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FUCHS

FOOD AND DRINKS

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# GOLDEN PHILOSOPHY

*„ Food should not be determined by the need to eat but by ambiance, enjoyment, and taste.“*

-Helmut Glaßl

We offer you what we like the most.

Food should be simple, healthy, nutritious, and delicious. That is why we believe in quality, good craftsmanship, and the distinctive taste of self-made products.

We love bread- an item with a lot of variations. A fine piece of craftsmanship is our selfmade whole grain-sourdough-bread with spelt and rye - the „Fuchsbrot“

With our range of products we want to support the local agriculture, that is why most of our products are supplied by local farmers.

Farm animal welfare and housing is highly important to us. We are convinced of a respectful treatment of animals. The demands of the producers are hereby more important than the certificate.

Food is a political topic to us- we support slow food and products such as palm oil are deliberately avoided.

Our to-go cups and containers are made from compostable materials and help us to protect the environment.

To minimize our carbon footprint we also decided against processing avocado.

How are we going to make a change as a small café?

By communicating with our guests.

Please feel free to talk to us if you have any questions, requests, or suggestions.

Your Goldjunge Team

*At the moment, you can find us in Sülz, Nippes, in the city centre and at the Mediapark in Cologne.*

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All prices in euros and including VAT.

# ORIGINS

## COFFEE

In all our cafés, we use our specially blended Goldjunge blend from Heilandt. The idea behind our blend is to create a strong espresso with chocolaty and nutty tones.

The blend consists of two parts each of Arabicas, which come from Brazil and Peru, and one part of Mexican Robusta. The Arabicas set the sensory tone here, while the Robusta primarily provides body. We find that this ratio results in a wonderful balance of strength, body and sweetness! As we all know, taste is a matter of debate, but facts are not. With this coffee, we can be sure that it is purchased at good prices and 100% directly from Heilandt. In the annual transparency report of the Cologne roastery you can see that the chain from the farm to the bag is short, so that all parties involved can live well from it. That is important to us.

## MILK & CHEESE

We prepare our coffee specialties with fresh regional milk from the Hielscher Hof in Leichlingen. There, the cows enjoy massages from automated grooming machines – you can definitely taste the quality of the milk, and it shines through in our coffee!

We also source our Gouda and wild garlic Gouda from there.

## EGGS

Our eggs come from the idyllic Alpermühle farm in Nümbrecht. There, the eggs are laid by happy, free-roaming hens raised with special care and in humane conditions.

## BREAD

Our "Fuchs Bread" is baked in-house using an old family recipe from the Fuchs family. Sourdough, spelt, rye, a few seeds, and a pinch of salt – that's all it takes to enjoy this excellent wholegrain bread.

## CRESS

We receive fresh microgreens from "Keimling" in Cologne every week, delivered by cargo bike. We use these to refine and garnish our dishes. Thanks to local cultivation, CO2-neutral delivery, and the special cultivation methods of the microgreens, we keep our ecological footprint as small as possible.



All prices in euros and including VAT.

## COFFEE

Coffee	3,20
Large Coffee	3,80
Espresso	2,30
Espresso Macchiato	2,60
Double Espresso	3,30
Cappuccino	3,50
Large Cappuccino	4,50
Flat White	4,40
Latte	4,20
Latte Macchiato	4,20
Extra Espresso Shot	+1,50
Oatmilk	+0,50

## HOT DRINKS

Organic Tea from Schlürfi Earl grey breakfast, green, fruits, herbs, rooibos	3,40
Fresh Tea mint, lemon and/or ginger	4,40
Chai Latte foamed milk with homemade Chai-sirup	4,50
Dirty Chai Latte Chai Latte with espresso	4,90
Hot chocolate with white or dark cocoa	4,40
Matcha Latte foamed milk with Matchapowder	4,50
Portion of whipped cream	0,80
Portion of Honey	0,50

## COLD DRINKS

Viva con Agua sparkling/still 0,33l/0,7l	3,20/6,20
Maracuja spritzer 0,4l	4,60
Afri Cola/Afri Cola light 0,33l	3,80
Kölsches Wasser pink (Grapefruit) 0,33l	3,50
BioZisch spritzer/lemonade 0,33l apple naturally cloudy, rhubarb, orange, blood orange, lemon naturally cloudy	3,90
Freshly squeezed orange juice 0,2l	4,90

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# BREAKFAST (all day long!)

All our sweet and savory spreads & cremes are homemade from natural ingredients and made with love. Just like our selfmade „Fuchsbrot“, which we serve you in our bread baskets.

<b>Marie &amp; André</b>	7,50
croissant, jam, small fruit salad & butter	
<b>Josepha &amp; Erich</b>	14,90
boiled ham, vegan liver sausage, gouda, wild garlic gouda, jam, gherkins, small fruit salad, bread basket & butter	
<b>Amila &amp; Ben</b>	14,90
black forest ham, wild garlic gouda, gouda, tomato spread, hummus, gherkins, small fruit salad, bread basket & butter	
<b>Antje &amp; Piet</b>	14,90
gouda, wild garlic gouda, brie, pestocream, jam, cucumber, small fruit salad, bread basket & butter	
<b>Sarah &amp; Samuel</b>	15,90
croissant topped with smoked salmon, gouda & two scrambled eggs, on the side of a small salad	
<b>Krissel &amp; Irisa</b>  <i>vegan</i>	12,90
porridge with berries & roasted seeds, on the side of pea-spread & „Fuchsbrot“	
<b>Katja &amp; Freya</b>  <i>vegan</i>	12,90
porridge with chocolate-hazelnut cream & fresh fruit, on the side of beetroot-sesame-cream & „Fuchsbrot“	

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**Renate & Rolf**  *vegan* 14,90  
marinated vegetables, pea-spread, hummus,  
jam, salad, small fruit salad & bread basket

**Bärbelchen & Hänneshen** (for two) 42,50  
2x 0,1l freshly squeezed orange juice, 2 boiled  
eggs, blackforest ham, boiled ham, fennel  
salami, brie, gouda, wild garlic gouda, tomato spread,  
vegan chocolate-hazelnut cream, pestocream, jam,  
2 small fruit salads, bread basket & butter

**Vegetarian alternative:** (instead of ham and salami)  
vegan liver sausage, beetroot-sesame spread & hummus

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## BREAKFAST EXTRAS

one boiled egg	2,50
one serving pea spread, tomato spread, vegan liver sausage, marinated vegetables, hummus or beetroot-sesame-spread	3,00
vegan chocolate-hazelnut-spread or jam	2,80
one serving butter	1,50
Croissant	2,80
slice of bread	0,90
Bacon, fennel salami, boiled ham, or blackforest ham	3,90
Smoked salmon	4,50
Wild garlic-gouda, gouda, brie or feta	3,90

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# EGGS

On the side of these dishes we serve you a small salad.

<b>Three scrambled eggs</b> with „Fuchsbrot“ & butter	10,90
<b>Two sunny-side eggs</b> with „Fuchsbrot“ & butter	8,90
<b>Strammer Max</b> „Fuchsbrot“ with cooked ham & 2 sunny-side eggs	12,90
<b>Strammer Moritz</b> „Fuchsbrot“ with gouda & 2 sunny-side eggs	12,90
<b>Strammer Max and Moritz</b> „Fuchsbrot“ with cooked ham, gouda and 2 sunny-side eggs	14,50
<b>Stramme Leonie</b> „Fuchsbrot“ with beetroot-sesame spread, feta cheese & 2 sunny-side eggs	14,50
<b>Stramme Laura</b> „Fuchsbrot“ with pea-spread, gouda & 2 sunny-side eggs	14,50
<b>Stramme Tina</b> „Fuchsbrot“ with tomato spread, marinated vegetables & 2 sunny-side eggs	14,50

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## ADD ONS

bacon or boiled ham	+ 2,70
smoked salmon	+ 4,50
tomato & spring onion	+ 2,50
gouda or feta cheese	+ 2,60

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# STULLEN

On the side of these dishes we serve a small salad. The Stullen are arranged on our homemade „Fuchsbrot“.

<b>Stulle David</b>	10,90
tomato spread & roasted goat cheese	
<b>Stulle Andy</b>	10,90
hummus & fennel salami	
<b>Stulle Brygida</b>  <i>vegan</i>	10,90
vegan liver sausage, gherkins & fried onions	
<b>Stulle Pia</b>	10,40
beetroot-sesame spread & feta cheese	
<b>Stulle Zoe</b>  <i>vegan</i>	10,40
pea spread & marinated vegetables	
<b>Stulle Natascha</b>	10,40
tomato spread, feta cheese & chili strings	
<b>Stulle Jonas</b>	10,40
pestocream & wild garlic gouda	

## YOGHURT AND FRUIT *vegan*

<b>Soy yoghurt</b> with fresh fruit	8,90
<b>Soy yoghurt</b> with homemade almond-granola & fresh fruit	8,90
<b>Fruit salad</b>	8,90

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# LUNCHTIME


**Pasta with Lentil-Bolognese** *(also available in vegan)* 11,90  
with cherry tomatoes, spring onion & parmesan

**Pasta Pesto** 11,90  
with Pesto alla Ligure and Taggiasca-Olives from  
tacento100, plus cherry tomatoes & parmesan

**Cheese spaetzle** 14,90  
with mixed salad, alpine cheese and roasted onions  
with crispy bacon + 2,70

**Large salad**  *vegan* 12,50  
with raw vegetables, seeds, agave-mustard-dressing  
& „Fuchsbrot“  
with roasted goat cheese + 3,90  
with braised tomato-olive chicken and  
parmesan + 4,90

**Red lentil soup**  *vegan* 8,90  
oriental with harissa oil, roasted cashews  
& „Fuchsbrot“  
with braised tomato-olive chicken and  
parmesan + 4,90

**Chili sin Carne**  *vegan* 10,90  
with organic soy strips, kidney beans,  
corn & „Fuchsbrot“  
with pestocream + 1,20

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# BREAKFAST BOARD

For six or more people you can order a large breakfast set up on your table, including something for everybody's taste.

You can always order more, so none of you has to leave hungry

20,50 per person

## **Your breakfast will consist of:**

- butter, jam, vegan chocolate-hazelnut
- variation of **spreads**:
  - tomato, pesto, pea, hummus
- **variation of cheese**:
  - brie, gouda, wild garlic gouda
- **variation of sausage**:
  - boiled ham, black forest ham, fennel salami
- **fruit salad**
- **Tomato, cucumber and cress**
- **scambled eggs**
- **Big breadbasket**

On request, we are happy to offer you a separate menu with allergy information.

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Café Goldjunge/Fuchs and want to  
support us:

Follow us at instagram (@cafegoldjungefuchs) and  
leave some likes if you want.

Or leave us a positive review at google:

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We appreciate it!

Goldjunge Sülz | Zülpicher Str. 282 | 50937 Cologne  
Goldjunge Mediapark | Gladbacher Str. 31 | 50672 Cologne  
Goldjunge Nippes | Neusser Str. 291 | 50733 Cologne  
Goldjunge / Fuchs | Hohe Pforte 4-6 | 50676 Cologne

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