



The wellfood restaurant

**HEALTHY, SENSUAL, DELICIOUS:
FAST FOOD COMPLETELY DIFFERENT**



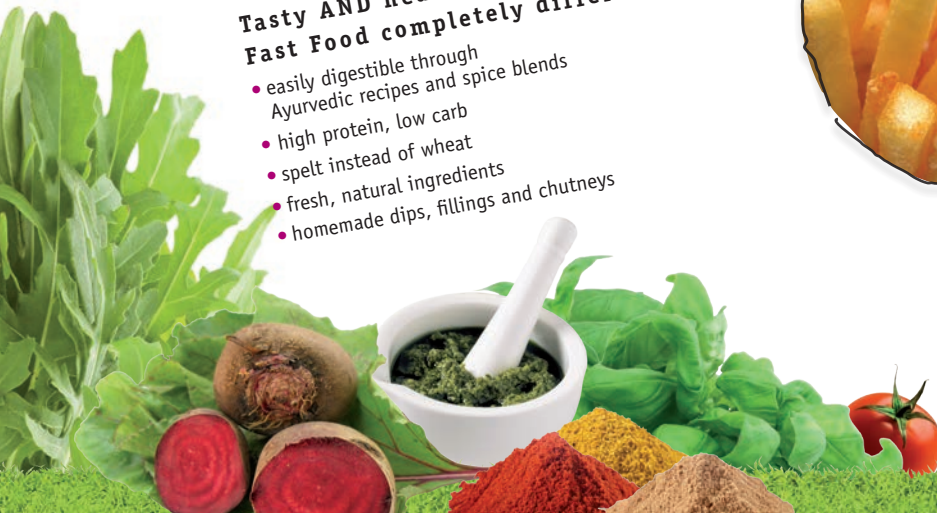
★ ALL YOU EAT IS LOVE

What used to be taboo is now allowed: At the “Glueck” you can indulge in your favorite fast food while being certain to give your body a treat. Forget everything you may have heard about French Fries and Burgers and look forward to an all new and positive pleasurable experience. We exclusively use the finest ingredients like fresh organic vegetables or natural black salt, refined with homemade chutneys and sauces, and combine the usual with the unusual to create a completely culinary experience.

The result: delicious light snacks to go for everybody wishing for more wellbeing, more energy and a richer taste.

**Tasty AND healthy? It works.
Fast Food completely different:**

- easily digestible through Ayurvedic recipes and spice blends
- high protein, low carb
- spelt instead of wheat
- fresh, natural ingredients
- homemade dips, fillings and chutneys



THE FRENCH FRIES...

are called "Flying Fries", because they are really fly and delicious. The original recipe comes from an Indian monastery. Best Potatoes are fried in premium sunflower oil and refined with a homemade ayurvedic spice blend, which not only tastes pleasantly exotic but also helps the body to digest the French Fries the best way possible. **That means: There's no better way to have French Fries.**



THE VITAL BURGERS...

are prepared in such an innovative way, that they contain as much protein and as few carbs as possible. In cooperation with Ayurveda experts and well-known Berliner bio-bakery Beumer & Lutum we developed **a new kind of muffin with a high ratio of protein.** It consists of mung bean and spelt flour. It is easily digestible, detoxifying and very delicious. The fillings are imaginative, different and so tasty, you won't be missing meat, even if you're not vegetarian.

★ VITAL BURGERS

Fine protein-rich burger specialties in different tastes, with a special bread roll made of mung beans and spelt, without wheat, vegetable fritter, mustard-elderberry mayonnaise and an Ayurvedic masala seasoning 5,90 Euro

daily in a variety of flavours such as:

CLARIFYING

Orient Express

with beetroot carpaccio, sheep cheese, salad and a tasty Dubai chutney made of dates, apple syrup, cardamom und cinnamon



STIMULATING

Italian Stallion

with basil pesto, balsamic vinegar onions, Mediterranean cheese, rucola, tomato und mozzarella



SAVOURY

Cucumber Slumber

with pickles, fried onions, salad, tomato, ketchup und cheese



weekly changing specials:

VITAMIN-RICH

Rich little Greenie

with marinated mint zucchini, basil pesto, balsamic vinegar onions, rucola, tomato and cheese



TONIC

Mrs. Bean

The protein queen: with homemade mashed beans, rosemary, onions, salad, tomato, pomodoro-cocktail-salsa and cheese



ANTI-STRESS

Popeye's Power Shower

mit leaf spinach, honey-goat-cheese, grilled thyme-mushrooms, salad and tomato



FIT FOR SUN

Summerbreeze

with halloumi barbecue cheese, mango sauce, mint, cucumber, salad and tomato



BALANCING

Trance de Provence

with sweet potatoes, red pepper and herbs de Provence, salad, tomato, ketchup and cheese



You always find our weekly special „burger of the week“ on our facebook page.



★ VITAL BURGER SPECIAL

with a vegan chicken-style fritter made of soy

NOT AS SPICY AS IT SEEMS

Red Hot Chili Chick

with a crispy chicken-style fritter,
homemade sweet chili sauce, radish sprouts,
fried onions, salad, tomato, ketchup and cheese 6,50 Euro



YOU CAN HAVE ALL BURGERS VEGAN ON REQUEST,
WITH VEGAN MAYO AND VEGAN CHEESE

★ FLYING FRIES

Finest french fries with an exotic Ayurvedic seasoning

French fries	2,90 Euro
Ketchup	0,40 Euro
Homemade mustard-elderberry-mayonnaise	0,40 Euro
Homemade mustard-elderberry-mayonnaise VEGAN	0,40 Euro
Homemade sweet chili sauce	0,40 Euro



★ JUICY LUCYS

Homemade wellness soft drinks – the tasty and healthy alternative



DETOXIFYING

Happy Lucy

Detox drink with organic apple juice,
fresh ginger, lime and
pomegranate, 0,4 l 2,90 Euro



ENERGIZING

Sunny Lucy

Energy drink with organic red grape juice,
rose water, lime, cardamom and
fresh mint leaves, 0,4 l 2,90 Euro



TONIC

Sporty Lucy | Raspberry

Protein & power shake with raspberries,
yoghurt, protein and vanilla, 0,4 l 4,50 Euro

SPORTY LUCY ALSO VEGAN ON REQUEST

★ COSY ROSIE

An Indian-inspired, light and delicious wellness dessert
made of creamy Shrikhand yoghurt with saffron,
rose water and red berries, 120 ml 2,90 Euro

COSY ROSIE ALSO VEGAN ON REQUEST

★ GLÜCKSMENUS

Complete Menu

- Burger of your choice,
- Flying Fries (large portion),
- Dip of your choice,
- Soft drink Juicy Lucy (0,4 l Happy or Sunny Lucy)
- OR 1 dessert Cosy Rosie 11,20 Euro

Mini Menu

- Burger of your choice,
- Flying Fries (small portion),
- Dip of your choice 7,50 Euro

Vital Menu

- Burger of your choice,
- Soft drink Juicy Lucy (0,4 l Happy or Sunny Lucy)
- Dessert Cosy Rosie 10,90 Euro

COFFEE & TEA

Cappuccino with bio-milk	1,90 Euro
Latte Macchiato with bio-milk	2,50 Euro
Espresso or coffee	1,50 Euro
Soy milk	+ 0,30 Euro
Power Chai Latte	3,00 Euro
Fresh mint tea	3,00 Euro
Lebensbaum bio-tea (bag), different kinds	2,00 Euro



POWERED
BY NATURE

We invite you to enjoy our light and wholesome food without inconvenient side effects. Almost everything we offer is homemade, fresh and natural. Needless to say our products are free of genetic modifications and don't contain artificial flavours or flavour enhancers.



GLÜCK'S LITTLE SECRETS

ORGANIC

We want you to enjoy your meal in every way. That's why we make sure that nearly all ingredients come from organic or local farming and provide the best quality possible.

AYURVEDA


Ayurveda means "the science of life" if you translate it literally. Ayurveda is the oldest globally well-known hygienics. It has its source in the Vedic high culture of old India. It is sometimes called "mother of medicine" and it teaches us how to maintain health, vitality and enjoyment of life in its entirety.

MASALAS

are individually prepared spice blends. Our "Flying Fries" as well as the "Vital Burger" are seasoned with homemade, Ayurveda inspired Masalas, they help the body to utilize the food as good as possible and have a digestive, stimulating and refreshing effect.

SPELT

is a primal grain and can be easily digested. It provides more protein, minerals and vital amino acids than even the best wheat.



MUNG BEANS

Flour made of mung beans is the ingredient that makes our "Vital Burger" buns so valuable. They are able to wash toxins out of the body and to promote digestion. They are enriched with herbal proteins and minerals.

PRIMAL SALT


is an untreated crystalline salt, that is, unlike ordinary table salt, abundant with natural minerals and trace elements.

SHRIKHAND-JOGHURT

For this Indian delicacy, that our "Cosy Rosie" is made of, we let natural yoghurt drain in a cotton cloth for hours in order to reduce the acid, leaving a creamy, easily digested "Shrikand".

JUST BE NICE

We really enjoy what we're doing and we would like to share a pleasant and relaxed time with you. Do you have any questions or special requests? We are here for you, looking forward to your visit. See ya at "Glueck to go".



DON'T WORRY, EAT HAPPY

- Wellfood not Fast Food: delicious AND healthy!
- high protein, low carb
- easily digestible through ayurvedic recipes and spice blends
- homemade dips, fillings and chutneys
- spelt instead of wheat
- fresh, natural ingredients



The wellfood restaurant

Friesenstraße 26 | 10965 Berlin-Kreuzberg

opposite Marheineke covered market

Phone: 030-896 20 252

Delivery service: Deliveroo, Foodora, Lieferheld

Opening times:

monday-saturday: 12 a.m. - 8 p.m. | sunday: 12 a.m. - 7 p.m.

www.glueck-to-go.de

www.facebook.com/GlueckToGo

