



MENU



## ABOUT

FECHTNER's name has its roots with Tabea's great-great-aunt, who ran a delicatessen with the same name in West Berlin between 1923 and 1946. During this time FECHTNER delivered salads and delicacies to authors such as the Russian Nabokov, who lived in the same building at the time, and actors including Viktor de Kowa. Sadly the destruction of the building and business in the aftermath of the Second World War spelled the end of the delicatessen, but on the 15th of August 2016 this tradition was brought back to life, fresher than ever, in Berlin Mitte.

Behind the new FECHTNER stand Tabea Meyer and Tobias Vetter, who have created the concept of FECHTNER based on a love of fresh, healthy food and a passion for architecture, art and design.



DECIDE YOURSELF ...

2 EGGS + bread

3.0

SCRAMBLED

POACHED

+

LOW  
CARBS

mushrooms | roasted tomato | antipasti | broccoli | artichoke |  
asparagus (2.5) | avocado (2.5)

1.5 each

+

PROTEINS

buffalo mozzarella | goat cheese | feta | cottage cheese |  
mountain cheese | smoked salmon

3.0 each

+

PROTEINS  
(ROASTED)

salmon filet | prawns | goat cheese

4.9 each

+

CARBS

quinoa | spelt grain | sweet potato (roasted)

2.0 each

EXTRAS

+ 1 egg ( 1.5 )      + hummus ( 3.0 )      + extra bread ( 1.5 )  
+ 2 eggs ( 3.0 )      + homemade pesto ( 3.0 )



DECIDE YOURSELF ...

**BOWL ( salad )**

3.0

GREENS

MIXED

+

LOW  
CARBS

mushrooms | antipasti | beetroot | broccoli | artichoke |  
asparagus (2.5) | avocado (2.5)

1.5 each

+

PROTEINS

buffalo mozzarella | goat cheese | feta | cottage cheese |  
smoked salmon

3.0 each

+

PROTEINS  
(ROASTED)

salmon filet | prawns | goat cheese

4.9 each

+

CARBS

quinoa | spelt grain | sweet potato (roasted)

2.0 each

+

DRESSING

balsamic ( white / black )  
white lemon  
savoury sweet  
cranberry

EXTRAS

+ 1 egg ( 1.5 )      + hummus ( 3.0 )      + extra bread ( 1.5 )  
+ 2 eggs ( 3.0 )      + homemade pesto ( 3.0 )

# BREAKFAST

BIRCHER MÜSLI homemade	4.5
PORRIDGE homemade with oat milk	4.2
GRANOLA homemade roast, yogurt, fruits, honey	4.5
CHIA PUDDING homemade, coconut milk, toppings included	6.5
CROISSANT with homemade jam & butter	3.9

## SCRAMBLED EGGS

chives	3.5
roasted tomato, onion	4.0
mushrooms, onion	4.5
goat cheese, honey	5.7
smoked salmon, chives	6.0

## POACHED EGGS

roasted tomato	4.0
roasted mushrooms	4.5
goat cheese	5.7
smoked salmon	6.0

EXTRAS	+ 1 egg ( 1.5 )	+ hummus ( 3.0 )	+ extra bread ( 1.5 )
	+ 2 eggs ( 3.0 )	+ homemade pesto ( 3.0 )	

# LUNCH

## SALADS

GOATS MEADOW	7.9
roasted goat cheese, apple, avocado, cranberry, spelt grain	
BLOODY BEETROOTS	8.4
beetroot, avocado, feta, quinoa	
THE HARVEST	7.9
mixed salad, avocado, roasted mushrooms, poached egg	
VEGAN FARMER	8.2
roasted vegetables, spelt grain, hummus, seeds	
WEEKLY OFFER	
... please ask our staff	

## SANDWICHES

SALMON	5.4	ANTIPASTI	4.5
cream cheese, avocado, radish, horseradish		cream cheese, green pesto	
GOAT CHEESE	4.5	CAMEMBERT	4.5
fig mustard, pear		apple, cranberry	
AVOCADO	4.0	MOUNTAIN CHEESE	4.9
walnut pesto, rocket		sweet mustard, fermented pickles	

## FRESH PRESSED JUICES

ANTI - INFLAMMATION 0.3l fennel, apple, lemon, ginger, wheatgrass powder, tumeric	4.9
DETOX 0.3l grapefruit, carrot, yellow pepper, apple, ginger	4.9
VITAMIN BOOST 0.3l beetroot, carrot, apple, ginger, cinnamon	4.9
GINGER SHOT 4cl ginger, lemon, apple, tumeric	2.0
HOMEMADE APPLE-SPRITZ 0.4l	3.7
ORANGE JUICE 0.4l	3.2

## SMOOTHIES 0.4l

GREEN - avocado, matcha, spinach, cashews, coconut milk, date	5.2
BLUE - blueberry, chia seeds, banana, cucumber, coconut milk, date	5.2
YELLOW - mango, ginger, apple, lemon, tumeric, cinnamon, coconut milk	5.2
LIGHT YELLOW - banana, chia seeds, tumeric, coconut milk, lime, pepper	5.2
RED - avocado, beetroot, orange, lemon, honey, vanilla	5.2
WHITE SHAKE - coconut milk, banana, date, cinnamon, almonds	5.2

## COFFEE

CAPPUCCINO	2.8
LATTE	3.4
MATCHA LATTE	4.2
FLAT WHITE	3.2
AMERICANO	2.8
ESPRESSO (SGL./DBL.)	1.8 / 2.4
ESPRESSO MACCHIATO	2.6
HOT CHOCOLATE	3.4
CHAI LATTE (homemade)	4.0
+ oat milk, lactose-free	0.3

## TEA

FRESH MINT	3.0
GINGER - LEMON	3.0
GINGER - LIME- MINT	3.2

## SOFTDRINKS

BIOZISCH 0.33l rhubarb, ginger, matcha, lemon, blood orange	3.1
FRITZ - KOLA 0.2l kola, sugarfree, mischmasch, apple-spritz, melon, orange	2.2
FRITZ - KOLA KAFFEE - LIMO	2.9
CLUB MATE 0.33l	2.8

## WATER

LEOGANT 0.3l	1.0
LEOGANT 1l	2.0
PREUSSEN QUELLE 0.275l medium, classic	2.7
PREUSSEN QUELLE 0.75l medium	4.1



- BOTTLE 1l	5.0
(for take away and refill option)	

OUR PARTNERS



LEOGANT

*Blomeyer's  
Käse*

**ZEIT  
FÜR  
BROT**