

CAFÉ LAUREN

Service from 12-3pm

**A menu full of life that stimulates cellular regeneration,
well-being, pleasure and health**

Cooking might just be the most beautiful art.

It enhances and harmoniously combines precious living materials with the
thousand flavours that nature offers us.

It calls on our sight, hearing, touch, smell, taste and pleasure to finally
transmit these precious elements of life to our cells, which in turn transform
them into new materials, new life!

To meet this promise, we offer you raw materials sourced according to the
seasons, and prepared with love and respect for living things
to enhance their nutritional and taste value.

Food is not just a source of energy. When it is good quality, above all, food is
a source of life-giving elements with high nutritional density, aimed at
making all of our cells function optimally to preserve our health, well-being,
longevity, and simply to feel alive.

All our recipes are concocted with an ideal ratio of essential fatty acids
which are the basis of cellular regeneration, combined with sufficient plant
fibres: an ideal combo for balancing blood sugar levels,
well-being and energy!

Bringing together the talents of our chef “Nathalie Nguyen”
the Michelin-starred chef from Réserve Ramatuelle “Eric Canino”
This menu invites you to enjoy guilt-free indulgence.

CAFÉ LAUREN

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SEASONAL MENU

Starters

Pumpkin ✓

Seasonal soup with pumpkin seeds, chestnuts and vanilla cream

22.-

Poached Egg ✓

Chanterelles and watercress

26.-

Sea Bass Ceviche

Pomegranate, kiwi and acerola

34.-

Avocado ✓

Lamb's lettuce and sacred nigella seeds

28.-



Vegetarian dishes available

All our dishes, apart from the club sandwich, are gluten-free

All our dishes are available to take away on request

A list of allergens and origins are available on request

All our prices are in Swiss Francs, including tax and service

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SEASONAL MENU

Main Courses

Vegetable Curry  28.-
Wild rice and chickpeas

Sea Bream 34.-
Nage with herbs, citrus fruits, combava and seasonal vegetables

Poke Bowl  28.-
Rice, avocado, red cabbage, carrot, mango, edamame
Served alone, or with salmon or prawns 38.-

Beef Tenderloin 42.-
Cooked with seasonal vegetables, fresh herbs and a light béarnaise sauce
with lithothamnion

Lauren Club Sandwich  30.-
Sourdough bread, anti-aging pesto, mushrooms, alfalfa and goat cheese
Served with wild herb salad or sweet potato fries

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Desserts

18.-

Apples/Pears

Roasted with honey, with tonka pear sorbet and pecans

Citrus Fruit

Served hot/cold with lemon sorbet

Wellness Chocolate Mousse

Cordyceps, flax and granola

Chia Seeds

Almond milk/exotic fruits



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Service from 10-6pm

WELLNESS DRINKS

Cold pressed juices 30cl

16.-

Keep It Clean

Cucumber, green apple, ginger, lime, kale, celery

Heart Beet

Beetroot, carrot, green apple, fennel, coriander, mint

Super Antioxidant

Spinach, carrot, parsley, green apple, lemon

Let It Glow

Carrot, ginger, turmeric, lemon, apple cider vinegar

Health Shakes 33cl

21.-

Energy Boost

Almond milk, spinach, spirulina, maca, banana, date

Pure Refresh

Almond milk, carrot, ginger, avocado, lime, wheatgrass, golden flax seeds, mint, acacia honey

Immunoboost

Almond milk, carrot, acerola, raw cacao, peanut butter

Beauty Inside & Out

Almond milk, carrot, ginger, avocado, stinging nettle, matcha tea, acacia honey

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Service from 10-6pm

REFRESHING DRINKS

10.-

Coconut Water / Iced Mate / Cold Brew Coffee 30cl Organic

Iced Tea 33cl

Blueberry White Tea - Peppermint Matcha Tea

Black Ginger Tea - Elderflower Green Tea

Kombucha 33cl

Lemongrass & Hibiscus

0% Spritz 25cl

Orange peel, hibiscus, verbena, gentian, sparkling water

HOT DRINKS

Caffeinated Drinks

Chocolate Chai Latte

14.-

With almond, oat or soya milk

Matcha Latte

14.-

With almond, oat or soya milk

Golden Latte

14.-

Turmeric, ginger, cinnamon, oat milk, maple syrup

Café Latte

14.-

With almond, oat or soya milk

Espresso / Ristretto

9.-

Renversé / Cappuccino

10.-

French Press

10.-

CAFÉ LAUREN

Service from 10-6pm

Chanoyu Organic Teas



14.-

Bancha

Japanese green tea

Green Jasmine

Jasmine green tea

Black Diamond

Black tea and pear

Relax

Rooibos, fennel, anise and hibiscus

Natural Herbal Teas

10.-

Ginger and Lemon

Fennel and Mint

Rosemary and Turmeric

Sage and Clove



Organic agriculture

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