

WE RECOMMEND



229 CZK
209 CZK

Brunch



65 CZK
79 CZK

Cheesecake



68
CZK

Vegetable quiche (savory pie GLUTEN FREE)



Small soup (300 ml)
Large soup (450 ml)

36 CZK
46 CZK

LEARN ABOUT ORGANIC

Organic food is produced in harmony with nature and respect for the soil. It offers everything in its natural form, contains all the important substances, vitamins and the nutritional value of the food is fully preserved. Organic farming is a natural way of agriculture, where farmers use neither chemicals, nor artificial fertilizers, farm animals are kept with respect to their natural needs, without antibiotics and preventive medications. Only natural fertilizers are used, which preserves the natural soil fertility. Organic farmers' activities have a positive impact on the quality of groundwater and surface water, and on species diversity. Organic farming does not use any genetically modified organisms. Experience the world of food without chemicals and discover the natural, full taste of food. In addition to the true taste of organic products, you also buy fair work of everyone involved in the production, a healthier landscape, cleaner water, a richer representation of animals and plants, a natural flavor and, last but not least, your own health.

WITH RESPECT TO NATURE

We strive that shopping with us has the least environmental impact. In addition to using organic food, we sort waste, including bio-waste, this way we return the necessary nutrients to the soil. We prefer reusable packaging, we consume electricity from renewable sources and use ecological detergents. We use recycled or FSC paper wherever possible. In the interior, we prefer organic building materials and FSC wood. We think about everything we do, about every purchase and we strive to continually improve.

HEALTHY

We care about our customers' health, as well as about the environment. That's why we cook from organic ingredients without pesticides and food additives. All ingredients are used in their basic form, free of dyes, preservatives, artificial sweeteners, and other harmful substances. We also do not use white sugar and wheat.

REGIONALLY AND SEASONALLY

We prefer groceries from the surrounding area. For health and well-being, it is good to live in maximum harmony with nature. The season-based menu maintains harmony with natural cycles and thus a close connection between us and the environment remains preserved. People adapt better to change, are more balanced and more resistant to diseases. Nature is perfect and offers exactly what we need in the given season. According to our menu you can see, which crops are growing in our conditions at a particular time. Strawberries in June, raspberries in July and apples and pumpkins in autumn. In winter, we use crops that can be stored, preserved, or dried. That's why we do not offer fresh strawberries or tomatoes in winter.

NO PALM OIL

Palm oil is obtained by pressing the oil palm fruit. Extensive plantations are rapidly growing at the expense of rainforests and their inhabitants, and thus reducing the number of unique and often endangered plant and animal species. Similarly, more and more greenhouse gases are released into the atmosphere when burning forests to establish new plantations. We make sure that the ingredients we use do not contain palm fat. More on www.stoppalmovemuoleji.cz

NO TUNA FISH

Demand for salmon, tuna and other fish is increasing steadily, while fish stocks are declining rapidly, and some species, such as bluefin tuna, are on the brink of eradication. We want these types of fish to be preserved for future generations, so you will not find, for example, a tuna salad on our menu.

NO MICROWAVE

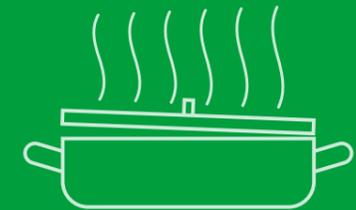
By heating in the microwave, the heated food is degraded and has an unhealthy effect on health. Equally, exposure to microwave emissions as such, is very harmful to health. We cook our meals exclusively in a classic way.



Fér Café®

organic café

MENU



We only use ingredients in organic quality. We think of your health and of the nature, and we therefore use:

- NO FOOD ADDITIVES
- NON-GMO
- NO WHEAT
- NO PALM OIL
- NO TUNA
- NO WHITE SUGAR
- NO MICROWAVE
- NO BAD MOOD

People with disabilities are employed in this café. We create job opportunities for those who are significantly disadvantaged in the labor market.



SUNDAY BRUNCH

Big breakfast or a small lunch.

Too late for breakfast and too early for lunch? Try our brunch platter. Both sweet and savory flavors.

SUNDAY 9:00 AM – 3:00 PM

Meat platter  229 CZK
Vegetarian/vegan platter  209 CZK

Sample platter containing different dishes based on the current season. Our waiters will be pleased to inform you about the composition.

BREAKFAST

Breakfast really matters.

Treat yourself to a high-quality one and have a successful start of the day.

MONDAY – SATURDAY 8:00 – 11:00;
SUNDAY 9:00 – 12:00

SAVOURY BREAKFAST

We would like you to have the best start of the day. Have a hearty breakfast prepared from organic ingredients. It can also be gluten-free.

Scrambled egg on butter (3 eggs), with rye, yeast, or gluten-free bread    (1, 3, 7) 88 CZK

Egg omelet with cheese (3 eggs), with rye, yeast, or gluten-free bread    (1, 3, 7) 92 CZK

Savory pancake   containing milk and eggs, filled with seasonal vegetables and cheese  (3, 7) 99 CZK

Today's **special spread** with rye, yeast, or gluten-free bread  (1, 3, 7, 9) 64 CZK

Cornmeal flatbread with cheese (3, 7) 109 CZK
 Our eggs are organic.

SWEET BREAKFAST

Do you have a sweet tooth? Treat yourself to a healthy sweet breakfast without added sugar.

Oatmeal with mix of seeds, nuts, and raisins, sweetened with date syrup, prepared in milk (1, 7, 8) 67 CZK

Oatmeal with mix of seeds, nuts, and raisins, sweetened with date syrup,  prepared in oat drink (1, 7, 8) 72 CZK

Oatmeal with mix of seeds, nuts, and raisins, sweetened with date syrup,  prepared in rice drink 76 CZK

Sweet pancake  containing milk and eggs, pancakes can be prepared without milk and/or without eggs  **

– with cream cheese, raisins or seasonal fruit and syrup (3, 7) 99 CZK

– with jam, crème fraîche and syrup (3, 7) 99 CZK

– with dark chocolate, homemade whipped cream, and nuts (3, 7, 8) 99 CZK

Gingerbread pancakes  with cream cheese and apple puree, 3pcs  119 CZK

If not so hungry, we can also prepare 1 or 2 pcs.

Granola  baked oats sweetened with honey) with natural yoghurt (1, 7, 8) 58 CZK

BREAKFAST SPECIAL DEAL

Espresso/Americano/cup of tea bag tea  with sweet pancake of your choice (3, 7, 8) 130 CZK

Espresso/Americano/cup of tea bag tea  with savory pancake of your choice (3, 7, 8) 130 CZK

* *Gluten free bread – please ask our waiters about availability*
*Gluten-free bread is at an additional charge of 20 CZK. ***

** *Buckwheat flour.*

*** *1 pcs extra egg* 14 CZK

LUNCHTIME DEAL

How about an organic lunch?

Seasonal soup and quiche with seasonal filling.

MONDAY – SATURDAY 11:00 AM – 2:00 PM

Small menu

Small soup (300 ml) and **quiche** (savory cake) 96 CZK

Large menu

Large soup (450 ml) and **quiche** (savory cake) 106 CZK

Small soup (300 ml) 36 CZK

Large soup (450 ml) 46 CZK

Soups are served with rye or yeast bread. At your request with gluten-free bread at an additional charge of 20 CZK.

Vegetable quiche (savory pie)  68 CZK

Quiche is warmed in an oven without microwaves.

DESSERTS, TREATS

If you feel like eating sweet, choose quality. Try our desserts made with love from the finest organic ingredients. Choose from today's specials.

SWEET

Cheesecake 69 – 79 CZK
 Cake made with organic cream cheese from the farm Struhy, with flavors of the day.

Cheese cake “Miša” 64 CZK
 A popular dessert in organic quality with 70% chocolate, cane sugar and real vanilla.

Brownies  69 CZK
 A new dimension of chocolate. Dessert made from cocoa, 70% chocolate and gluten-free flour.

Tiramisu  64 CZK
 A favorite dessert in a cup that combines the taste of cocoa and coffee.

Carrot cake   69 CZK
 Delicacy with nuts and white chocolate icing.

Traditional butter cake  65 CZK / ks
 Baked from freshly ground spelt flour from Bemagro Malonty (walnut / caramel / cocoa / vanilla flavor)

Raw cake  

59 CZK – 69 CZK
 With a seasonal flavor. Raw is a form of healthy eating. It means that the food was not heat-treated above 42 °C, so all nutrients and enzymes remained preserved. The cake is sugar-free, gluten-free, lactose-free, free from eggs, sweetened with dried fruit or syrup.

SAVORY

A little something for snack or for lunch. Organic ingredients have a higher nutritional value and a real taste. Check it out!

Quiche 

68 CZK
 French cake filled with seasonal vegetable mix, baked with an egg and sour cream. The base is made from the spelt flour dough or from gluten-free flour, such as buckwheat, corn, rice, or sorghum flour.

Open sandwich

34 CZK
 Seasonal spread on rye bread or yeast bread with garnish.

Our waiters will be pleased to inform you about the daily soup, quiche, or salad specials.

We offer a wide range of home-made organic desserts and cakes throughout the day, check our showcase, or ask our waiters, they will be pleased to advise you on your selection.

ALLERGENS (numbers in brackets)

- | | |
|---|---------------------------------------|
| 1. cereals containing gluten | 9. celery and products thereof |
| 2. crustaceans and products thereof | 10. mustard and products thereof |
| 3. eggs and products thereof | 11. sesame seeds and products thereof |
| 4. fish and products thereof | 12. sulphur dioxide and sulphites |
| 5. peanuts and products thereof | 13. lupine and products thereof |
| 6. soybeans and products thereof | 14. molluscs and products thereof |
| 7. milk and products thereof | |
| 8. all types of nuts (almonds, walnuts, hazelnuts, macadamia, Brazil nuts, pistachios, cashews) | |

Explanation of symbols:  gluten-free,  vegan,  we recommend