

the flow
EXCELLENT FOOD BAR & EVENTS

**WORK
SPACE**

WELLE 
WORKSPACE.CH



DRINKS UND SNACKS

DRINKS		PRICE / PERSON
Flat-rate drinks, half day	Mineral water (sparkling or still) juice, soft drinks, coffee and tea	10.50
Flat-rate drinks, whole day	Mineral water (sparkling or still) juice, soft drinks, coffee and tea	16.50

BREAKS REFRESHMENTS

BREAKS REFRESHMENTS		PRICE / PERSON
Small breads	Rolls and croissants, mixed	1.80 / each
Fruit		1.50 / piece
Break sweet / savory	Homemade nut mix, fruits, mini chocolate rolls, savory muffins	9.50
Break sweet	Homemade nut mix, fruits, chocolate / coconut cake, mini cookies	9.50
Granola bar	Whole grain	2.50 / piece

SNACKS

SNACKS		PRICE / PERSON
Baguette-sandwich	Sandwiches with cheese, ham and salmon	10.50
Focaccia	Focacce filled with dried ham and tomato-mozzarella	12.50
Vegaccia	Focacce filled with hummus and avocado	8.00
Quiche	Quiche with spinach, cream cheese, pine nuts and mediterranean vegetables	8.00
Empanada	Puff pastry with a tangy vegetable filling	8.00
Crumble cake	Seasonal variation	6.80

APÉRO (DRINKS AND SNACKS)

APÉRO (DRINKS AND SNACKS)		PRICE / PERSON
Apéro XSmall	Nuts and popcorn	6.50
Apéro Small	Diced salami, olives, stuffed mini-peppers, grissini and rolls	12.00
Apéro Medium	Diced salami, olives, stuffed mini-peppers, dried ham, diced parmesan, tomato-mozzarella skewers, grissini and rolls	24.50
Apéro Large	Diced salami, olives, stuffed mini-peppers, dried ham, diced parmesan, tomato-mozzarella skewers, pickled artichokes, marinated mushrooms, grissini and rolls	32.00
Apéro XLarge	Italian crackers, grissini, nut mix, olives, tomato-mozzarella skewers, marinated mushrooms, mixed meat and cheese platter, rolls Seasonal soup, vegi-empanada, falafel in spicy tomato sauce, mini pulled pork burger with BBQ sauce Seasonal sweets	38.00
Additional component		4.50
Mixed cheese platter	Selection of various cheeses, rolls (for 4 people)	31.50 / platter
Mixed meat platter	Selection of various cold cuts, rolls (for 4 people)	31.50 / platter
Mini-Sandwiches	Filled rolls with smoked salmon, ham, cheese	12.00

APÉRO DRINKS

APÉRO DRINKS		PRICE / PERSON
Beer	Bärner Müntschi	33 cl 5.50
White wine	St. Saphorin Sous-les-Rocs	75 cl 55.00
	Heida AOC Valais Le Zéphir Cave Emery	75 cl 55.00
	Verdejo Verderrubi DOC	75 cl 43.00
	Arneis Roero DOC	75 cl 48.00
Red wine	Merlot del Ticino, Baiocco Guidio Brivio	75 cl 48.00
	Canivete VR	75 cl 45.00
	Montefalco	75 cl 54.00
Prosecco	Brut Asolo DOCG	75 cl 39.00
Mineral water		100 cl 8.00
Orange juice		100 cl 12.00
Homemade iced tea		100 cl 14.00

BANQUET BUFFET

For 20 – 200 people, 1 option only

BUFFET KLASSISCH

SALAD BUFFET

Lettuce, 3 seasonal raw vegetable salads, homemade vinaigrette herbs, seeds V G L

MAIN COURSE (SERVED WITH SEASONAL VEGETABLES)

Roast veal, mixed pepper sauce G L

Potato gratin V G

Vegetarian lasagne with walnuts and root vegetables V

DESSERT

Trilogy of cream, cake and fruit V

CHF 47.00

BUFFET ORIENTALISCH

SALAD BUFFET

Lettuce, 3 seasonal raw vegetable salads, homemade vinaigrette herbs, seeds V G L

MAIN COURSE (SERVED WITH SEASONAL VEGETABLES)

Oriental chicken stew G L

Jasmin rice V G L

Vegetable-chickpea tajine V G L

DESSERT

Trilogy of cream, cake and fruit V

CHF 43.00

V = Vegetarian, G = Gluten-free, L = Lactose-free

BUFFET RUSTIKAL

SALAD BUFFET

Lettuce, 3 seasonal raw vegetable salads, homemade vinaigrette herbs, seeds V G L

MAIN COURSE (SERVED WITH SEASONAL VEGETABLES)

Beef ragoût with paprika and crème fraîche G

Mashed potatoes G

Gerstotto with peas and rocket pesto V

DESSERT

Trilogy of cream, cake and fruit V

CHF 47.00

BUFFET VEGAN

SALAD BUFFET

Lettuce, 3 seasonal raw vegetable salads, red wine vinaigrette herbs, seeds V G L

MAIN COURSE

Lentil daal with spinach V G L

Chickpea and vegetable stew V G L

Cauliflower tandoori V G L

Cardamom rice V G L

DESSERT

Apricot and hazelnut cake V L

CHF 40.00

GENERAL INFORMATION

- À la carte orders are possible for up to ten people
- The menu of the day can be ordered for groups of up to 20 people using the «menu selection list»
- For groups of 20 to 200 people, we offer a standing lunch option with buffet
- You can choose one buffet per event
- The prices are per dish and person
- The price, vintages and producers of the wines may vary / change

Unless otherwise stated we only use meat of Swiss origin. All prices are in CHF and include 8.1% VAT.

CONTACT & ORDER

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We are part of the Swisustainable sustainability program and are classified as Level 1 - committed. The Swisustainable sustainability programme brings together businesses and organizations across the entire Swiss tourism sector. With our participation, we commit ourselves to continuous sustainable corporate development, pursue measures in the area of sustainability and thus make a concrete contribution to sustainable Swiss tourism.

