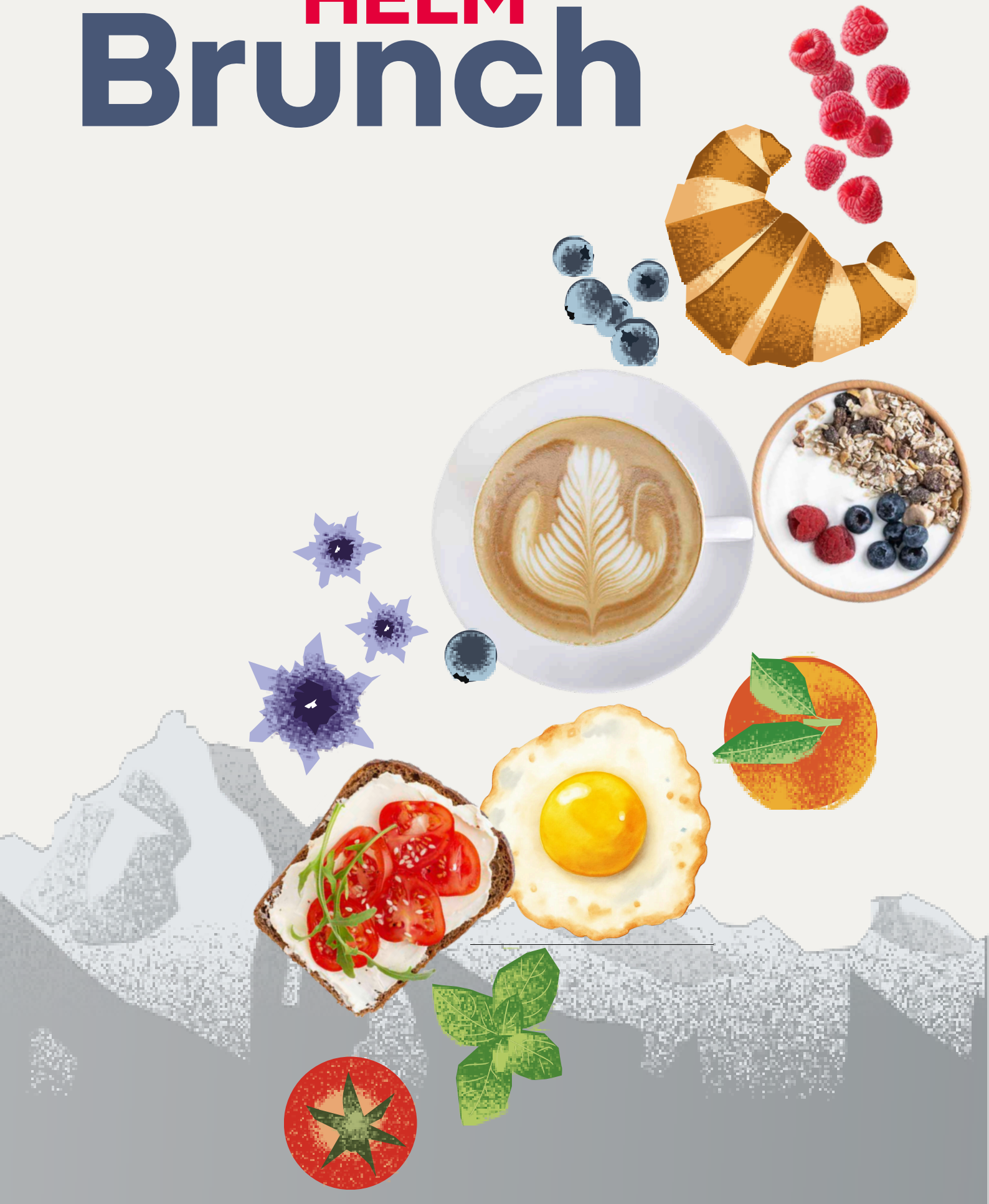


HELM Brunch





HELM – BRUNCH

Sonntag | Domenica | Sunday 10:00 – 12:00

Der Brunch ist unser festes Sonntagsritual. Entspannt in den Tag starten – zu spät für das Frühstück und noch zu früh für das Mittagessen. Bei uns kannst du entspannen und die perfekte Mischung aus süß und herzhaft genießen.

Il brunch è il nostro appuntamento fisso della domenica. Quando ci si alza con calma, quando è troppo tardi per fare colazione e troppo presto per pranzare, qui da noi potrai rilassarti e gustare il giusto mix tra dolce e salato.

Be part of our regular Sunday ritual – the brunch. When you wake up slowly, when it's too late for breakfast and too early for lunch, you can relax here with us and enjoy the perfect mix of sweet and savoury.

BRUNCH PACKAGE*

29.00 €

Stelle deinen Brunch zusammen, angefangen bei den wichtigsten Zutaten: Kaffee, Getränk und ein süßer Snack. Wähle dann dein herzhaftes Hauptgericht und kombiniere es mit einem weiteren süßen Gericht aus unserer Auswahl – los geht's!

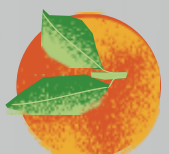
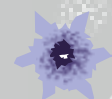
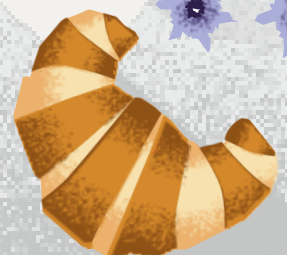
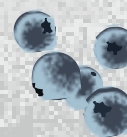
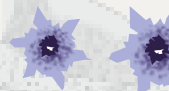
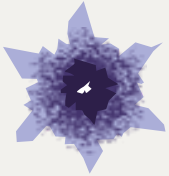
Componi il tuo brunch partendo dagli elementi essenziali: caffè, bevanda e dolcetto. Continua scegliendo il tuo piatto salato principale ed abbinaci un altro piatto dolce dalla nostra selezione, iniziamo!

Build your brunch starting with the essentials: coffee, a drink, and a sweet treat. Then choose your main savory dish and pair it with another sweet item from our selection—let's get started!

* Erhältlich auch mit Lift & Brunch Gutschein.

Disponibile anche con il buono Lift & Brunch.

Also available with the Lift & Brunch Voucher.



MENU



WELCOME

Immer in deinem Brunch-Paket enthalten | sempre incluso nel tuo pacchetto brunch | always included in your brunch package

Brotkorb Bäckerei "Happacher" | Butter | Nutella | hausgemachte Marmelade
Cestino di pane del panificio Happacher | burro | Nutella | marmellata fatta in casa
Bread basket from the bakery "Happacher" | butter | Nutella | homemade jam

WAKE UP DRINK

Wähle ein heißes Getränk | scegli una bevanda calda | choose a hot beverage


GET ENERGY

Wähle dein hausgemachtes Getränk | scegli la tua bevanda fatta in casa | choose your homemade beverage


Zitrone- und Ingwerwasser | Apfel- und Minzwasser | Waldbeeren-Holunderwasser
Acqua aromatizzata al limone e zenzero | acqua aromatizzata alla mela e menta | acqua
aromatizzata ai frutti di bosco e sambuco
Lemon and ginger water | apple and mint water | wildberry and elderflower water

BE HAPPY

Wähle ein Süßgebäck | scegli un dolcetto | choose a sweet treat

Brownies 

Cookies

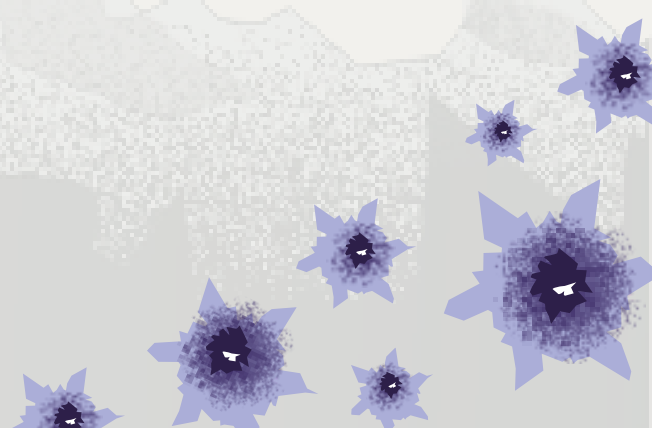
Brioche 

ENJOY

Wähle nun dein herzhaftes Hauptgericht und kombiniere es mit einem weiteren süßen Gericht aus unserer Brunch-Auswahl (im Brunch Package Preis inklusive)

Ora scegli il tuo piatto salato principale ed abbinaci un altro piatto dolce dalla nostra selezione Brunch (inclusi nel prezzo del brunch)

Now choose your main savoury dish and pair it with another sweet dish from our brunch selection (included in the brunch package price)





SIGNATURE DISHES

HELM TOAST

Knusprig getoastetes Brot, belegt mit frischen Zutaten und raffinierten Kombinationen.
Pane tostato croccante arricchito con ingredienti freschi e combinazioni ricercate.
Crispy toasted bread topped with fresh ingredients and carefully selected combinations.

AVOCADO TOAST

Getoastetes Weißbrot | Avocadoscheiben | Avocadocreme | Radieschen | Saatenmischung | konfierte Kirschtomaten | Basilikumöl | vegane Rote-Beete-Mayonnaise

Pane bianco tostato | avocado a fette | crema di avocado | ravanelli | mix di semi | pomodorini confit | olio al basilico | maionese vegana alla barbabietola

Toasted white bread | sliced avocado | avocado cream | radish | mixed seeds | cherry tomato confit | basil oil | vegan beetroot mayonnaise

11.50 €

TRY IT WITH:

Spiegelei | uovo all'occhio di bue | sunny-side-up egg
+2.00 €

Frischkäse | Formaggio spalmabile fresco | cream cheese
+ 3.00 €

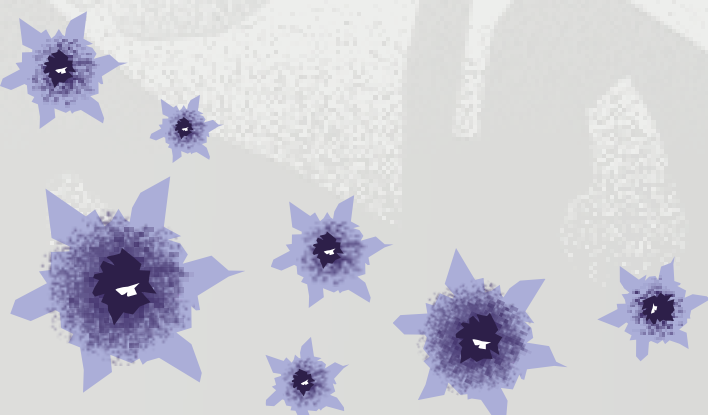
Räucherlachs | salmone affumicato | smoked salmon
+ 4.50 €

FRENCH TOAST

Getoastetes Croissantbrot | Waldbeer-Coulis | frische Erdbeeren | Bananen | Ahornsirup

Pane croissant tostato | coulis ai frutti di bosco | fragole fresche | banane | sciroppo d'acero

Toasted croissant bread | wild berry coulis | fresh strawberries | banana | maple syrup
9.50 €





HELM BAGEL

GIULIA'S BAGEL

Brioche-Bagel | Rindertatar | Blattsalat | Spiegelei

Bagel brioche | tartare di manzo | insalata misticanza | uovo all'occhio di bue

Brioche bagel | beef tartare | mixed leaf salad | sunny-side-up egg

13.00 €

GO GREEN BAGEL



Sesam-Bagel | Basilikumpesto | Mozzarella aus der Käserei Sexten | Minzzucchini | getrocknete Tomaten | Babyspinat | gehackte Mandeln

Bagel con semi di sesamo | pesto di basilico | mozzarella della latteria di Sesto | zucchini alla menta | pomodori secchi | spinacino fresco | mandorle tritate

Sesame bagel | basil pesto | mozzarella from the cheese dairy Sesto | mint-zucchini | dried tomatoes | grated almonds

12.50 €

EGGS

EGGS CALIFORNIA

Zwei Spiegeleier | herzhaftes Brioche | norwegischer Räucherlachs | Avocadoscheiben

Due uova all'occhio di bue | brioche salata | salmone norvegese affumicato | avocado a fette

Two fried eggs | savoury brioche | norwegian smoked salmon | sliced avocado

12.50 €

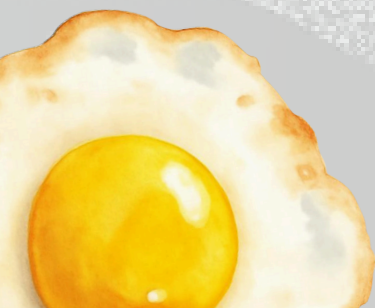
EGGS & SPECK

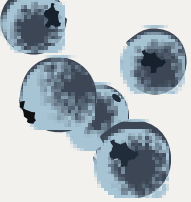
Zwei Rühreier | halbierter Brioche-Bagel | knuspriger Speck | Blattsalat | Kirschtomaten

Due uova strapazzate | mezzo bagel pan brioche | speck croccante | insalatina misticanza | pomodorini

Two scrambled eggs | half brioche bagel | crispy speck | mixed leaf salad | cherrys tomatoes

11.50 €





SWEET PANCAKES

Klassische Pancakes mit frischer Schlagsahne der Käserei Sexten

Pancakes classici accompagnati da panna montata fresca della Latteria di Sesto

Classic pancakes served with fresh whipped cream from Sexten dairy

5.50 €



TOPPINGS:

FrISChe Erdbeeren | fragole fresche | fresh strawberries +2.00 €

FrISCHe Heidelbeeren | mirtilli freschi | fresh blueberries +2.00 €

Banane | banana | banana +2.00 €

Nutella +2.00 €

Honig | Miele | Honey +2.00 €

Ahornsirup | Sciroppo d'acero | Maple syrup +2.00 €

Hausgemachtes Waldbeer-Coulis | coulis ai frutti di bosco fatto in casa | homemade wildberry coulis +3.00 €

Kokosraspeln | granella di cocco | coconut flakes +1.00 €

Schokotropfen | Gocce di cioccolato | Chocolate chips +1.00 €

Saatenmischung | Semi misti | mixed seeds +0.50 €

SWEET BOWL

FITNESS YOGURT

Naturjoghurt | Erdbeeren | Heidelbeeren | Leinsamen | Chiasamen | Honig

Yogurt bianco naturale | fragole | mirtilli | semi di lino | semi di chia | miele

Plain yogurt | strawberries | blueberries | flax seeds | chia seeds | honey

7.50 €

SUMMER YOGURT

Naturjoghurt | hausgemachtes Waldfrucht-Coulis | Müsli | frISCHe WaldfrüChen

Yogurt bianco naturale | coulis di frutti di bosco fatto in casa | muesli | frutti di bosco freschi

Plain yogurt | mixed berry coulis | muesli | fresh berries

7.50 €

MOUNTAIN YOGURT

Naturjoghurt | rote und grüne Äpfel aus dem Trentino | Nuss-Crumble | Zimt

Yogurt bianco naturale | mele rosse e verdi trentine | crumble di frutta secca | cannella

Plain yogurt | red and green apples from Trentino | nut crumble | cinnamon

7.50 €

