

Helma

CAFÉ & TAGESBAR



Helma is a cashless café – card only



WINTER TIMES *Specials*

Autumn Gold (fresh orange juice, rosehip, and ginger) hot/iced	€ 6.50
Pear and sage drink with vanilla hot/iced	€ 5.50
Infused Café Latte	
With real vanilla, cinnamon, or cardamom – natural & unsweetened	€ 5.90
Glühwein (homemade, alcoholic)	€ 5.60
Winterpunsch (alcohol-free)	€ 4.30
+ Calvados	€ 5.60

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

Oh Rose! (Hot orange juice with vanilla and rose)	€ 5.30
Turmeric Latte	€ 5.20
HoMi (freshly squeezed hot orange juice with ginger)	€ 6.30



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please ask the service staff for our allergy table

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HOT DRINKS

Helma's filter coffee hot/iced	€ 3.20
Espresso	€ 2.10
Doppio (double espresso)	€ 3.90
Espresso macchiato	€ 2.60
Doppio macchiato	€ 4.30
Americano hot/iced	€ 3.70
Cappuccino hot/iced	€ 3.90
Cappuccino large hot/iced	€ 5.40
Café au lait (filter coffee) hot/iced	€ 5.20
Café latte (espresso) hot/iced	€ 5.20
Cortado	€ 3.70
Flat white hot/iced	€ 4.80
Hot chocolate hot/iced	€ 4.30
Hot Ovomaltine hot/iced	€ 4.60
Hot white chocolate with raspberry topping	€ 5.30
Hot milk	€ 3.40
Hot milk with honey	€ 3.90
Matcha latte hot/iced	€ 4.80
Hojicha latte (roasted green tea) hot/iced	€ 4.80
Tea glass	€ 3.90
Tea pot	€ 6.90

Black tea: Paris breakfast, Tokyo breakfast, Assam

Green tea: Sakura (cherry blossom Japan), Yuzu Temple, De-stress

Oolong: Fleurs d'orange

Herbal tea: Lemon verbena, Dream Tea

Indian chai tea	€ 4.80
Fresh mint	€ 3.80
Fresh ginger	€ 3.80
Fresh mint with honey	€ 3.80
Fresh ginger with honey	€ 4.40
Hot lemon	€ 3.80
Hot lemon with honey	€ 4.40
Oh Rose! (Hot orange juice with vanilla and rose)	€ 5.30
Turmeric latte	€ 5.20
HoMi (freshly squeezed hot orange juice with ginger)	€ 6.30
Affogato	€ 4.80

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

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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
Apple, orange, pear, blackcurrant (nectar), rhubarb (nectar), apricot (nectar), peach (nectar), grapefruit	
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	€ 6.20
Adelholzener Classic natural 0,25l	€ 2.90
Adelholzener Classic natural 0,75l	€ 6.20

REFRESHING

Plose Aranciata 0,25l	€ 3.80
Plose Limonata 0,25l	€ 3.80
Paulaner Spezi 0,33l	€ 3.80
Coca Cola 0,2l	€ 3.50
Coca Cola Zero 0.2l	€ 3.50
Ginger Ale (Aqua Monaco) 0,23l	€ 4.20
Mandarin Chinotto (Aqua Monaco) 0,23l	€ 4.40
Grapefruit (Aqua Monaco) 0,23l	€ 4.40
Elephant Bay Ice Tea Peach 0.33l	€ 4.90
Elephant Bay Ice Tea Watermelon 0.33l	€ 4.90
Kombucha FIRST8 (changes seasonally, we are happy to advise) 0,33l	€ 5.90

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BEER

Maxl Helles 0.5l	€ 5.20
Augustiner Helles non-alcoholic 0,5l	€ 5.20
Maxlrainer Leo Weisse 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/0.2l	€ 4.90/€ 7.90
White wine, Riesling v. Winning 0.1l/0.2l	€ 4.90/€ 7.90
White wine, Chardonnay 0.1l/0.2l	€ 4.90/€ 7.90
Red wine, Pinot Noir & Blaufränkisch 0.1l/0.2l	€ 4.90/€ 7.90
Red wine, Primitivo 0.1l/0.2l	€ 6.90/€ 9.90
Rosé, Cuvée, Provence 0.1l/0.2l	€ 5.90/€ 8.90
Rosé, Pinot Noir & Meunier, Rheinhessen 0.1l/0.2l	€ 4.90/€ 7.90
Wine spritzer 0,2l/0.4l	€ 5.20/€ 8.10
Prosecco, Bertoldi 0.1l	€ 4.40

SHOT OF THE SEASON

Seasonal Stamperl 2 cl	€ 3.90
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FOOD

Organic butter croissant „fränkisches“ croissant	Solo	€ 3.40
	Butter, jam	€ 4.90
	Ricotta, jam	€ 6.20
	Chocolate nut cream	€ 4.90
	Pistachio cream	€ 5.30
	Ham	€ 5.10
Pain & Œuf	„Genetztes“ bread (wheat, rye), Butter & organic egg	€ 5.60
Overnight Bircher muesli	with fruit, Chia seeds, coconut almond milk, pumpkin seeds, oat flakes (vegan)	€ 8.90
Our granola	with yogurt and fruits, pecan nuts, pumpkin seeds, oat flakes, carrots, (also vegan with coconut yoghurt possible)	€ 8.90
Organic yogurt & honey	jar Organic natural yogurt & honey	€ 4.50
Baguette	from Claude & Julien	
	Butter, jam	€ 5.20
	Ham, lettuce, tomato, Dijon mustard	€ 8.90
	Brie, lettuce, chives	€ 8.90
	Creamy beans, lettuce, tomato, lovage, chives (vegan)	€ 8.90
Helmas waffles	homemade	
	Solo with powdered sugar	€ 7.50
	Cinnamon and sugar	€ 7.90
	Organic apple sauce	€ 8.90
	Organic wild blueberries and cream	€ 9.50
Portion of cream		€ 1.00
Omelette André	Organic egg, cheddar, baguette	€ 7.90
	Alternatives: cherry tomatoes, mushrooms, ham € 1.50 each as an add-on, replacement costs no more	
Franks pancake bun	homemade pancake bun, pork patty	€ 13.90
	organic egg, cheese, homemade sauce with mayo	

more choice on the next page >>

"Genetztes" bread	from the Neulinger bakery	
Mixed wheat bread with rye sourdough	with edamole	€ 7.90
	with creamy white beans and lovage	€ 7.90
	half / half	€ 7.90
	plus organic eg	€ 2.50
Egg sandwich – tamago sando	bakery toast from Neulinger bakery, organic egg salad, organic egg	€ 10.90
Creamy Italian burrata with vegetables of your choice	tomato ragout with basil + salad or wild mushrooms with honey-mustard dressing + salad	€ 13.50
Cheese platter	with baguette or "Genetztes" as main course on its own or as a snack to share	€ 15.90
Cheese / salami platter	with baguette or "Genetztes" as main course on its own or as a snack to share	€ 15.90
Organic egg		€ 2.50

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

SWEET

Cake	Please find our homemade cakes at the counter	
Ice Cream	Vanilla ice cream, 1 scoop	€ 2.50
	Vanilla ice cream with hot raspberries	€ 6.90
Helmas waffles	homemade	
	Solo with powdered sugar	€ 7.50
	Cinnamon and sugar	€ 7.90
	Organic apple sauce	€ 8.90
	Organic wild blueberries and cream	€ 9.50
Portion of cream		€ 1.00

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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
Dark`n` Stormy	€ 9.90
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	€ 2.50
... 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	€ 15.90
... 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	€ 15.90

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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

Preysingstraße 18 · 81667 München
contact@helma-cafe.com · www.helma-cafe.com