

# Helma

CAFÉ & TAGESBAR



Helma is a cashless café – card only



# *Sun in a glass* **SEASONAL REFRESHMENTS**

Homemade peach iced tea with rosemary (black tea base)	€ 5.90
Homemade mint iced tea with lemon (mint base)	€ 5.20
Homemade hibiscus tea with blood orange and thyme	€ 5.40
Homemade rhubarb and elderflower lemonade	€ 5.90
Homemade elderflower and ginger lemonade	€ 5.90

... we'd also like to recommend drinks from our menu that are also perfect for this time of year...

Helma's rose spritz (Prosecco, homemade rose and strawberry syrup, soda)	€ 7.90
Helma's herbal spritz (Prosecco, herbal liqueur, ginger ale)	€ 7.90
Paloma (Tequila, Aqua Monaco Grapefruit)	€ 8.90
Mandarin Spritz (Prosecco, Aqua Monaco Mandarin Chinotto)	€ 7.90



## HOT DRINKS

Helma's filter coffee hot/iced	€ 3.40
Espresso	€ 2.20
Doppio (double espresso)	€ 3.90
Espresso macchiato	€ 2.60
Doppio macchiato	€ 4.30
Americano hot/iced	€ 3.90
Cappuccino hot/iced	€ 4.10
Cappuccino large hot/iced	€ 5.60
Café au lait (filter coffee) hot/iced	€ 5.20
Café latte infused (cinnamon, cardamom or vanilla) hot/iced	€ 5.90
Café latte (espresso) hot/iced	€ 5.40
Cortado	€ 3.90
Flat white hot/iced	€ 4.90
Hot chocolate hot/iced	€ 4.60
Hot Ovomaltine hot/iced	€ 4.60
Hot white chocolate with raspberry topping	€ 5.30
Hot milk	€ 3.60
Hot milk with honey	€ 4.10
Matcha latte hot/iced	€ 4.90
Hojicha latte (roasted green tea) hot/iced	€ 4.90
Tea glass	€ 4.20
Tea pot	€ 7.10
<b>Black tea: Paris breakfast, Tokyo breakfast, Assam</b>	
<b>Green tea: Sakura (cherry blossom Japan), Yuzu Temple, De-stress</b>	
<b>Oolong: Fleurs d'orange</b>	
<b>Herbal tea: Lemon verbena, Dream Tea</b>	
Indian chai tea	€ 4.80
Fresh mint	€ 3.90
Fresh ginger	€ 3.90
Fresh mint with ginger	€ 3.90
Fresh ginger with honey	€ 4.60
Hot lemon	€ 3.90
Hot lemon with honey	€ 4.60
Oh Rose! (Hot orange juice with vanilla and rose)	€ 5.40
Turmeric latte	€ 5.40
HoMi (freshly squeezed hot orange juice with ginger)	€ 6.30
Affogato	€ 4.90

**Feel free to ask about our alternatives to cow's milk**

\*In case of allergies, intolerances or additives,  
please ask the service staff for our allergy table

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## FRESH JUICES

Orange juice 0,25l	€ 5.90
Cucumber-lime-coriander 0.25l	€ 6.90

## JUICES & NECTARS

Juices 0.25l	€ 4.60
<b>Apple, orange, pear, blackcurrant (nectar), rhubarb (nectar), apricot (nectar), peach (nectar), grapefruit</b>	
Juice spritzer 0.25l	€ 4.30
Juice spritzer 0.5l	€ 5.90
Breakfast shot (mix of apple, orange, acerola, ginger, lemon and mango)	€ 1.90

## WATER

Adelholzener Classic 0,25l	€ 2.90
Adelholzener Classic 0,75l	€ 6.90
Adelholzener Classic natural 0,25l	€ 2.90
Adelholzener Classic natural 0,75l	€ 6.90

## REFRESHING

Plose Aranciata 0,25l	€ 3.90
Plose Limonata 0,25l	€ 3.90
Paulaner Spezi 0,33l	€ 3.90
Coca Cola 0,2l	€ 3.60
Coca Cola Zero 0.2l	€ 3.60
Ginger Ale (Aqua Monaco) 0,23l	€ 4.30
Mandarin Chinotto (Aqua Monaco) 0,23l	€ 4.60
Grapefruit (Aqua Monaco) 0,23l	€ 4.60
Kombucha FIRST8 (changes seasonally, we are happy to advise) 0,33l	€ 6.10

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## BEER

Maxl Helles 0.5l	€ 5.20
Augustiner Helles non-alcoholic 0,5l	€ 5.20
Hopf Weissbier 0,5l	€ 5.20
Erdinger Weissbier non-alcoholic 0,5l	€ 5.20
Allgäuer Büble Radler 0,5l	€ 5.20

## WINE

White wine, Pinot Noir 0.1l/0.2 l	€ 4.90/€ 7.90
White wine, Riesling v. Winning 0.1l/0.2 l	€ 6.90/€ 9.90
White wine, Chardonnay 0.1l/0.2 l	€ 5.90/€ 8.90
Red wine, Pinot Noir & Blaufränkisch 0.1 l/0.2 l	€ 4.90/€ 7.90
Red wine, Primitivo 0.1 l/0.2 l	€ 6.90/€ 9.90
Rosé, Cuvée, Provence 0.1 l/0.2 l	€ 5.90/€ 8.90
Rosé, Pinot Noir & Meunier, Rheinhessen 0.1 l/0.2 l	€ 4.90/€ 7.90
Wine spritzer 0,2l/0.4l	€ 5.20/€ 8.10
Prosecco, Bertoldi 0.1 l	€ 4.40

## SHOT OF THE SEASON

Seasonal Stamperl 2 cl	€ 3.90
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## DRINKS & APÉRO

Helma's Espresso Martini	€ 8.90
Helma's rose spritz (Prosecco, homemade rose and strawberry syrup, soda)	€ 7.90
Helma's herbal spritz (Prosecco, herbal liqueur, ginger ale)	€ 7.90
Paloma (Tequila, Aqua Monaco Grapefruit)	€ 8.90
Mandarin Spritz (Prosecco, Aqua Monaco Mandarin Chinotto)	€ 7.90
Yuzu Prosecco on ice	€ 6.90
Halelujah (sparkling, wine-based drink with ginger)	€ 6.90
Mimosa (Prosecco orange)	€ 6.90
Mimosa (Prosecco grapefruit)	€ 6.90
Helmut vermouth (rosé/white) on ice	€ 5.40
Vermouth spritzed with Prosecco	€ 7.90
Amber Spritz, non-alcoholic (Franz v. Fein: fruity-floral, fine-bitter)	€ 5.40
Ruby Spritz, non-alcoholic (Franz v. Fein: citrus-fresh, fine-bitter)	€ 5.20
Bowl of Lisas Bio-Kesselchips	€ 2.80
... our cheese platter is also perfect for aperitifs with baguette or "Genetztes" as a main course on its own or as a snack to share	€ 16.90
... our cheese/salami platter is also perfect for aperitifs with baguette or "Genetztes" as a main course on its own or as a snack to share	€ 16.90

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## FOOD

<b>Organic butter croissant</b> „fränkisches“ croissant	Solo	€ 3.60
	Butter, jam	€ 4.90
	Ricotta, jam	€ 6.20
	Chocolate nut cream	€ 4.90
	Pistachio cream	€ 5.30
	Ham	€ 5.20
<b>Baguette</b>	Butter, jam	€ 5.90
<b>Pain &amp; Œuf</b>	„Genetztes“ bread (wheat, rye), Butter & organic egg	€ 5.80
<b>Overnight Bircher muesli</b>	with fruit, Chia seeds, coconut almond milk, pumpkin seeds, oat flakes (vegan)	large € 9.90 small € 6.90
<b>Our granola</b>	with yogurt and fruits, pecan nuts, pumpkin seeds, oat flakes, carrots, (also vegan with coconut yoghurt possible)	large € 9.90 small € 6.90
<b>Organic yogurt &amp; honey</b>	jar Organic natural yogurt & honey	€ 4.90
<b>Helma's Golden Sandwiches on Bakery Toast</b> from Bakery Neulinger	Grilled Cheese + Organic Kimchi	€ 12.50
	Ham + Cheese	€ 11.90
<b>Helmas waffles</b>	homemade	
	Solo with powdered sugar	2 pcs € 8.90 1 pc € 6.50
	Cinnamon and sugar	2 pcs € 9.90 1 pc € 7.20
	Organic apple sauce	2 pcs € 10.90 1 pc € 7.90
	Organic wild blueberries & cream	2 pcs € 11.90 1 pc € 8.50
<b>Portion of cream</b>		€ 1.30
<b>Omelette André</b>	Organic egg, cheddar, baguette Alternatives: cherry tomatoes, mushrooms, ham € 1.50 each as an add-on, replacement costs no more	€ 8.90
<b>Franks pancake bun</b>	homemade pancake bun, pork patty organic egg, cheese, homemade sauce with mayo	€ 13.90

more choice on the next page >>

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<b>“Genetztes” bread</b>	from the Neulinger bakery	
Mixed wheat bread with rye sourdough, optionally with baguette (1/2) + € 2.50	with edamole	€ 7.90
	with creamy white beans and lovage	€ 7.90
	half / half	€ 7.90
	plus organic eg	€ 2.50
<b>Egg sandwich – tamago sando</b>	bakery toast from Neulinger bakery, organic egg salad, organic egg	€ 11.90
<b>Creamy Italian burrata with vegetables of your choice</b>	tomato ragout with basil + salad or wild mushrooms with honey-mustard dressing + salad	€ 13.50
<b>Cheese platter</b>	with baguette or “Genetztes” as main course on its own or as a snack to share	€ 16.90
<b>Cheese / salami platter</b>	with baguette or “Genetztes” as main course on its own or as a snack to share	€ 16.90
<b>Organic egg</b>		€ 2.50

**You can find changing daily menus on our notice board or Instagram account.**

## **SWEET**

<b>Cake</b>	Please find our homemade cakes at the counter	
<b>Ice Cream</b>	Vanilla ice cream, 1 scoop	€ 2.50
	Vanilla ice cream with hot raspberries	€ 6.90
<b>Helmas waffles</b>	homemade	
	Solo with powdered sugar	2 pcs € 8.90 1 pc € 6.50
	Cinnamon and sugar	2 pcs € 9.90 1 pc € 7.20
	Organic apple sauce	2 pcs € 10.90 1 pc € 7.90
	Organic wild blueberries & cream	2 pcs € 11.90 1 pc € 8.50
<b>Portion of cream</b>		€ 1.30

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## OPEN

Monday, Thursday to Sunday 10 a.m. - 7 p.m.  
Closed Tuesday and Wednesday

### **AT HELMA, WE STRIVE TO MAKE ALL OF OUR GUESTS FEEL WELCOME AND COMFORTABLE.**

During the week, we invite you to enjoy our space while working, however, we kindly ask that you limit this to not more than 2 hours. On the weekend it is our desire to create a relaxed atmosphere and therefore ask all guests to refrain from using their laptops.

Thank you for your understanding and cooperation in helping us promote an enjoyable experience for all of our guests.

**Network: Helma Guest**  
**Password: Helma2024**

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