



# *50 shades of magdas breakfast*

1. Bio Muhammara/Muhammara  
(Walnuss Paprika Aufstrich) (H)
2. Humus/humus (Kichererbsen Aufstrich) (N,O)
3. Baba Ganoush/Baba Ganoush
4. Leinsamenaufstrich/Linseed Spread
5. Räuchermakreleenaufstrich/  
Smoked mackerel Spread (G)
6. Bio Rote Rüben Aufstrich/  
Beetroot Cottage Cheese (G, O)
7. Bio Ricotta Creme Oliven und Basilikum/  
Ricotta Olive and Basil Creme (G,O)
8. Gemüse Sticks/ Vegetables Sticks
9. Bio Apfel Ingwer Curcuma Shot/  
Apple Ginger Curcuma Shot (O)
10. Hafermilch/Oat Milk (A)
11. Bio Soja Milch/Soy Milk (F)
12. Lactose freie Milch/lactose free Milk
13. Bio Vollmilch/Milk (G)
14. Bio Butter/Butter (G)
15. Magarine/Oleo Marge
16. Bio Gouda/Gouda Cheese (G)
17. Bio Brie/brie (G)
18. Bio Bergkäse/Mountain Cheese (G)
19. Schweine Schinken/Pork Ham
20. Bio Eier Speise/Scramble Eggs (C,G)
21. Bio Eier gekocht/Boiled Eggs (C)
22. Bio Scheiterhaufen/Austrian Pyre (A,C,G)
23. Bio Grießbrei/Semolina porridge (A,G)
24. Bio Kokos Porridge/Coconut porridge
25. Leinsamen/Linseed
26. Chia Samen/Chia Seed
27. Bio Granola/Granola (H)
28. Nuss Mischung/Nut Mix (H)
29. Bananen Chips/ Banana Chips
30. Cramberrys/Cramberrys
31. Bio Fruchtsalat/Fruit Salad (O)
32. Dörrfrüchte/Dried Fruit (O)
33. Bio Erdbeer Marmelade/Strawberry Jam
34. Bio Marillen Marmelade/Apricot Jam
35. Kornflakes/Cornflakes (A)
36. Schoko Krispies/Choco Krispies (A)
37. Bio Honig/Honey
38. Bio Orientalischer Milchreis/  
Oriental Milk Rice (G)
39. Veganes Kokos Panna Cotta/  
Vegan Coconut Panna Cotta
40. Bio Syrischer Grießkuchen/  
Syrian Semolina Cake (A, C, G)
41. Veganer Brownie/Vegan Brownie (H)
42. Bio Croissant/Croissant (A, C, G)
43. Bio Semmel/Roll (A)
44. Bio Schwarzbrot/Black Bread (A)
45. Bio Dinkelbrot/Spelt Bread
46. Olivenbrot
47. Bio Roggenpur
48. Pan Provincial
49. Bio Zucker kipferl/Sugar Kipferl (A, C, G)
50. Bio Sauerteigbrot/Sour Dough Bread (A)