



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Vorspeise		Curd cheese and herb (30) 1,95 € 2,15 € 2,35 €	Glass noodle salad with coriander (6,28,31) 1,95 € 2,15 € 2,35 €	Schopska salad with feta cheese (8,10,30) 1,95 € 2,15 € 2,35 €	Moroccan couscous salad (21a,30,29) 1,95 € 2,15 € 2,35 €
Salat		Salad plate special with marinated tofu and black sesame seeds (28,31) 3,95 € 4,35 € 4,75 € Small salad bowl (13,27,29) 1,95 € 3,90 € 4,50 € Large salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €	Small salad bowl (13,27,29) 0,75 € 1,50 € 1,75 € Large salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €	Salad plate special with marinated soy strips and roasted sesame seeds (28,31) 3,95 € 4,35 € 4,75 € Large salad bowl (13,27,29) 0,75 € 1,50 € 1,75 € Small salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €	Special salad plate with breaded cutlet from wheat protein and tomatoes (6,7,30,32) 3,95 € 4,35 € 4,75 € Small salad bowl (13,27,29) 1,95 € 3,90 € 4,50 € Large salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €
Suppe		cream of potato soup (27,28,29) 0,75 € 1,50 € 1,75 €	Carrot and ginger soup (29) 0,75 € 1,50 € 1,75 €	Spinach cream soup (28) 0,75 € 1,50 € 1,75 €	Tomato soup with fresh wild garlic 0,75 € 1,50 € 1,75 €
Aktion		French fries 1,45 € 1,60 € 1,75 € Homemade tomatoes pasta with spinach sauce and roasted walnuts (21a,26c,28) 2,95 € 3,25 € 3,55 €	French fries 1,45 € 1,60 € 1,75 € Homemade pasta Soy curry sauce (7,21a,28,29) 2,95 € 3,25 € 3,55 €	Two homemade potato pancakes Apple sauce (21a,23) 3,95 € 4,35 € 4,75 € Homemade pasta with cereal bolognese (21a,21b,21e,27) 2,95 € 3,25 € 3,55 €	Homemade wholemeal pasta with cauliflower sauce, fresh tomatoes and roasted hazelnuts (21a,26b,28) 2,95 € 3,25 € 3,55 € spicy soy stripes with spring onions mushrooms an rice (27,28) 6,95 € 7,65 € 8,35 €



Montag

Essen

Two baked vegetable medallions with mint Dip (21a,21e,27,28)
2,85 € | 5,70 € | 6,55 €

Two baked spinach and spelt medallions on lemon turmeric sauce (21a, 21e,23,27,30)
2,65 € | 5,30 € | 6,10 €

Carrots green spelt pan with coconut and ginger (21e,29)
2,75 € | 5,50 € | 6,35 €

Yeast dumpling filled with plum jam, poppy seed sugar and Vanilla sauce (21a,28,36,37)
1,75 € | 3,50 € | 4,05 €

Dienstag

Two baked vegetable medallions with mint Dip (21a,21e,27,28)
2,85 € | 5,70 € | 6,55 €

Two sesame and carrot sticks Soy curry sauce (7, 21a,27,28,31,29)
2,65 € | 5,30 € | 6,10 €

Broccoli nut patty Soy curry sauce (7,8,21a,21d,26a, 26b,27,28,36,29)
2,45 € | 4,90 € | 5,65 €

White bean and Zartweizen with mushrooms and sun-dried tomatoes (21e,29)
2,75 € | 5,50 € | 6,35 €

Carrots green spelt pan with coconut and ginger (6,7,21a,28,32,29)
2,75 € | 5,50 € | 6,35 €

Gnocchis with vegetables sauce (21a,27,28,36)
1,75 € | 3,50 € | 4,05 €

Four egg pancakes with apple sauce (21a,23,30)
1,75 € | 3,50 € | 4,05 €

Mittwoch

Two baked vegetable medallions with mint Dip (21a,21e,27,28)
2,85 € | 5,70 € | 6,55 €

Two sesame and carrot sticks Soy curry sauce (7, 21a,27,28,31,29)
2,65 € | 5,30 € | 6,10 €

Broccoli nut patty Soy curry sauce (7,8,21a,21d,26a, 26b,27,28,36,29)
2,45 € | 4,90 € | 5,65 €

White bean and Zartweizen with mushrooms and sun-dried tomatoes (21e,29)
2,75 € | 5,50 € | 6,35 €

Carrots green spelt pan with coconut and ginger (6,7,21a,28,32,29)
2,75 € | 5,50 € | 6,35 €

Gnocchis with vegetables sauce (21a,27,28,36)
1,75 € | 3,50 € | 4,05 €

Four egg pancakes with apple sauce (21a,23,30)
1,75 € | 3,50 € | 4,05 €

Donnerstag

One slice of roasted turkey breast with peanut plantain sauce (8,25)
3,45 € | 6,90 € | 7,95 €

Two baked vegetable medallions with beet sauce (13,21a,21e,23,27,28,30,29)
2,85 € | 5,70 € | 6,55 €

Broccoli nut patty with beet sauce (13,21a,21e,27,28,29)
2,85 € | 5,70 € | 6,55 €

Two baked spinach and spelt medallions with beet sauce (8,13,21a,21d,26a, 26b,27,28,36,29)
2,45 € | 4,90 € | 5,65 €

Baked potatoes with vegetables and pumpkin seeds served to tomato sauce (7,8,32)
3,25 € | 6,50 € | 7,50 €

Colorful potato stew with fresh parsley (27,29)
1,75 € | 3,50 € | 4,05 €

Indian style rice pudding with raisins, almonds and cardamom (25, 26a,30)
1,75 € | 3,50 € | 4,05 €

1/2 Indian style rice pudding with raisins, almonds and cardamom (25, 26a,30)
1,10 € | 2,20 € | 2,55 €

Freitag

Two polenta and spinach pockets with turmeric sauce (21a,24,30,36)
2,15 € | 4,30 € | 4,95 €

Baked coalfish fillet with potato coating Yo-gurt wild garlic dip (21a,23, 27,30,36)
2,15 € | 4,30 € | 4,95 €

Bulgur and spinach pan with smoked tofu and sunflower seeds (21a,28)
2,75 € | 5,50 € | 6,35 €

Cottage cheese with olives, wild garlic, and steamed potatoes (6,7,30,32)
1,75 € | 3,50 € | 4,05 €



Montag

Dienstag





Mittwoch






Donnerstag

Freitag

Beilage



-  Parisian style carrots
0,85 € | 1,70 € | 1,95 €
-  Spicy eggplants
0,85 € | 1,70 € | 1,95 €
-  Potatoes
0,85 € | 1,70 € | 1,95 €
-  Rice
0,75 € | 1,50 € | 1,75 €

-  Cauliflower with sesame seeds (31)
0,85 € | 1,70 € | 1,95 €
-  Balkan style vegetables
0,85 € | 1,70 € | 1,95 €
-  Potatoes
0,85 € | 1,70 € | 1,95 €
-  Rice
0,75 € | 1,50 € | 1,75 €

-  Needle beans
0,85 € | 1,70 € | 1,95 €
-  Ratatouille
0,85 € | 1,70 € | 1,95 €
-  Potatoes
0,85 € | 1,70 € | 1,95 €
-  Baked potatoes
0,95 € | 1,90 € | 2,20 €
-  Rice
0,75 € | 1,50 € | 1,75 €

-  Carrots and peas
0,85 € | 1,70 € | 1,95 €
-  Leek in cream (28)
0,85 € | 1,70 € | 1,95 €
-  Potatoes
0,85 € | 1,70 € | 1,95 €
-  Homemade mashed potatoes with carrots (28)
0,95 € | 1,90 € | 2,20 €
-  Rice
0,75 € | 1,50 € | 1,75 €

Dessert

-  Poppy seed yogurt with tangerines (7, 21a, 21c, 21d, 26a, 26b, 30)
0,75 € | 1,50 € | 1,75 €
-  Curd with muesli (30, 37)
0,75 € | 1,50 € | 1,75 €

-  Yoghurt with honey and sesame seed (30, 31)
0,75 € | 1,50 € | 1,75 €
-  Blueberry curd with sunflower seeds (30)
0,75 € | 1,50 € | 1,75 €
-  chocolate pudding (28)
0,75 € | 1,50 € | 1,75 €

-  Curd with Plum with hazelnuts (30)
0,75 € | 1,50 € | 1,75 €
-  Wildberry yogurt (26b, 30)
0,75 € | 1,50 € | 1,75 €
-  Lemon pudding (8, 28)
0,75 € | 1,50 € | 1,75 €

-  Raspberry coconut curd (30)
0,75 € | 1,50 € | 1,75 €
-  Pear and oat yogurt (21d, 26a, 30)
0,75 € | 1,50 € | 1,75 €
-  nougat pudding (26b, 28)
0,75 € | 1,50 € | 1,75 €

Labelling

Stand: 27.06.2022

Additives

- 3 contains alcohol
- 4 flavour enhancer
- 5 waxed
- 6 contains preservative
- 7 contains antioxidant
- 8 contains artificial colours
- 9 contains phosphate
- 10 blackened
- 12 contains a source of phenylalanine
- 13 contains artificial sweeteners
- 19 sulphuretted
- 20 laxative effect

Other

- 2 contains pork or gelatine derived from pork
- 14 contains finely ground meat
- 16 contains caffeine
- 17 contains quinine
- 35 nitrite curing salt
- 36 contains yeast
- 37 blue poppy seeds

Allergene

- 21 contains gluten from grain
 - 21a wheat
 - 21b rye
 - 21c barley
 - 21d oat
 - 21e spelt
 - 21f kamut
- 22 crustaceans
- 23 contains eggs
- 24 fish
- 25 peanuts
- 26 shell fruits
 - 26a Mandeln
 - 26b Haselnuss
 - 26c Walnuss
 - 26d Kaschunuss
 - 26e Pecannuss
 - 26f Parannuss
 - 26g Pistazie
 - 26h Macadamia
- 27 contains celery
- 28 contains soy protein
- 29 mustard
- 30 milk and dairy products, including lactose
- 31 sesame seed
- 32 sulphur oxide & sulfide at concentration of > 10mg/kg or 10mg/l
- 33 lupine
- 34 molluscs



Rarely – best combined with dishes with a green traffic light. These dishes have a very low nutrient density. High-fat dairy products and meat, as well as breaded dishes, are often part of these dishes. Deep-fried foods also fall into this category.



A good choice – every now and then. These dishes have a medium nutrient density. The dishes contain moderate amounts of sugar and fat. Especially dairy products and carbohydrate-rich ingredients are found in these meals.



The best choice – the more often the better. These meals have good nutritional quality because they have a high nutrient and low energy density. The proportion of fats is low. A health-promoting cooking method is used.



This dish **significantly improves** the CO₂ balance. The CO₂ value of this dish is less than half the average CO₂ value of all the dishes considered.



This dish **slightly improves** the CO₂ balance. The CO₂ value of this dish is below the average CO₂ value of all the dishes considered.



This **worsens** the CO₂ balance. The CO₂ value of this dish is above the average CO₂ value of all the dishes considered.



The water consumption is below the average comparative value of all the dishes considered.



The water consumption for this dish is twice as high as the average comparative value for all the dishes considered.



The water consumption for this dish is more than twice the average comparative value for all the dishes considered.



Sustainable fishing: Attention is paid to stock-friendly fishing and sustainable fishing methods.



Sustainable agriculture: These dishes are made from food-stuffs that ensure the regional origin of the meat, for example. The husbandry of the animals complies with the Animal Welfare Act and is appropriate to the species. Genetically modified animal feed is prohibited and the animal feed must consist of sustainably produced animal feed. Growth accelerators, performance-enhancing drugs and antibiotics are also prohibited. For the plant products used, no synthetic pesticides or easily soluble mineral fertilizers may be used. Ionising radiation for preservation purposes is not used, nor is genetic engineering.



Fairtrade: with fair trade ingredients



Vegetarian: Dishes are prepared without fish and meat ingredients. Dairy products and egg may be included.



Vegan: Dishes are prepared exclusively from vegan ingredients. No animal raw materials are included.



Climate meal: The climate meal is made up of fresh, entirely plant-based and sustainable products. In addition, even more attention is paid to seasonality. Prefabricated products, rice and French fries are not used. No frozen products, dried products or canned goods are used either. Cereal products such as spelt, buckwheat, bulgur, millet and amaranth or other protein foods such as nuts, vegetables and vegetable oils are essential components of the climate meal.

We use iodised table salt in the production of our dishes.

With EU Regulation No. 1169/2011, from 13 December 2014, foods and ingredients that trigger allergies and intolerances must be labelled in addition to authorised additives. Allergens will be listed if the designated substances, or products made from these substances, are included as an ingredient in the end product.

Despite careful production of our dishes, traces of other substances used in the production process in the kitchen, or already contained as traces in the delivered food, may be present in addition to the labelled ingredients.