

Helma

CAFÉ & TAGESBAR



Helma is a cashless café – card only

HOT DRINKS

Helma's filter coffee hot/iced	€ 3.20
Espresso	€ 2.10
Doppio (double espresso)	€ 3.90
Espresso macchiato	€ 2.60
Doppio macchiato	€ 4.30
Americano hot/iced	€ 3.70
Cappuccino hot/iced	€ 3.90
Cappuccino large hot/iced	€ 5.40
Café au lait (bol) hot/iced	€ 5.20
Cortado	€ 3.70
Flat white hot/iced	€ 4.80
Hot chocolate hot/iced	€ 4.30
Hot Ovomaltine hot/iced	€ 4.60
Hot white chocolate with raspberry topping	€ 5.30
Hot milk	€ 3.40
Hot milk with honey	€ 3.90
Matcha latte hot/iced	€ 4.80
Hojicha latte (roasted green tea) hot/iced	€ 4.80
Tea glass	€ 3.90
Tea pot	€ 6.90
Black tea: Paris breakfast, Tokyo breakfast, Assam	
Green tea: Sakura (cherry blossom Japan), Yuzu Temple, De-stress	
Oolong: Fleurs d'orange	
Herbal tea: Lemon verbena, Dream Tea	

Indian chai tea (oat milk)	€ 4.80
Fresh mint	€ 3.80
Fresh ginger	€ 3.80
Fresh mint with honey	€ 3.80
Fresh ginger with honey	€ 4.40
Hot lemon	€ 3.80
Hot lemon with honey	€ 4.40
Oh Rose! (Hot orange juice with vanilla and rose)	€ 5.30
Turmeric latte	€ 5.20
HoMi (freshly squeezed hot orange juice with ginger)	€ 6.30
Affogato	€ 4.80

Feel free to ask about our alternatives to cow's milk

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FRESH JUICES

Orange juice 0,25l	€ 5.90
Cucumber-lime-coriander 0.25l	€ 6.90

JUICES & NECTARS

Juices 0.25l	€ 4.60
Apple, orange, pear, blackcurrant (nectar), rhubarb (nectar), apricot (nectar), peach (nectar), grapefruit	
Juice spritzer 0.25l	€ 4.30
Juice spritzer 0.5l	€ 5.90

WATER

Adelholzener Classic 0,25l	€ 2.90
Adelholzener Classic 0,75l	€ 6.20
Adelholzener Classic natural 0,25l	€ 2.90
Adelholzener Classic natural 0,75l	€ 6.20

REFRESHING

Plose Aranciata 0,25l	€ 3.80
Plose Limonata 0,25l	€ 3.80
Paulaner Spezi 0,33l	€ 3.80
Coca Cola 0,2l	€ 3.50
Coca Cola Zero 0.2l	€ 3.50
Ginger Ale 0,23l	€ 3.80
Elephant Bay Ice Tea Peach 0.33l	€ 4.90
Elephant Bay Ice Tea Watermelon 0.33l	€ 4.90
Kombucha FIRST8 (changes seasonally, we are happy to advise) 0,33l	€ 5.90

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BEER

Maxl Helles 0.5l	€ 5.20
Maxl Helles non-alcoholic 0,5l	€ 5.20
Maxlrainer Leo Weisse 0,5l	€ 5.20
Maxlrainer Engerl Weisse non-alcoholic 0,5l	€ 5.20
Allgäuer Büble Radler 0,5l	€ 5.20

WINE

White wine, born to be wild, dry 0.1l / 0.2 l	€ 4.90/ € 7.90
Red wine, Purple Jam, dry 0.1l/ 0.2 l	€ 4.90/ € 7.90
Rosé, Wilde 23, dry 0.1l/ 0.2 l	€ 4.90/ € 7.90
Wine spritzer 0,2l/0.4l	€ 5.20/ € 8.10
Prosecco, Bertoldi 0.1l	€ 4.40

SHOT OF THE SEASON

Seasonal Stamperl 2 cl	€ 3.90
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In addition to our fixed wine list, we always have a changing red, white and rosé wines - please ask us about the current selection.

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FOOD

Organic butter croissant „fränkisches“ croissant	Solo	€ 3.40
	Butter, jam	€ 4.90
	Ricotta, jam	€ 6.20
	Chocolate nut cream	€ 4.90
	Ham	€ 5.10
Overnight Bircher muesli	Chia seeds, coconut almond milk, pumpkin seeds, oat flakes (vegan)	€ 8.90
Our granola	with yogurt and fruits, pecan nuts, pumpkin seeds, raisins, oat flakes, carrots, (also vegan with coconut yoghurt possible)	€ 8.90
Baguette	from Claude & Julien	
	Butter, jam	€ 5.20
	Ham, lettuce, tomato, Dijon mustard	€ 8.90
	Brie, lettuce, chives	€ 8.90
	Creamy beans, lettuce, tomato, lovage, chives (vegan)	€ 8.90
Helmas waffles	homemade	
	Solo with powdered sugar	€ 5.30
	Cinnamon and sugar	€ 5.60
	Apple sauce	€ 5.90
	Organic wild blueberries and cream	€ 7.90
Portion of cream		€ 1.00
Breakfast shot	Apple, orange, acerola, ginger, lemon, mango	€ 1.90
Omelette André	Organic egg, cheddar, baguette	€ 7.90
	Alternatives: cherry tomatoes, mushrooms, ham € 1.00 each as an add-on, replacement costs no more	
Franks pancake bun	homemade pancake bun, pork patty organic egg, cheese, homemade sauce with mayo	€ 13.90

more choice on the next page >>

“Genetztes” bread	from the Neulinger bakery	
Mixed wheat bread with rye sourdough	with edamole	€ 6.90
	with creamy white beans and lovage	€ 6.90
	half / half	€ 6.90
	plus organic eg	€ 2.50
Egg sandwich – tamago sando	bakery toast from Neulinger bakery, organic egg salad, organic egg	€ 10.90
Mushroom vegetables with burrata	optionally with baker’s toast, “Genetztes” or butter croissant	€ 11.40
Cheese platter	with baguette or “Genetztes” as main course on its own or as a snack to share	€ 15.90
Cheese / salami platter	with baguette or “Genetztes” as main course on its own or as a snack to share	€ 15.90
Organic egg		€ 2.50

You can find changing daily menus on our notice board or Instagram account.

SWEET

Cake	Please find our homemade cakes at the counter	
Ice Cream	Vanilla ice cream, 1 scoop	€ 2.50
	Vanilla ice cream with hot raspberries	€ 6.90
Helmas waffles	homemade	
	Solo with powdered sugar	€ 5.30
	Cinnamon and sugar	€ 5.60
	Apple sauce	€ 5.90
	Organic wild blueberries and cream	€ 7.90
Portion of cream		€ 1.00

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ENJOYMENT & APERITIF

Helmut vermouth (rosé/white) on ice	€ 5.40
Helmut vermouth spritzed (rosé/white)	€ 7.40
Helma's Espresso Martini	€ 8.90
Yuzu Prosecco on ice	€ 6.90
Hallelujah (sparkling, wine-based drink with ginger)	€ 6.90
Mimosa (Prosecco orange)	€ 6.90
Mimosa (Prosecco grapefruit)	€ 6.90
Amber Spritz, non-alcoholic (Franz v. Fein: fruity-floral, fine-bitter)	€ 5.40
Ruby Spritz, non-alcoholic (Franz v. Fein: citrus-fresh, fine-bitter)	€ 5.20
Bowl of Lisas Bio-Kesselchips	€ 2.50
... our cheese platter is also perfect for aperitifs with baguette or "Genetztes" as a main course on its own or as a snack to share	€ 15.90
... our cheese / salami platter is also perfect for aperitifs with baguette or "Genetztes" as a main course on its own or as a snack to share	€ 15.90



Sun in a glass **SEASONAL REFRESHMENTS**

Fresh watermelon and strawberry juice with mint	€ 6.20
Homemade peach iced tea with rosemary	€ 5.90
Homemade mint iced tea with lemon	€ 5.20
Helma's herbal spritz	€ 7.90
Helma's rose spritz	€ 7.90



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OPEN

Monday, Thursday to Sunday 10 a.m.-7 p.m.
Closed Tuesday and Wednesday

AT HELMA, WE STRIVE TO MAKE ALL OF OUR GUESTS FEEL WELCOME AND COMFORTABLE.

During the week, we invite you to enjoy our space while working, however, we kindly ask that you limit this to not more than 2 hours. On the weekend it is our desire to create a relaxed atmosphere and therefore ask all guests to refrain from using their laptops.

Thank you for your understanding and cooperation in helping us promote an enjoyable experience for all of our guests.

Network: Helma Guest
Password: Helma2024

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