SOULA MINDFUL EATERY

11:30 – 21:30

SMALL PLATES

BEET TATAR SMALL 14 | LARGE 19
Beetroot, rice, chickpeas, tomato "egg yolk" and capers, served with organic sour dough bread

SOULA STICKS 7
Tofu, nori sheets, tamari glaze, sesame, spring onion

SMALL VIENNESE STYLE GOULASH 9,5
With soy protein, served with organic rye sourdough by MORIZ

FRIED OLIVES 6,5
Baked green olives in panko breadcrumbs with homemade chili-lemon aioli dip

BLUNZ'N POCKETS 11
3 homemade Blunz'n pockets made from legumes in wonton pastry, with onion mustard and horseradish

PIMIENTOS 7
With homemade miso mayo, peanuts and sesame

SPIRAL POTATO CHIPS 6
With dip of your choice

PULLED *VE*GANSL BAO BUN 1 PCS. 8 / 2 PCS. 14
Steamed Chinese wheat bun, Pulled Vegansl, red cabbage kimchi, cucumber, spring onion, chestnut mayo

SOUPS

VIENNESE CREPE (FRITTATEN) SOUP 6,5
With vegetable broth

KA'PRESSKNÖDEL SOUP 7,5
Bread dumpling with plant-based cheese in vegetable broth

SUNROOT FOAM SOUP 7
With purple potato chips

SMALL SALADS

MIXED GREEN SALAD 5
Leaf lettuce, tomato, cucumber

VIENNESE STYLE POTATO SALAD 5,5

CREAMY CUCUMBER SALAD 5,5

MIXED SALAD 5,5
Mixed green salad, potato salad, creamy cucumber salad

LARGE PLATES

AUSTRIAN STYLE ROAST 21
Homemade seitan roast with a crispy crust, served with napkin dumplings and sauerkraut

ONION STYLE ROAST 22
Soy roast with roast potatoes, fried onions and fan-cut gherkins

VIENNESE STYLE GOULASH 17
With soy protein, bread dumplings and fan-cut gherkins

TOFU NORI 19
Tofu-nori fillet on lemongrass-ginger potato purée with grilled pak choi and homemade seaweed caviar

QUESABIRRIA TACOS 18
3 corn tortillas, oyster mushrooms in birria sauce, plant-based cheese served with consommé, guacamole, Crema Fresca Vegano, lime and coriander spring onion

MASSAMAN PUMPKIN CURRY 18
Massaman curry with pumpkin, tofu, potatoes, fried onions, peanuts, coriander, lime, jasmine rice. Spicy

***VE*GANSL: AUSTRIAN ROAST GOOSE** 30
homemade Vegansl from soy and mushroomsn in crispy "skin" with red cabbage and baked apple with nut filling & Zero-Rum-raisins —choose from: potato dumplings or bread dumplings

SALAD BOWLS

KA'PRESSKNÖDEL 11
Bread dumpling with plant-based cheese on mixed green salad

ROASTED PUMPKIN SALAD 15
Roasted Hokkaido pumpkin, apple, picked salad leaves, caramelized walnuts, pickled red onion and tahini-pumpkin-seed oil dressing

EXTRAS

ROAST POTATOES 4,5

SAUERKRAUT 4

BREAD DUMPLINGS 5

ORGANIC SOUR DOUGH BREAD 3,5

ORGANIC RYE SOURDOUGH *by MORIZ* 3

DIPS 2
Ketchup | mustard | lingonberries
Homemade: mayo | garlic mayo | miso mayo chili-lemon aioli dip

GUACAMOLE 2,5

100% PLANT-BASED & ZERO-PROOF

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SOULA MINDFUL EATERY

11:30 – 21:30

HOMEMADE DESSERTS

KAISERSCHMARRN 12,5
Shredded Viennese pancake with raisins and Zero-Rum, served with plum compote. Minimum 20-minute waiting time

CHEESECAKE 7
Creamy soy-based cheesecake with a gluten-free base and raspberry sauce

NOUGAT CHOCOLATE CAKE 6,5
Nougat chocolate cake with hazelnuts, ganache and nougat cream

VIENNESE CREPES "PALATSCHINKEN"

APRICOT JAM	1 PC. 5 | 2 PC. 9
CHOCOLATE-NUT & ZERO-RUM	1 PC. 6 | 2 PC. 11
PLANT-BASED NUTELLA	1 PC. 5 | 2 PC. 9
ICE CREAM PANCAKE	1 PC. 8 | 2 PC. 15

SCOOP OF VANILLA ICE CREAM 3
BIO vanilla ice cream (coconut-based) by MORIZ

DESSERT OF THE WEEK 5
Something new every week. While supplies last. Ask our staff!

KABAK TATLISI 7
Turkish pumpkin dessert with tahini and walnuts

CHESTNUT VERMICELLI 9
Chestnut vermicelli, plant-based whipped cream, plant-based "egg liqueur 0.0%", chocolate sauce

SCHNEEWITTCHEN 4cl | 6
Homemade "egg liqueur" (plant-based & 0.0%) with plant-based whipped cream

SOULA MINDFUL DRINKS

TEA

CEYLON NUWARA ELIYA 4,5

FOREST BERRIES 4,5

BIO CHAMOMILE 5,5

JASMINE GREEN TEA 5

HIBISCUS 5

ROSE 5

FRESH GINGER WITH LEMON 5

CHINESE FRUIT TEA 6
Green tea, jujube, gardenia, chrysanthemum, honeysuckle, rowan berries, goji berries, raisins, rock sugar

CHAI LATTE 6

MATCHA

MATCHA LATTE *Iced or hot.* 5,5

MANGO MATCHA LATTE *Iced.* 6,2

CHOCOLATE

HOT CHOCOLATE 5,5
With plant-based whipped cream
+ REBELS 0.0% Sweet Amaretti + 4

COFFEE

ICED OR HOT.

ESPRESSO 3

ESPRESSO DOPPIO 4,9

ESPRESSO MACCHIATO 3,5

VIENNESE "EINSPÄNNER" 4,5
Espresso and plant-based whipped cream

AMERICANO 3,8

CAPPUCCINO 4,7

CAFFÈ LATTE 5

VANILLA LATTE 5,5

HAZELNUT LATTE 5,5

CARAMEL LATTE 5,5

BROWN SUGAR SHAKEN ESPRESSO 6
Iced. Espresso doppio, brown sugar, oat.

VIENNESE ICED COFFEE 8,9
Coffee, organic vanilla ice cream, plant-based whipped cream
+ REBELS 0.0% Sweet Amaretti + 4

AFFOGATO *Espresso, organic vanilla ice cream* 6

SHAKERATO *Iced. Espresso doppio, sugar* 6

BABYCCINO *organic oat or soy foam* 1,5

PUMPKIN SPICE LATTE 6
+ plant-based whipped cream + 0,5

100% PLANT-BASED & ZERO-PROOF

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Organic & Fairtrade coffee beans, served with organic oat drink by default
On request with organic soy drink (gluten-free) and decaffeinated

SOULA MINDFUL DRINKS

HOMEMADE LEMONADES

APPLE ELDERFLOWER LEMONADE 0,5 | 6,5

LYCHEE ROSE LEMONADE 0,5 | 6,5

HOMEMADE ICED TEAS

CLASSIC ICE TEA 0,5 | 5,9
Black tea, sugar, lemon

GREEN JASMINE MANGO 0,5 | 6,9
Green tea jasmine, mango, sugar

HIBISCUS ROSE ICED TEA 0,5 | 6,5

JUICES & WATER

COCA COLA 0,33 | 4,5

COCA COLA ZERO 0,33 | 4,5

ALMDUDLER 0,33 | 4,5

FRUCADE 0,33 | 4,5

FRESHLY SQUEEZED ORANGE 0,2L | 6

FRESHLY SQUEEZED GRAPEFRUIT 0,2L | 6,5

ORGANIC APPLE JUICE PURE 0.3 | 4.1 0.5 | 5.9
SPRITZED 0.3 | 3.7 0.5 | 5.2

RED GRAPE JUICE PURE 0.3 | 4.1 0.5 | 5.9
SPRITZED 0.3 | 3.7 0.5 | 5.2

LEMON SODA 0,3 | 3,5 0,5 | 5

ELDERFLOWER SODA 0,3 | 3,5 0,5 | 5

RASPBERRY SODA 0,3 | 3,5 0,5 | 5

VÖSLAUER STILL 0,33 | 3,5 0,75 | 6,7

VÖSLAUER SPARKLING 0,33 | 3,5 0,75 | 6,7

SODA 0,3 | 2,6 0,5 | 4,1 1 | 6

TAP WATER SOLO 0,3 | 0,5 0,5 | 0,9 1 | 1,5

ZERO SPRITZ

SOULA SPRITZER 0,25 | 8
Gordon's Gin 0.0, Nozeco, lychee, raspberry, lemon, soda

HIBISCUS ROSÉ SPRITZER 0,25 | 7,5
Hibiscus, orange, Zahel Merl0.0% Sparkling Rosé, rose, soda

LYCHEE SPRITZER 0,25 | 7,5
Lychee, elderflower, grapefruit, Nozeco, soda

NOPEROL SPRITZER 0,2 | 7,5
UNDONE No. 5 Bittersweet, Nozeco, Soda

WILDBERRY LILLET SPRITZER 0,2 | 7
Lillet 0%, Nozeco, Wildberry Tonic, Beeren

LIMONZERO SPRITZER 0,2 | 7
Pallini Limonzero, Nozeco, Soda, Zitrone, Rosmarin

HUGO 0,25 | 6,5
Elderflower, Nozeco, mint, lime, soda

VERJUS SPRITZER 0,25 | 4,5

ZERO RED SPRITZER 0,25 | 4,5

WHITE WINTER SPRITZ 0,2 | 5
Verjus, elderflower, thyme, soda

ZERO BEER

ZWETTLER "FREI" ON TAP *<0,5%* 0,3 | 4,9

DIE WEISSE HELL *Gluten-free. 0.0%* 0,5 | 5,9

STIEGL LEMON RADLER *0,0%* 0,33 | 4,7

CORONA CERO *0,0%* 0,35 | 5

100% PLANT-BASED & ZERO-PROOF
Quantities in litres | All prices are in euros, incl. VAT. ***NO TIP INCLUDED.***

SOULA MINDFUL DRINKS

ZERO COCKTAILS

ROSÉ 75 10

floral · sparkling · fresh

SWEETNESS ●●○ INTENSITY ●○○

Gordon's Gin 0.0, Zahel Merl0.0 Sparkling Rosé, lemon, rose, simple syrup

PENUMBRA 10

tropical · bittersweet · citrusy

SWEETNESS ●●● INTENSITY ●●○

Gordon's Gin 0.0, UNDONE No.5 Bittersweet, lemon, passion fruit, aquafaba

GIN AND TONIC 10

dry · botanical · crisp

SWEETNESS ●○○ INTENSITY ●●○

Gordon's Gin 0.0, tonic, lemon, cucumber, pink pepper

AMARETTO SOUR 12

nutty · sweet-sour · smooth

SWEETNESS ●●● INTENSITY ●●○

REBELS 0.0% Sweet Amaretti, lemon, orange, aquafaba

WHISKEY SOUR 12

citrusy · malty · balanced

SWEETNESS ●●○ INTENSITY ●●○

REBELS 0.0% Malt Blend, lemon, simple syrup, aquafaba

ESPRESSO MALTINI 12

roasted · creamy · bold

SWEETNESS ●●○ INTENSITY ●●●

REBELS 0.0% Malt Blend, espresso doppio, vanilla, aquafaba

CUBA LIBRE 9

spiced · refreshing · familiar

SWEETNESS ●●○ INTENSITY ●●○

Rebels 0.0% Dark Spice, Coca Cola, lime

ESPRESSO RUMTINI

roasted · creamy · spiced

SWEETNESS ●○○ INTENSITY ●●○

Espresso, Rebels 0.0% Dark Spice, Vanille

SWEETNESS
●○○ = DRY
●●○ = BALANCED
●●● = SWEET

INTENSITY
●○○ = LIGHT
●●○ = EXPRESSIVE
●●● = BOLD

100% PLANT-BASED & ZERO-PROOF

Quantities in litres | All prices are in euros, incl. VAT. ***NO TIP INCLUDED.***

SOULA MINDFUL DRINKS

ZERO WINE & BOTANICALS

WHITE

NOZECO — 0,1 | 4,5 — Fl. 0,75 | 27
France. Sparkling white. Notes of apple, pear and citrus fruits. Fruity, light, floral. <0.5%

NATUREO MUSCAT 0,0 — 0,1 | 5 — Fl. 0,75 | 33
Spain. White. Pear and rose aromas. Floral, fruity, gentle. 0.0%

SOBER LO♡ER BLANC — Fl. 0,75 | 33
Spain. White & sparkling. Aromas of citrus fruits and green apple. <0.05%

ROSÉ

ZAHEL MERL0,0% — 0,1 | 5,5 — Fl. 0,75 | 36
Maurerberg, Vienna. Sparkling rosé. Hand-picked Merlot grapes. Notes of fig, elderflower and lychee. Sweet and fruity. Organic. 0.0%

SOBER LO♡ER ROSÈ — Fl. 0,75 | 36
Spain. Sparkling rosé. Fruity aromas of raspberries and strawberries. <0.05%

RED

NATUREO TORRES 0,0 — 0,1 | 5 — Fl. 0,75 | 33
Spain. Red. Pomegranate and redcurrant aromas, hint of vanilla and tannin. Fruity & earthy. 0.0%

BOTANICAL WHITE

VON WIESEN BROMBEERBLATT & APFEL — 0,1 | 6 — Fl. 0,75 | 39
Germany. Sparkling tea, white. Blackberry leaf, apple, caramel malt, salted lemon. Floral. Organic. <0.05%

NIVERS NO 5 — 0,1 | 6 — Fl. 0,75 | 39
France. White. Jasmine tea, bergamot, orange blossom. Floral. 0.0%

ARENSBAK EFFERVESCENT — Fl. 0,75 | 39
Denmark. White & sparkling. Green tea, gooseberry, lemongrass. Organic. <0.5%

BOTANICAL RED

FERAL Nº 3 — 0,1 | 6 — Fl. 0,75 | 39
Italy. Red. Beetroot, pepper, oak, thyme. 0.0%

ARENSBAK RED — Fl. 0,75 | 39
Denmark. Red. Black pu-erh tea, aronia, mushroom. Fruity & earthy. Organic. <0.5%

SIUS PURPUR — Fl. 0,75 | 39
Lower Austria. Red. Pu-erh tea, beetroot, elderflower, pepper, cherry wood. <0.5%

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