



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

3.5

↓  
SCRAMBLED

↓  
POACHED

+

LOW  
CARBS

mushrooms | roasted tomato | antipasti | broccoli | artichoke<sub>4</sub> |  
beetroot | asparagus (2.5) | avocado (2.5)

1.5 each

+

PROTEINS

buffalo mozzarella | goat cheese | feta | cottage cheese |  
mountain cheese | smoked salmon<sub>11</sub>

3.2 each

+

PROTEINS  
(ROASTED)<sub>3</sub>

salmon filet | prawns | goat cheese<sub>7</sub>

4.9 each

+

CARBS

brown rice | quinoa | spelt | sweet potato (roasted)

2.2 each

EXTRAS

+ 1 egg ( 1.5 )      + hummus ( 3.0 )      + extra bread ( 1.5 )  
+ 2 eggs ( 3.0 )      + homemade pesto ( 3.0 ) + extra avocado ( 2.5 )



DECIDE YOURSELF ...

**BOWL ( salad )**

3.5

GREENS

MIXED

+

LOW  
CARBS

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

1.5 each

+

PROTEINS

buffalo mozzarella | goat cheese | feta | cottage cheese |  
smoked salmon<sup>11</sup>

3.2 each

+

PROTEINS  
(ROASTED)<sub>3</sub>

salmon filet | prawns | goat cheese<sup>7</sup>

4.9 each

+

CARBS

brown rice | quinoa | spelt | sweet potato (roasted)

2.2 each

+

DRESSING<sub>3,8</sub>

balsamic ( white / black ) **V**  
white lemon  
savoury sweet **V**  
cranberry **V**

EXTRAS

+ 1 egg ( 1.5 )

+ hummus ( 3.0 )

+ extra bread ( 1.5 )

+ 2 eggs ( 3.0 )

+ homemade pesto ( 3.0 )

+ extra avocado ( 2.5 )

# BREAKFAST<sub>7</sub>

BIRCHER MÜSLI homemade	4.8
GRANOLA homemade roast, yogurt, fruits, honey <sub>7</sub>	4.8
CHIA PUDDING <b>V</b> homemade, coconut milk, toppings included	6.5
CROISSANT <sub>8</sub> with homemade jam & butter	3.5

## SCRAMBLED EGGS + bread

chives	4.0
roasted tomato, onion	5.0
mushrooms, onion	5.0
goat cheese, honey <sub>7</sub>	6.5
smoked salmon <sub>11</sub> , chives	6.9

## POACHED EGGS + bread

roasted tomato	5.0
roasted mushrooms	5.0
goat cheese	6.2
smoked salmon <sub>11</sub>	6.9

EXTRAS + 1 egg ( 1.5 ) + 2 eggs ( 3.0 ) + salmon filet ( 4.9 ) + extra bread ( 1.5 )  
+ avocado ( 2.5 ) + homemade pesto ( 3.0 ) + hummus ( 3.0 )

# LUNCH

## SALADS

GOATS MEADOW <sup>7</sup> roasted goat cheese, apple, avocado, cranberry, spelt	8.4
BLOODY BEETROOTS beetroot, apple, avocado, feta, quinoa, pistachio	8.8
THE HARVEST mixed salad, avocado, roasted mushrooms, poached egg	8.4
VEGAN FARMER <b>V</b> roasted vegetables, spelt grain, hummus, seeds	8.6

WEEKLY OFFER  
... please ask our staff

## SANDWICHES

SALMON <sup>11</sup> cream cheese, avocado, radish, horseradish <sup>8</sup>	5.9	ANTIPASTI cream cheese, green pesto	4.9
GOAT CHEESE fig mustard <sup>8</sup> , pear	5.2	CAMEMBERT apple, cranberry <sup>8</sup>	5.2
AVOCADO <b>V</b> walnut pesto, rocket	4.9	MOUNTAIN CHEESE sweet mustard <sup>8</sup> , fermented pickles	5.4

## 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 0.5l	3.9
FRESH PRESSED ORANGE JUICE 0.33l	4.2

## SMOOTHIES 0.5l

GREEN - avocado, matcha, spinach, cashews, coconut milk, date	5.4
BLUE - blueberry, chia seeds, banana, cucumber, coconut milk, date	5.4
YELLOW - mango, ginger, apple, lemon, tumeric, cinnamon, coconut milk	5.4
LIGHT YELLOW - banana, chia seeds, tumeric, coconut milk, lime, pepper	5.4
RED - avocado, beetroot, orange, lemon, honey, vanilla	5.4
WHITE SHAKE - coconut milk, banana, date, cinnamon, almonds	5.4

## 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   almond   lactose-free milk	0.3

## TEA

FRESH MINT	3.0
GINGER - LEMON	3.0
GINGER - LIME- MINT	3.2
EARL GREY   DARJEELING   ROIBOOS   GREEN TEA	3.0

## SOFTDRINKS

BIOZISCH 0.33l rhubarb, ginger, matcha, lemon, blood orange	3.1
FRITZ - KOLA 0.2l kola <sup>1,2,4,5,6,7,9,10</sup> , sugarfree <sup>1,10</sup> , apple-spritz <sup>2,4</sup> , melon <sup>1,4,7,8</sup> , orange <sup>1,4,7,8</sup>	2.2
CLUB MATE <sup>1,7,10</sup> 0.33l	2.8

## WATER

LEOGANT 0.3l	1.0
LEOGANT 1l	2.0
PREUSSEN QUELLE 0.275l still, medium, classic	2.7
PREUSSEN QUELLE 0.75l still, medium	4.1
 - BOTTLE 1l (glas bottle for take away + refill option)	5.0
FOUNTAIN OF YOUTH 0.52 l coconut water	4.2

## allergens & additives

- 1 with dye
- 2 with preservative
- 3 with nitrate
- 4 with anti-oxidante
- 5 with flavor enhancer
- 6 sulphurised
- 7 with sweetener
- 8 with sugars and sweeteners
- 9 an additional warning: excessive consumption can have a laxative effect
- 10 contains caffeine. The product may not be nutritionally appropriate for children, pregnant or breastfeeding women.
- 11 smoked

For more information about allergens please ask our staff.

 vegan friendly

OUR PARTNERS



LEOGANT

*Blomeyer's  
Käse*

**ZEIT  
FÜR  
BROT**