

PARKER SAYS:

Welcome to Parker Bowles

DELI

MO - SA 09:00 - 18:00h

Breakfast 09:00 - 16:00h

Pancakes 09:00 - 16:00h

Lunch/ Classics 12:00 - 16:00h

Bowls 12:00 - 16:00h

Bread/ Sandwiches 09:00 - 16:00h

KARTENZAHLUNG

Kartenzahlung ab / card payment starts at 10,0

FÜR RESERVIERUNGEN, CATERINGANFRAGEN & EVENTS
reservierung@parker-bowles.com

We offer all our dishes as **take-away**, as well as we
organize catering and party service.

You can **celebrate private and special events**
in our premises!

Of course you can also surprise a friend
with our **gift card**, starts at 25,0

BREAKFAST

RÜHREI NATUR / SCRAMBLED EGGS 4,6

3 Eier, Meersalz, Butter & geröstetes Landbrot
3 eggs, fleur de sel, butter & toasted country bread

RÜHREI, SPECK & BERGKÄSE /

SCRAMBLED EGGS, BACON & MOUNTAIN CHEESE 6,9

3 Eier mit Bergkäse, Maple Bacon & geröstetes Landbrot
3 eggs with mountain cheese, maple bacon & toasted country bread

MÜSLI & CO

GREEK BREAKFAST GRANOLA BOWL VEGGIE 6,9

mit griechischem Joghurt, Honig, Banane, Goji-Beeren, Granola & Mandeln
with Greek yoghurt, honey, banana, goji berries, granola & almonds

CHIA-KOKOS-PUDDING VEGAN 6,9

mit Mango, Himbeere, Kokosmilch, Kokos Chips & Nuss-Hafer-Crumble
with mango, raspberry, coconut milk, coconut chips & nut oat crumble

PANCAKES

CLASSIC PANCAKE **VEGGIE** 6,5

mit Ahornsirup
with maple syrup

PARKER LEWIS **VEGGIE** 7,9

mit griechischem Joghurt, Honig, Waldbeeren, Ahornsirup, Granola & Kokos Chips
with greek yoghurt, honey, wild berries, maple syrup,
granola & coconut chips

MAPLE BACON 7,9

mit Rührei, Maple Bacon & Ahornsirup
with scrambled egg, maple bacon & maple syrup

PARKER SAYS: CHECK OUT OUR FRESH TAKE AWAY
GLASS CASE AT THE BAR!

PANCAKES / SERVED FROM 09:00 – 16:00 H

EXTRAS

ZUSÄTZLICH ZU JEDEM HAUPTGERICHT/
IF YOU LIKE TO ADD...

MAPLE BACON 2,5

HAUSGEBEIZTER LACHS / HOME PICKLED SALMON 4,5

AHORNSIRUP/ MAPLE SYRUP 1,0

BUTTER/ BUTTER 0,8

HALBE AVOCADO/ HALF AVOCADO 2,5

MARMELADE/ JAM 1,0

HALBE GERÖSTETE LANDBROTSCHEIBE / 0,50
HALF ROASTED SLICE OF COUNTRY BREAD

CROISSANT NATURE/ CROISSANT NATURE 1,3

SCHOKO-CROISSANT/ CROISSANT WITH CHOCOLATE 1,9

SCHINKEN-KÄSE-CROISSANT/
HAM AND CHEESE CROISSANT 2,8

EXTRAS / SERVED FROM 09:00 – 16:00 H

BOWLS

MAKANI BOWL **VEGAN** 9,8

mit Sushireis, Karotte, Rotkraut, Kichererbsen, Gurke, Brokkoli, Falafel, Sesam, Koriander, Granatapfel, Mandeln, Passionsfrucht-Minz-Dressing & Haus-Tahinisauce

with sushi rice, carrot, red cabbage, chickpeas, cucumber, broccoli falafel, sesame, coriander, pomegranate, almonds, passion fruit mint dressing & house tahini sauce

POKE BOWL 10,5

mit Sushireis, Soy-Lemon Lachs, Karotte, Rotkraut, Gurke, Mango, Edamame, Avocado, Koriander, Erdnüsse-Crunchy Onions-Sesam Mix, Yuzu-Ponzu-Dressing & Poke Spicy Mayo

with sushi rice, soy-lemon salmon, carrot, red cabbage, cucumber, mango, edamame, avocado, coriander, peanuts-crunchy onions-sesame mix, yuzu-ponzu dressing & poke spicy mayo

PARKER'S STACK

STULLEN AUS GERÖSTETEM LANDBROT/
WITH TOASTET COUNTRY BREAD

SALMON STACK 7,5

mit hausgebeiztem Lachs, Dill-Frischkäse,
Gurke, Babyspinat & Honig-Senf-Sauce
with home-pickled salmon, dill-cream cheese, cucumber,
baby spinach & honey-mustard sauce

FRENCH GOAT CHEESE STACK VEGGIE 6,9

mit Ziegenfrischkäse, Avocado, Bio-Gartenkresse,
Honig & karamellisierten Walnüssen
with goat cheese, smashed avocado, organic garden cress,
honey & caramelized walnuts

CLASSICS



CHICKEN KATSU 10,5

Prignitzer Hähnchenschnitzel, Kohl, Kartoffelpüree & Bratenjus
Paderborn chicken schnitzel, cabbage, mashed potatoes & roast gravy

PARKER'S BACKFISCH 10,9

Kabeljau im Backteig, Kartoffel-Gurken Salat, Remoulade & Zitrone
Cod in pastry, potato-cucumber salad, tatar sauce & lemon

SÜSSE APFEL GYOZA & SALTED CARAMEL ICE MOCHI 7,0

Karamellisierter Apfel, Tonkabohnen-Vanillesauce & Dulce de Leche
Caramelized apple, tonka beans - vanilla sauce & dulce de leche

LAVAZZA

TORINO, ITALIA, 1895

COFFEE

ESPRESSO ⁴	2,0
ESPRESSO DOPPIO ⁴	2,8
ESPRESSO MACCHIATO ^{4,8}	2,2
ESPRESSO EXTRA SHOT ⁴	1,0
CORTADO ^{4,8}	2,5
FLAT WHITE ^{4,8}	2,9
AMERICANO ⁴	2,3
CAPPUCCINO ^{4,8}	2,8
LATTE MACCHIATO ^{4,8}	3,1
MILCHKAFFEE ^{4,8}	3,0
HOT CHOCOLATE 45% ⁸	3,2
KAFFEE VIETNAM STYLE ^{4,8}	3,2

TEA

DARJEELING ROYAL ⁴	3,0
EARL GREY NO.42 ⁴	3,0
WEISSER TEE / WHITETEA ⁴ [Formosa Pai Mu Tan]	3,0
GREEN TEE ⁴ [Zitronengras / lemon grass]	3,0
BIO GREEN TEE ⁴ [W.C.Y.]	3,0
FRÜCHTETEE [Sommerbeeren/summer berries]	3,0
KRÄUTERTEE NO.40 / HERBAL TEA	3,0
KAMILLE/ CAMOMILE	3,0
FRISCHE MINZE / FRESH MINT TEA [+Honig/honey]	3,4
FRISCHER INGWER / FRESH GINGER TEA [+Honig/honey]	3,4
CHAI TEE ^{4,8} different types	3,0

[+ EXTRA HONIG / EXTRA HONEY +0,50]

Wechselnde Kuchenangebote und Kleinigkeiten aus der Vitrine
Daily changing selection of cakes and pastries

1 - FARBSTOFFE / 2 - SULFITE / 3 - GLUTEN / 4 - KOFFEIN / 5 - CHININ / 6 - NÜSSE / 7 - EI / 8 - LAKTOSE

HOT DRINKS / SERVED FROM 9:00 – 18:00 H

HOMEMADE LEMONADE⁴

0,3L / 3,5 0,4L / 4,5

GURKE, INGWER / CUCUMBER, GINGER
GRAPEFRUIT / GRAPEFRUIT
MINZE / MINT
ROTE BETE / BEETROOT
FRESH LEMON SODA

FRISCHE SÄFTE / FRESH JUICES

0,2L / 4,2 0,4L / 7,2

ORANGE / ORANGE
KAROTTE / CARROT
APFEL / APPLE

[INGWER / GINGER +1,0]

SOLO INGWER SHOT / SOLO GINGER SHOOTER 1,5

1 - FARBSTOFFE / 2 - SULFITE / 3 - GLUTEN / 4 - KOFFEIN / 5 - CHININ / 6 - NÜSSE / 7 - EI / 8 - LAKTOSE

FRESH JUICES / SERVED FROM 9:00 – 18:00 H

SOFT DRINKS

SELTERS (nature \ sparkling)	0,25L / 2,3
	0,75L / 5,5
COCA COLA \ COCA COLA LIGHT ^{1,4}	0,2L / 2,5
CHARITEA BLACK \ RED \ GREEN \ MATE ⁴	0,33L / 3,5
SCHWEPPE'S GINGER ALE \ GINGER BEER \ TONIC \ LEMON ^{1,5}	0,2L / 3,0
RED BULL ⁴	0,25L / 4,0

SÄFTE / JUICES by Voelkel

0,2L / 2,5

SCHORLEN / SPRITES by Voelkel

0,2L / 2,5 0,4L / 3,6

APFEL (Naturtrüb) / CLOUDY APPLE
ORANGE / ORANGE
MARACUJA / PASSION FRUIT
RHABARBAR / RHUBARB
JOHANNISBEERE / BLACK CURRANT

1 - FARBSTOFFE / 2 - SULFITE / 3 - GLUTEN / 4 - KOFFEIN / 5 - CHININ / 6 - NÜSSE / 7 - EI / 8 - LAKTOSE

SOFT DRINKS / SERVED FROM 9:00 – 18:00 H

BIER / BEER VOM FASS / TAP³

BERLINER BERG Lager	0,3L / 3,5 0,5L / 5,2
BERLINER BERG Pale Ale	0,3L / 3,8 0,5L / 5,2
PILSNER URQUELL	0,3L / 2,8 0,5L / 4,3

FLASCHE / BOTTLE³

& UNION HELLES Unfiltered Lager	0,5L / 5,5
& UNION FRIDAY IPA Indian Pale Ale	0,5L / 5,8

CLASSICS

PILSNER URQUELL	0,3L / 3,0
RADLER & BERLINER BERG (Lager mit Zitronenlemonade)	0,3L / 3,5 0,5L / 4,8
CLAUSTHALER ALKOHOLFREI	0,33L / 3,0
BERLINER BERG Berliner Weisse	0,3L / 3,5

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BEER / SERVED FROM 9:00 – 18:00 H

WEISSWEIN / WHITE WINE²

PARKER BOWLES „BERRY WHITE“ 0,1L / 4,7
Weingut Katharina Wechsler, Rhienhessen 0,75L / 28

WEISSWEINSCHORLE / WINE SPRITZER²

0,2L / 4,9

ROSÉWEIN / ROSÉ WINE

PINOT NOIR ROSÉ 2016 0,1L / 5,0
Weingut Balthasar Röss, Rheingau 0,75L / 30

ROTWEIN / RED WINE²

CUVÉE PARKER BOWLES „SIMPLY RAD“ 2014 0,1L / 4,7
Weingut Stefan Meyer, Pfalz 0,75L / 28

CUVÉE „INK“ 2013 0,1L / 4,9
Weingut Friedrich Becker Junior 0,75L / 29

CIDER²

OSTMOST CIDER 0,33L / 4,0

1 - FARBSTOFFE / 2 - SULFITE / 3 - GLUTEN / 4 - KOFFEIN / 5 - CHININ / 6 - NÜSSE / 7 - EI / 8 - LAKTOSE

WINE / SERVED FROM 9:00 – 18:00 H