

# PARKER SAYS:

## *Welcome to Parker Bowles*

*FR* 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](mailto: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 <sup>4</sup>	2,0
ESPRESSO DOPPIO <sup>4</sup>	2,8
ESPRESSO MACCHIATO <sup>4,8</sup>	2,2
ESPRESSO EXTRA SHOT <sup>4</sup>	1,0
CORTADO <sup>4,8</sup>	2,5
FLAT WHITE <sup>4,8</sup>	2,9
AMERICANO <sup>4</sup>	2,3
CAPPUCCINO <sup>4,8</sup>	2,8
LATTE MACCHIATO <sup>4,8</sup>	3,1
MILCHKAFFEE <sup>4,8</sup>	3,0
HOT CHOCOLATE 45% <sup>8</sup>	3,2
KAFFEE VIETNAM STYLE <sup>4,8</sup>	3,2

## TEA

DARJEELING ROYAL <sup>4</sup>	3,0
EARL GREY NO.42 <sup>4</sup>	3,0
WEISSER TEE / WHITETEA <sup>4</sup> [Formosa Pai Mu Tan]	3,0
GREEN TEE <sup>4</sup> [Zitronengras / lemon grass]	3,0
BIO GREEN TEE <sup>4</sup> [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 <sup>4,8</sup> 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 LEMONADE<sup>4</sup>

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 <sup>1,4</sup>	0,2L / 2,5
CHARITEA BLACK \ RED \ GREEN \ MATE <sup>4</sup>	0,33L / 3,5
SCHWEPES GINGER ALE \ GINGER BEER \ TONIC \ LEMON <sup>1,5</sup>	0,2L / 3,0
RED BULL <sup>4</sup>	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 / TAP<sup>3</sup>

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 / BOTTLE<sup>3</sup>

& 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

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

BEER / SERVED FROM 9:00 – 18:00 H

## WEISSWEIN / WHITE WINE<sup>2</sup>

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

## WEISSWEINSCHORLE / WINE SPRITZER<sup>2</sup>

0,2L / 4,9

## ROSÉWEIN / ROSÉ WINE

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

## ROTWEIN / RED WINE<sup>2</sup>

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

## CIDER<sup>2</sup>

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