
Beetroot	
Cacao (mix: raw & roasted)	



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ORGANIC SWEET DELIGHTS

	€
SweetTella	17
Coconut-almond "yoghurt" with homemade granola, vegetable tortilla with DATYS chocolate spread and banana, tahini (raw), surprise Raw Petit, banana bread, bliss ball (raw), selection of jams (raw), fresh fruits, cocoa nibs	
Sweet breakfast	14
Two slices of home-baked protein bread, vegan "butter", banana bread muffin, DATYS chocolate spread (raw), selection of jams (raw), fresh cashew cream (raw, fermented), fresh fruits	
Sweet and savory treat	18
Two slices of home-baked bread and protein crackers, banana bread muffin, DATYS chocolate spread (raw), selection of jams (raw), fresh cashew cream (raw, fermented), cashew "soft cheese", mango-turmeric hummus, carrot "salmon"	
Vitamin bowl	11 (+4)
Fresh seasonal fruits (+coconut blossom nectar, raw nuts and tahini)	
Extras	
Coconut-almond "yoghurt"	4
Homemade nut granola	4
Sweet spread of your choice	3
Tahini (raw)	3
Hazelnut butter (raw)	3,5
Small bowl of fresh seasonal fruit	4,5
Cocoa Nibs (raw)	3



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ORGANIC HEARTY DELIGHTS

	€
Spicy zucchini cream soup	9
with crunchy crackers, miso-cashew sauce & pumpkin seeds	
Avocado bread with cashew parmesan	11
Home-baked bread, baby avocado, cashew fresh cream (raw, fermented), cashew parmesan (raw), beetroot and horseradish chutney, alfalfa sprouts	
Bread with spreads (+ "soft cheese")	14 (+4)
two slices of home-baked bread and protein crackers, pea guacamole, hummus, beet and horseradish chutney, fresh cashew cream (raw, fermented), salad bouquet (+ homemade "soft cheese")	
Beet wrap with carrot "salmon"	15
Vegetable wrap, carrot "salmon", potato and parsnip mash, cracker crunch, cashew cream (raw, fermented), big crisp salad	
Like "egg salad" from Thore Hildebrandt	16
Home-baked breads and crackers, Like "egg salad" made from chickpeas and gluten-free pasta, homemade mayonnaise, dill, fresh side salad	
Rural delights	18
Like "egg salad", crispy tofu "bacon", portobello mushroom, potato and parsnip mash, home-baked bread, beet and horseradish chutney, Cashew cream (raw, fermented), cashew-garlic sauce	
Extras	
Homemade "soft cheese" made from cashew nuts	4
Homemade protein bread with nuts	1,5
Homemade oat bread with pumpkin seeds	4
Homemade protein crackers	4
Savory spread of your choice	3
Tofu "bacon"	3
Like "egg salad" from Thore Hildebrandt	4



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WAFFLE SELECTION

SWEET WAFFLES on a rice - tigernut base

Coconut blossom sugar, optional cinnamon	8
DATYS chocolate spread, banana, fruit decoration	11
Frozen blueberries, apricot-vanilla jam, fruit decoration	10
Frozen raspberries, DATYS chocolate spread, tahini, fruit decoration	13
Sweet breakfast waffle	16
with DATYS chocolate spread (raw), raspberry jam (raw), banana, tahini (raw), vegan "yogurt", homemade nut granola	

HEARTY WAFFLES on a rice - mung-dal base

"SALMON" WAFFLE	14
Carrot "salmon", cashew cream (fermented, raw), red onions (raw), capers, salad bouquet, garlic cashew sauce	

PROTEIN WAFFLE	12
Miso beetroot and white cashew cream (fermented, raw), spicy pea cream, tofu "bacon", red onions, salad bouquet, pink miso cashew sauce	

PORTOBELLO WAFFLE	15
Miso beetroot and white cashew cream (fermented, raw), portobello mushroom, spicy pea cream, tofu "bacon", red onions, salad bouquet, pink miso cashew sauce	

SAVORY BREAKFAST WAFFLE	18
Baby avocado, white cashew cream (fermented, raw), Carrot "salmon", like "egg salad" from Thore Hildebrandt, beetroot miso sauce, cashew parmesan, homemade pesto made from sun-ripened & -dried tomatoes	

Extras

Homemade "Soft cheese" made from cashew nuts	4
Hearty spread of your choice or Tofu "bacon"	3
Like "egg salad" from Thore Hildebrandt	4
1 baby avocado	4,5
Sweet spread of your choice	3
Tahini (raw)	3,5
Hazelnut butter (raw)	3,5



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BRUNCH SPECIAL

**Brunch-Etagere Deluxe incl. two black coffee or tea
and two small juices 0,15L**

Home-baked bread and crackers,
fresh salad,
carrot "salmon",
like "egg salad" from Thore Hildebrandt,
selection of savory spreads,
cashew parmesan,
vegan "butter",
homemade "soft cheese",
Kalamata olives,
gluten-free pastries,
DATYS chocolate spread (raw),
raspberry jam (raw),
fresh fruits

for 2 persons 47 €

for 3 persons 55 €

Extras 4€

Portion bread (3 slices)

Portion cracker



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