



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Vorspeise

Hummus with sesame seeds, tomatoes, cucumber, olive oil (31)
1,95 € | 2,15 € | 2,35 €

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 €

Salat

Salad plate special with soft cheese and sunflower seeds (8,10,30)
4,95 € | 5,45 € | 5,95 €

Salad plate special with marinated tofu and black sesame seeds (28,31)
3,95 € | 4,35 € | 4,75 €

Special salad plate with mozzarella and sun-dried tomatoes (6,7,30,32)
4,95 € | 5,45 € | 5,95 €

Salad plate special with marinated soy strips and roasted sesame seeds (28,31)
3,95 € | 4,35 € | 4,75 €

Small salad bowl (13,27,29)
0,75 € | 1,50 € | 1,75 €

Large salad bowl (13,27,29)
1,95 € | 3,90 € | 4,50 €

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1,95 € | 3,90 € | 4,50 €

Small salad bowl (13,27,29)
1,95 € | 3,90 € | 4,50 €

Large salad bowl (13,27,29)
1,95 € | 3,90 € | 4,50 €

Small 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)
0,75 € | 1,50 € | 1,75 €

Suppe

Vegetable cream soup (27,28)
0,75 € | 1,50 € | 1,75 €

Carrot cream soup (30)
0,75 € | 1,50 € | 1,75 €

Carrot and ginger soup (29)
0,75 € | 1,50 € | 1,75 €

Potato curry soup with sunflower seeds (28,29)
0,75 € | 1,50 € | 1,75 €



Montag

Aktion

Kebab plate with chips, salad and veal (21a,28,30,29)

6,45 € | 7,10 € | 7,75 €

Homemade pasta with creame sauce, aragula sun-dried tomatoes and roasted walnuts (6,7,21a,26c,28,32)

2,95 € | 3,25 € | 3,55 €

French fries

1,45 € | 1,60 € | 1,75 €

Dienstag

Homemade pasta with tomato and wild garlic sauce and tofu (21a,27,28)

2,95 € | 3,25 € | 3,55 €

Mittwoch

Kebab plate with chips, salad and veal (21a,28,30,29)

6,45 € | 7,10 € | 7,75 €

Homemade pasta Soy curry sauce (7,21a,28,29)

2,95 € | 3,25 € | 3,55 €

French fries

1,45 € | 1,60 € | 1,75 €

Donnerstag

Two home-made potato pancakes Apple sauce (21a,23)

3,95 € | 4,35 € | 4,75 €

Homemade pasta with soyabolognese (21a,27,28)

2,95 € | 3,25 € | 3,55 €

Freitag



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Essen

Bahji Onion fried patty with tomato and zucchini sauce (21d,26a,28)
1,75 € | 3,50 € | 4,05 €

Two baked spinach and spelt medallions with tomato and zucchini sauce (21a,21e,23,27,30)
2,45 € | 4,90 € | 5,65 €

Edamame fried patty with mint Dip
2,45 € | 4,90 € | 5,65 €

green core and potato pan with zucchini, bell peppers, and cashews (21d,21e,26a,26d)
3,55 € | 7,10 € | 8,15 €

Vegan rice stir-fry paella (29)
1,75 € | 3,50 € | 4,05 €

soy milk rice with sugar, cinnamon Mango compote (28)
1,75 € | 3,50 € | 4,05 €

1/2 soy milk rice with sugar, cinnamon Mango compote (28)
1,10 € | 2,20 € | 2,55 €

Edamame fried patty Herb sauce (28)
1,75 € | 3,50 € | 4,05 €

Bahji Onion fried patty Herb sauce (28)
2,45 € | 4,90 € | 5,65 €

Cabbage roulade with vegetable filling Herb sauce (2,21a,23,27,28,36)
3,15 € | 6,30 € | 7,25 €

Breaded pork tenderloin with gravy (28)
1,95 € | 3,90 € | 4,50 €

Broccoli noodle pan with tomatoes (21a,28)
2,95 € | 5,90 € | 6,80 €

Mexican bean stew with soy mince and chili (27,28)
1,75 € | 3,50 € | 4,05 €

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

Soy gyros with white cabbage, onions and peppers with vegan tzatziki (27,28)
2,15 € | 4,30 € | 4,95 €

Wheat protein meatball with mustard sauce and majoran (21a,27,28,29)
1,75 € | 3,50 € | 4,05 €

Oat and wheat pan with cauliflower and fresh leaf parsley (21d,26a,29)
2,95 € | 5,90 € | 6,80 €

Spaghetti arrabbiata (21a)
1,75 € | 3,50 € | 4,05 €

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

Two sesame and carrot sticks with mango curry sauce (27,30)
4,75 € | 9,50 € | 10,95 €

A slice of braised beef in a cream sauce with vegetable strips (21a,27,31,29)
2,45 € | 4,90 € | 5,65 €

Baked potatoes with tomatoes, arugula, and basil dip (6,7,8,10,32,29)
2,10 € | 4,20 € | 4,85 €

Berlin potato soup with carrots and celeriac (27,29)
1,75 € | 3,50 € | 4,05 €

Vanilla semolina pudding with blueberries and sugar and cinnamon (21a,30)
1,75 € | 3,50 € | 4,05 €



Montag

Beilage

- Carrot sticks
0,85 € | 1,70 € | 1,95 €
- Chinese style
vegetables (27,28)
0,85 € | 1,70 € | 1,95 €
- Potatoes
0,85 € | 1,70 € | 1,95 €
- Penne (21a)
0,75 € | 1,50 € | 1,75 €
- Rice
0,75 € | 1,50 € | 1,75 €

Dienstag

- Brussels
sprouts
0,85 € | 1,70 € | 1,95 €
- Green beans
with tomatoes
0,85 € | 1,70 € | 1,95 €
- Chinese style vegeta-
bles (27,28)
0,85 € | 1,70 € | 1,95 €
- Parsley
potatoes
0,85 € | 1,70 € | 1,95 €
- Roast potatoes
0,95 € | 1,90 € | 2,20 €
- Rice
0,75 € | 1,50 € | 1,75 €

Mittwoch

- Cauliflower
with sesame seeds (31)
0,85 € | 1,70 € | 1,95 €
- Peas in soy
cream (28)
0,85 € | 1,70 € | 1,95 €
- Potatoes
0,85 € | 1,70 € | 1,95 €
- Baked
potatoes
0,95 € | 1,90 € | 2,20 €
- Rice with al-
monds (26a)
0,75 € | 1,50 € | 1,75 €

Donnerstag

- Celery (27)
0,85 € | 1,70 € | 1,95 €
- Red cabbage
with apples (7)
0,85 € | 1,70 € | 1,95 €
- Potatoes
0,85 € | 1,70 € | 1,95 €
- Two potato
dumplings
0,95 € | 1,90 € | 2,20 €
- Brown rice
0,75 € | 1,50 € | 1,75 €

Freitag

Dessert

- Curd cheese
with roasted nuts (30)
0,75 € | 1,50 € | 1,75 €
- Banana co-
conut yogurt (26a,26b,26c,30)
0,75 € | 1,50 € | 1,75 €
- chocolate pudding
(28)
0,75 € | 1,50 € | 1,75 €

- Pineapple curd
(30)
0,75 € | 1,50 € | 1,75 €
- Cherry yogurt
with spelt (21e,30)
0,75 € | 1,50 € | 1,75 €
- soy milk rice (28)
0,75 € | 1,50 € | 1,75 €

- Stracciatella yo-
gurt (28,30)
0,75 € | 1,50 € | 1,75 €
- Peach and
green seed curd (21e,30)
0,75 € | 1,50 € | 1,75 €
- Lemon
pudding (8,28)
0,75 € | 1,50 € | 1,75 €

- Blueberry
yoghurt (26a,30)
0,75 € | 1,50 € | 1,75 €
- Rhubarb curd
with almonds (30)
0,75 € | 1,50 € | 1,75 €
- Caramel
Pudding (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.