

# LUNCH MENU

GAIA RESTAURANT & BAR

[ MONDAY - FRIDAY — 12.00 AM - 16.00 PM ]

## LUNCH SET 13 €

*Includes water, starter and main course of your choice*

### STARTER

#### MISO SUPPE

Miso soup with tofu,  
spring onions,  
kombu dashi

#### DUMPLING

Steamed dumplings  
with vegetable filling,  
homemade soy sauce

### MAIN

#### TOKYO BEEF

Stir-fried ramen noodles with  
minced beef, fresh salad,  
fried onions and peanuts

*Vegan option: Tofu* 🌱

#### SAIGON FRIED RICE

Fried rice with chicken, eggs,  
carrots, edamame, bean sprouts and  
fried onions, served with fresh salad and peanuts

*Vegan option: Tofu* 🌱

#### PACIFIC NOODLES

Fried rice noodles  
with tomato sauce, seafood,  
salad, fried onions and peanuts

*Vegan option: Tofu* 🌱

#### ROYAL CURRY

Crispy duck in red curry with  
cauliflower, broccoli, sweet potatoes  
and sesame jasmine rice

*Vegan option: Tofu* 🌱

#### IMPERIAL BEEF

Bowl with fried beef,  
cashew nuts, pickles, pak choi,  
fried onions and sesame rice

#### HANOI GLAS

Blanched glass noodles with  
fried chicken, fresh salad,  
fried onions and peanuts

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OUR JOURNEY



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GOOGLE REVIEW



# STARTER

## NAKED SĀMON <sup>1,4,7,B</sup>

Salmon tartare with plum, red onion & avocado

**RECOMMENDED**

270 KCAL 12



## CHICK THEORY <sup>1,7,B</sup>

Crispy chicken wings with cheese powder & kimchi sauce

211 KCAL 8



## SCALLOP DRIFT <sup>1,4,B</sup>

Grilled scallops with passionfruit sauce, apple, mango, pear, caviar, sweet potato straws

**CHEF'S FAVORITE**

215 KCAL 13



## KING'S COAT <sup>2,7,B</sup>

Prawns in crispy sweet potato crust, kimchi sauce & caviar

262 KCAL 12



## ECHO OCTO <sup>5,11,14,B</sup>

Octopus salad, sesame sauce, peanuts, sweet potato straws & caviar

174 KCAL 12



# STARTER

## DELHI BITES <sup>6,11,B / 4,6,7,B</sup> 224 KCAL

Panipuri, sesame-chili sauce, shiitake, cucumber, sweet potato straws.

Tuna \_\_\_\_\_ 12

Tofu  \_\_\_\_\_ 8



## FOLDED SPRING <sup>11,B</sup> 183 KCAL 8

Vegetable dumpling with homemade sesame sauce



## GAIA BREEZE <sup>2,5,11,14</sup> 283 KCAL 13

Glass noodle salad with mango, cucumber, shiitake, octopus, prawns, squid, sesame, peanuts, mint, chilli-passionfruit dressing



## MINI BAO <sup>1,3,4</sup> 329 KCAL 10

Baked bao buns, minced salmon steak, dill, pickled onions, salad, passionfruit teriyaki sauce and wasabi crumbs



## HIMALAYA EDAMAME <sup>6</sup> 125 KCAL 8

Steamed edamame, pink Himalayan salt



# STARTER

## GRILLED SQUID <sup>11,14</sup>

Grilled squid with homemade green chilli-lime sauce, sesame

140 KCAL 11



## SOUTHEAST SATÉ <sup>5</sup>

Grilled satay chicken skewers with creamy peanut sauce and pickles

140 KCAL 8



## ROSA BEEF DELUXE <sup>1,3,7</sup>

Pink beef on crispy pastry, fried capers, pickled onions and truffle cream

**RECOMMENDED**

238 KCAL 9



## LAMMSPIEß ROYAL <sup>6</sup>

Tender grilled lamb skewers with homemade mint glaze and pickles

210 KCAL 12



## SILK DUMPLING <sup>1,2,6</sup>

Four steamed dumplings filled with prawns, homemade soy sauce

160 KCAL 8



# STARTER

## MANGO SYMPHONY <sup>2,5 / 5,6</sup> 162 KCAL

Fresh mango salad with Vietnamese chilli-passionfruit dressing, cherry tomatoes, mint and roasted peanuts.

Prawns \_\_\_\_\_ 12  
Tofu  \_\_\_\_\_ 9



## MISO SUPPE <sup>6</sup> 58 KCAL 8

Miso soup with tofu, spring onions, kombu dashi



## TOM YUM PRAWN <sup>7,B</sup> 88 KCAL 12

Tom yum broth with black tiger prawns, tomatoes, mushrooms, Chinese cabbage, lemongrass, kaffir lime leaves and galangal



## MIX BITES <sup>1,2,4,6</sup> 730 KCAL 22

2 pcs dumplings,  
2 pcs Chick theory,  
2 pcs King's coast,  
2 pcs Delhi Bites Tuna,  
Salad

**PERFECT FOR 2**



## MIX BITES VEGAN <sup>1,6</sup> 390 KCAL 18

2 pcs vegan dumplings,  
2 pcs tofu skewers,  
2 pcs teriyaki mushroom skewers,  
2 pcs Delhi Bites Tofu,  
Salad

**PERFECT FOR 2**



# MAIN

714 KCAL

## CRYING TIGER STEAK <sup>1,4,6,B</sup> 33

Grilled entrecôte, green pepper sauce, wild broccoli, rosemary tomatoes, pickled cauliflower & fries with cheese powder

625 KCAL **RECOMMENDED**

## BARBARIE 2AM <sup>1,6</sup>

in Mac-Mat sauce, braised miso chicory, pickled cauliflower, orange caviar, basil foam & turmeric rice.

Grilled Barbary duck breast \_\_\_\_\_ 28

Grilled sweet miso aubergine  \_\_\_\_\_ 19

682 KCAL

## NIGHT MARKET CHICK <sup>11,B / 6,11,B</sup>

in sesame-banana sauce, sautéed seasonal vegetables, pumpkin purée, turmeric rice.

Grilled corn chicken breast \_\_\_\_\_ 21

Tofu  \_\_\_\_\_ 18



# MAIN

730 KCAL

## SĀMON KYOTO <sup>4,7,B,H</sup> 24

Grilled salmon fillet, green curry sauce, sautéed asparagus, pumpkin purée, caviar & turnip cake

610 KCAL

## PHUKET TIGER PRAWN <sup>2,5,6,7,B</sup> 22

Grilled tiger prawns, miso peanut beurre blanc, sautéed seasonal vegetables, pumpkin purée, caviar, turmeric rice

468 KCAL **RECOMMENDED**

## TUNA NO YORU <sup>1,4,11,B / 1,11</sup> 24

in teriyaki sauce, sesame pak choi, rosemary cherry tomatoes, caviar & turmeric rice.

Seared sesame-crusting tuna \_\_\_\_\_ 24

Sesame pumpkin 🌿 \_\_\_\_\_ 19



# MAIN

499 KCAL

## PULPO SHIBARI <sup>1,14,B</sup>

25

Grilled octopus, passionfruit-teriyaki sauce, sautéed yuzu-fennel, wakame, caviar, lime foam & turnip cake

440 KCAL

## PAD THAITANIC <sup>2,3,5,B / 5,6</sup>

Thai-style fried rice noodles with egg, tamarind sauce, bean sprouts, peanuts, crispy onions.

Praws

20

Tofu 

18

702 KCAL

## GWANGJANG BIBIMBAP <sup>1,3,11,B</sup>

19

Korean rice bowl with beef, egg, Gochujang sauce, shiitake, fresh vegetables, sesame & seaweed



# MAIN

714 KCAL **RECOMMENDED**

## **FOREST CROWN** <sup>1,11</sup> **29**

Grilled rack of lamb with herb crust with Mac-Mat sauce, mint cream, aubergine, carrots, crispy parsnips and sweet potato purée

580 KCAL

## **WASABI COD** <sup>4,5,6</sup> **25**

Cod with wasabi crust, miso peanut beurre blanc, assorted beans and turnip cake

930 KCAL

## **UMAMI RIPS** <sup>6</sup> **26**

Braised beef ribs in miso gravy, fried mushrooms, onions and sweet potato purée



# MAIN

575 KCAL / 520 KCAL

## LEMONGRASS UDON <sup>1,6</sup>

Fried udon noodles with carrots, bean sprouts, spring onions in lemongrass-chilli sauce.

Grilled entrecôte ————— 23

Grilled Barbary duck breast ————— 20

1460 KCAL **PERFECT FOR 2**

## SURF & TURF <sup>2,4</sup> 90

**Mixed main course platter:**

1x steak, 1x corn-fed chicken breast, 2x prawns, 4x scallops, 1x octopus

**Side dish:**

Sautéed seasonal vegetables, fries with cheese powder

## SIDE DISH

FRIES WITH CHEESE POWDER ————— 3,5

TURMERIC RICE ————— 3,5

TURNIP CAKE ————— 3,5

JASMINE RICE ————— 3



# DESSERT

340 KCAL

## CREAMY LYCHEE <sup>7,B</sup>

7

Strawberry ice cream, lychee, lychee sauce, miso caramel sauce

310 KCAL

## THE CHOCO SHOW <sup>1,7,B</sup>

8,5

White chocolate, biscuit, pear, molecular pearls, pear sauce, miso caramel sauce

540 KCAL

## GREEN RICE BANANA <sup>5,7,B</sup>

8

Banana, sticky rice, green rice flakes, peanuts, coconut milk



# DRINKS

## aperitifs.

- GAIA SPRITZ** **RECOMMENDED** \_\_\_\_\_ **9**  
Limoncello, guava, lemon, Prosecco
- APEROL SPRITZ** \_\_\_\_\_ **8**  
Aperol Aperitivo, Prosecco, orange
- LILLET WILD BERRY** \_\_\_\_\_ **8**  
Lillet Blanc, Schweppes Wild Berry, berries
- MARTINI VIBRANTE TONIC** **ALCOHOL-FREE** \_\_\_\_\_ **8**  
Martini Non-Alcoholic Vibrante, tonic water, lemon, orange

## cocktails.

- BURN BABY BURN**  \_\_\_\_\_ **12**  
Tequila infused with gochugaru, Italicus, guava, lemon, hibiscus, salt
- JESSICA RABBIT**  \_\_\_\_\_ **12**  
Cognac infused with Szechuan pepper, pomegranate liqueur, passionfruit, grenadine
- ELSA'S G&T**  \_\_\_\_\_ **12**  
Roku Gin Sakura Bloom Edition, peach liqueur, lychee, coconut, verjus, blue spirulina, tonic water
- CURRY ME AWAY**  \_\_\_\_\_ **13**  
Coconut oil-washed mezcal, Lillet Blanc, Luxardo Bitter Bianco, Thai curry spices
- BABY YODA'S LATTE**  \_\_\_\_\_ **12**  
Roku Gin, strawberry soju, matcha, Milkis, lemon  
*\*alcohol-free available* \_\_\_\_\_ **9**
- ERDŐ**  \_\_\_\_\_ **13**  
Butter-washed Maker's Mark, Cocchi Americano, parmesan, honey, toasted almond bitters
- TINKERBELL'S MARTINI**  \_\_\_\_\_ **12**  
Vodka infused with chamomile, passion fruit, lactose-free yogurt, calamansi, lemon, vanilla, Prosecco  
*\*alcohol-free available* \_\_\_\_\_ **9**
- WASABI RIZZ**  \_\_\_\_\_ **12**  
Roku Gin, Korean rice milk, wasabi, yuzu, lemon, ginger beer
- EARTHQUAKE**  \_\_\_\_\_ **13**  
Dark rum infused with chai, umeshu, Aperol, ube, tamarind, miso
- BANANA BREAD**  \_\_\_\_\_ **12**  
**ESPRESSO MARTINI**  
Discarded Banana Peel Rum, crème de cacao, Vietnamese coffee, banana peel oleo saccharum, crème brûlée banana, black walnut bitters
- GIN TONIC / MOSCOW MULE / VODKA LEMON / CUBA LIBRE** \_\_\_\_\_ **10**
- WHISKY SOUR / ESPRESSO MARTINI / MARGARITA / AMARETTO SOUR / PORNSTAR MARTINI / MOJITO / OLD FASHIONED / NEGRONI** \_\_\_\_\_ **12**

## biere.

<b>CARLSBERG LAGER</b> ON TAP 0,4L	5
<b>1664 BLANC</b> ON TAP 0,33L	5
<b>DUCKSTEIN HEFEWEIZEN</b> 0,5L	6
<b>SHANDY</b> 0,4L	4
<b>CARLSBERG 0.0</b> 0,33L	4,7
<b>ALCOHOL-FREE</b>	
<b>ERDINGER WEIZENBIER</b> 0,5L	6
<b>ALCOHOL-FREE</b>	

## smoothie.

<b>BANGKOK NOLSTAGIA</b>	6
Mango, passionfruit, coconut milk	

## säfte.

<b>PASSIONFRUIT / MANGO / GUAVA / LYCHEE</b> 0,2L	3,5
<b>ALSO AVAILABLE AS SPRITZER</b>	

## soft drinks.

<b>MAGNUS SPARKLING / STILL</b> 0,75L	7
<b>MAGNUS SPARKLING / STILL</b> 0,25L	3
<b>FRITZ KOLA / KOLA SUPER ZERO</b> 0,2L	3,5
<b>FRITZ-LIMO LEMON / APPLE- CHERRY-ELDERBERRY</b> 0,2L	3,5
<b>FRITZ-SPRITZ APPLE SPRITZER / RHUBARB SPRITZER / MISCHMASCH</b> 0,2L	3,5
<b>ELEPHANT BAY ICE TEA LEMON/ POMMEGRANATE/ PEACH</b> 0,33L	4,7
<b>COLEMAN GINGER ALE / GINGER BEER</b> 0,2L	4

## tee. coffee.

<b>CHAMOMILE GREEN TEA</b>	4
Chamomile, green tea, honey	
<b>GINGER TEA</b>	4
Ginger, lemon, honey	
<b>MINT TEA</b>	4
Mint, orange, lemon, honey	
<b>ESPRESSO SINGLE</b>	2,5
<b>ESPRESSO DOPPIO</b>	3,5
<b>ESPRESSO TONIC</b>	4,5

## refreshing.

<b>GOLDEN GINGER</b>	6
Ginger beer, lime juice, ginger, turmeric powder	
<b>PINK BREEZE</b>	6
Lychee juice, basil syrup, hibiscus, Sprite and soda	

<b>LEMON-KRASS SODA</b>	6
Lemongrass syrup, fresh lemongrass, lime juice, mint, soda water	
<b>PANDAN SODA</b>	6
Pandan tea with lemon juice, sugar syrup and soda	

# SPARKLING WINE

	0,1 L	0,75 L
<b>SPUMANTE „ETICHETTA NERA“ EXTRA DRY</b>	7	42
Cantina Sachetto, Veneto, Italy		
<b>NATUREO 0,0</b> <b>ALCOHOL-FREE</b>	8	46
Torres, Penedès, Spain		
<b>CRÉMANT DE LOIRE BRUT RESERVE</b>	9	54
Langlois, Loire, France		
<b>CHAMPAGNER DE SAINT GALL BLANC DE BLANC BRUT</b>		85
Langlois, Loire, France		
<b>CHAMPAGNER DE SAINT GALL BRUT ROSÉ PREMIER CRU</b>		100
<b>CHAMPAGNER RUINART BRUT</b>		130
<b>CHAMPAGNER RUINART ROSÉ</b>		150

# WHITE

	0,15 L	0,75 L
<b>„WERKSTOFF“ RIESLING &amp; SAUGVIGNON BLANC</b> <b>MEDIUM-DRY</b>	6,5	28
Pfannebecker, Rheinhessen, Germany		
<b>GAIA GRAUBURGUNDER</b> <b>HOUSE WEIN</b>	7	30
Milz Winery, Moselle, Germany		
<b>BLANC DE NOIR</b>	7,5	32
Seckingen, Palatinate, Germany		
<b>SAUVIGNON BLANC</b>	8	38
Buitenverwachting, Constantia, South Africa		
<b>RIESLING</b>	8	38
Spreitzer, Rheingau, Germany		
<b>APOTHEKE KABINETT RIESLING</b> <b>SEMI-DRY</b>	9	44
Milz Winery, Moselle, Germany		
<b>AUXERROIS</b>		45
Klumpp, Baden, Germany		
<b>SILVANER „MUSCHELKALK“</b>		45
Bickel-Stumpf, Franconia, Germany		
<b>WEISSBURGUNDER</b>		48
Dreissigacker, Rhine Valley, Germany		

<b>PRESTIGE LUGANA DOP</b>	50
Ca Maiol, Lombardy, Italy	
<b>GRÜNER VELTLINER SMARAGD TERRASSEN</b>	56
Domäne Wachau, Wachau, Austria	
<b>TERLANER CUVÉE DOC</b>	60
Cantina Terlan, South Tyrol, Italy	
<b>SANCERRE BLANC</b>	64
Domaine Reverdy Bernard et Fils, Loire, France	
<b>"NOUNAT" PRENSAL BLANC &amp; CHARDONNAY</b>	66
Binigrau, Majorca, Spain	
<b>CHABLIS CELLIER DU VALVAN</b>	77
Louis Jadot, Chablis, France	

## RED

	0,15 L	0,75 L
<b>GAIA RED CUVÉE</b> <b>HOUSE WINE</b>	8	36
Neiss Winery, Palatinate, Germany		
<b>ESTATE MALBEC</b>	7,5	34
Kaiken Wines, Mendoza, Argentina		
<b>MALPASTOR CRIANZA TEMPRANILLO</b>	9	44
Bodega La Carbonera, Rioja, Spain		
<b>BOURBON BARREL AGED CABERNET SAUVIGNON</b>		50
Robert Mondavi, California, USA		
<b>SPÄTBURGUNDER SCHLATTER MALTESREGARTEN QBA</b>		56
Martin Wassmer, Baden, Germany		
<b>GRAN RESERVA</b>		62
Barón de Ley, Rioja, Spain		
<b>"DAS KLEINE KREUZ" QBA</b>		80
Rings Winery, Palatinate, Germany		
<b>THE CHOCOLATE BLOCK</b>		85
Boekenhoutskloof, Swartland, South Africa		

## ROSÉ

	0,15 L	0,75 L
<b>GAIA ROSÉ</b> <b>HOUSE WINE</b>	7	30
Neiss Winery, Palatinate, Germany		
<b>LA VIE EN ROSE</b>		44
Château Roubine, Provence, France		

## ALLERGENS

- 1 Contains gluten–cereals/products
- 1a Wheat
- 1b Barley
- 2 Contains crustaceans/products
- 3 Contains eggs/products
- 4 Contains fish/products
- 5 Contains peanuts/products
- 6 Contains soybeans/products
- 7 Contains milk/products (lactose)
- 8 Contains nuts or nut products
- 9 Contains celery/products
- 10 Contains mustard/products
- 11 Contains sesame seeds/products
- 12 Contains sulphur dioxide/sulphites
- 13 Contains lupin/products
- 14 Contains molluscs/products

## ADDITIVES

- A Contains sweetener(s)
- B Contains sugar(s) and sweetener(s)
- C Contains aspartame (a source of phenylalanine)
- D May have a laxative effect if consumed in excess
- E Contains liquorice
- F High caffeine content
- G Contains caffeine
- H Contains colouring
- I Contains preservatives
- J Contains curing salt (nitrite)
- K Contains nitrate
- L Contains curing salt (nitrite) and nitrate
- M Contains antioxidants
- N Contains flavour enhancers
- O Blackened
- P Waxed
- Q Contains phosphate
- S Contains quinine
- T Acidulant
- U Stabilizers