



NOURISH YOUR BODY
NOURISH YOUR SOUL

WELLBEING CAFE MENU



HER
SPACE

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www.herspace.studio
IG [herspace.munich](https://www.instagram.com/herspace.munich)



QUICK REMINDER:

YOU SHOWED UP, YOU GAVE IT YOUR ALL – NOW IT'S TIME TO TREAT YOURSELF!



Whether you want to unwind after class or grab a little health boost to go, we've got you.

Recharge with a Peanut Chocolate Protein Hero after The Spicy Bootcamp, relax with an Oriental Mint Tea after Yoga Class or grab a Wildberry Matcha after Pilates.

Crafted with superfoods, organic, vegan, and always made with love, we've developed delicious recipes for every phase of your cycle with our nutrition experts Daniela and Annica.

Nourish your body, nourish your soul.
Take a moment to be proud of what you do and who you are!

During our feminine cycle it is important to take care of ourselves, nourish the body and support the hormonal balance.

Our nourishing Wellbeing Café with tasty food and smoothies ensures you can take care of yourself in every way.

Never forget, life is made of phases – everything comes and goes, and you'll never be stuck in one place. The world keeps turning, and so do you. Just as nature needs the rain to grow and the sun to thrive, you need spaces where you are truly seen and supported.



Menstrual
Phase



Follicle
Phase



Ovulation
Phase



Luteal
Phase





HER SPACE

COFFEE, MATCHA, TEA

INHOUSE / TO GO

ESPRESSO SINGLE	2,80€	MATCHA LATTE	5,10€
ESPRESSO DOUBLE	3,80€	DIRTY MATCHA LATTE	5,60€
ESPRESSO MACCHIATO	3,50€	WILDBERRY MATCHA	5,80€
CAPPUCCINO	4,20€ / 5,10€	MOROCCAN MINT TEA	3,80€
LATTE MACCHIATO	4,70€		
CAFFÈ LATTE	4,90€		
FLAT WHITE	4,90€	MILK OPTIONS:	
	5,10€	Almond, Soy, Oat, Coconut	

SMOOTHIES

	PEANUT PROTEIN HERO	8,80€
	banana, cocoa nibs, peanut butter, FemPow Cleanse, date, maca, cinnamon, almond milk, sea salt	
	PEAK POWER	8,80€
	pomegranate, raspberry, blueberry, banana, chia seeds, vanilla protein, almond milk, linseed, agave syrup, lemon juice	
	SEROTONINE BOOST	8,80€
	pineapple, banana, coconut milk, orange juice, grated coconut, chia seeds, coconut yoghurt	
	IRON GODDESS	8,80€
	avocado, spinach, lime juice, lemon juice, matcha, ginger, cashew, chia seeds, date, coconut water, orange juice, mint	

JUICE





HERSPACE SIGNATURE	6,80€
orange juice, apple, beetroot, carrot, camu camu, acai, schisandra berry	
FRESH ORANGE JUICE	5,80€
FRESH GRAPEFRUIT JUICE	5,80€



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LIQUIDS / SHOTS

	GLOWGASM (OVULATION) lemon juice, ginger, cayenne pepper, agave syrup, maca, turmeric, pepper	5,80€
	IRON MAIDEN (MENSTRUATION) ginger, turmeric, orange juice, cinnamon, monk's pepper, magnesium, agave syrup, coconut water	5,80€
	PMS FIGHTER (LUTEAL) aloe vera juice, rose water, lemon juice	5,80€
	GO, GIRL! (FOLLICLE) ginger, orange, lemon, baobab, camu camu, maca, agave syrup, coconut water, exotic fruits	5,80€

COLD DRINKS

0,33L / 0,75L

WATER STILL / SPARKLING LIKE YOU

3,10 / 5,90€

KOMBUCHA

4,70€

DETOX WATER

sparkling water, cucumber, lemon, ginger, mint, agave

3,20€

GOLDEN HOUR SPRITZ 0%

oranges, lemons, lemongrass, limes, lavender, rosemary, turmeric, and more (ask our great team)

5,90€

RUBIN ROYAL 0%

limes, juniper berries, hibiscus flowers, oranges, lemons, and more (ask our great team)

5,90€

SNACKS AND BOWLS

HERSPACE SIGNATURE BOWL

rice, beans, chickpeas, beetroot, spinach, tofu, avocado, sprouts, pomegranate, walnuts;
our special dressing: olive oil, mustard, lemon, soya, orange juice, agave syrup

14,90€

SURFER'S ACAI BOWL

banana, mango, pineapple, acai, plant-based milk, chia seeds/flaxseed; toppings of your choice
(banana, kiwi, mango, granola, nuts, shredded coconut, cocoa nibs, peanut or almond butter)

8,90€

OVERNIGHT OATS

oat flakes, chia seeds/flaxseed, maple syrup/agave syrup, cinnamon, nut butter, plant-based milk,
banana

6,90€

BERRY CHIA PUDDING

chia seeds, plant-based milk, maple syrup/agave syrup, vanilla, berries; toppings of your choice
(fresh berries, granola, nuts, shredded coconut, peanut or almond butter)

6,90€



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