

	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 €	 Moroccan couscous salad (21a,30,29) 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 €  Large salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €  Small salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €	 Salad plate special with marinated tofu and black sesame seeds (28,31) 3,95 € 4,35 € 4,75 €  Large salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €  Small salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €	 Special salad plate with mozzarella and sun-dried tomatoes (6,7,30,32) 4,95 € 5,45 € 5,95 €  Large salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €  Small 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 €  Large salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €  Small salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €
Suppe	 Carrot and coconut soup (30,29) 0,75 € 1,50 € 1,75 €	 Corn cream soup (28) 0,75 € 1,50 € 1,75 €	 Turnip cabbage soup with sesame (28,31) 0,75 € 1,50 € 1,75 €	 Sour and spicy soup (6,27,28,31,29) 0,75 € 1,50 € 1,75 €	 Zucchini soup with rosemary and tomatoes (28) 0,75 € 1,50 € 1,75 €



Montag

Aktion

 Homemade tomatoes pasta with tomato sauce, sun-dried tomatoes and olives (6,7,8,10,21a,27,32)
2,95 € | 3,25 € | 3,55 €

 Steakhouse fries
1,45 € | 1,60 € | 1,75 €

Dienstag

 Homemade pasta with carrot celery sauce and parsley (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 with mushroom sauce and herb (21a,27,28)
2,95 € | 3,25 € | 3,55 €

 Steakhouse fries
1,45 € | 1,60 € | 1,75 €

Donnerstag

 Two homemade potato pancakes Apple sauce (21a,23)
3,95 € | 4,35 € | 4,75 €

 Homemade pasta with tomato sauce, baked courgette and oregano (21a,27)
2,95 € | 3,25 € | 3,55 €

Freitag

 Spelled Pasta with cereal bolognese and basil (21b,21e,27)
2,95 € | 3,25 € | 3,55 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Essen	Broccoli nut patty with curry dip (6,27,28,31) 1,55 € 3,10 € 3,55 € 5 vegetable rice balls Soy sauce with Chinese vegetables (8,21a,21d,26a,26b,27,30,36,29) 2,45 € 4,90 € 5,65 € Green spelt and white bean stir-fry with zucchini, mushrooms (21e,28) 2,75 € 5,50 € 6,35 € Rice with zucchini, bell peppers, and turmeric (29) 1,75 € 3,50 € 4,05 € 1/2 soy milk rice with sugar, cinnamon Plum sauce (28) 1,10 € 2,20 € 2,55 € soy milk rice with sugar, cinnamon Plum sauce (28) 1,75 € 3,50 € 4,05 €	Beefsteak with provençal sauce (7,14,21a,23,27,28,36) 4,05 € 8,10 € 9,30 € Bahji Onion fried patty Tomato sauce (27) 2,45 € 4,90 € 5,65 € Pasta with roasted hazelnuts and tomato vegetable sauce (21a,26b,27) 2,75 € 5,50 € 6,35 € Potato Curry Soup with Coconut, Ginger, and Lemongrass (27,28,31,29) 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 €	Wheat protein meatball Spicy-Chili-Dip (21a,27,28,31,29) 2,15 € 4,30 € 4,95 € Fruit curry with soy cubes, turmeric, and ginger (27,28,29) 1,55 € 3,10 € 3,55 € Bahji Onion fried patty Spicy-Chili-Dip (27,28,31) 2,45 € 4,90 € 5,65 € Minced roll of wheat protein stuffed with tomato Spicy-Chili-Dip (21a,27,28,31,36,29) 2,15 € 4,30 € 4,95 € Vegetable and Barley Skillet with Red Lentils Lemon-Dill Dip (21c) 3,25 € 6,50 € 7,50 € Eggplant and rice casserole (6,7,8,10,27,28,32) 1,75 € 3,50 € 4,05 € Potato Curry Soup with Coconut, Ginger, and Lemongrass (27,28,31,29) 1,75 € 3,50 € 4,05 € Four egg pancakes with apple sauce (21a,23,30) 1,75 € 3,50 € 4,05 €	Tow falafel bagel Coconut and mango sauce (29) 2,45 € 4,90 € 5,65 € Beefsteak with gravy (7,14,21a,23,27,28,36) 4,05 € 8,10 € 9,30 € 4 kale hemp balls Coconut and mango sauce (2,7,27,28) 2,15 € 4,30 € 4,95 € Marinated pork neck with gravy (21a,36,29) 1,75 € 3,50 € 4,05 € Potato pan with spinach, mushrooms, carrots and sesame (27,31) 2,75 € 5,50 € 6,35 € Eggplant and rice casserole (6,7,8,10,27,28,32) 1,75 € 3,50 € 4,05 € Bell Pepper and Vegetable Stew with Flat-Leaf Parsley (27) 1,75 € 3,50 € 4,05 € Vanilla polenta pudding with sugar and cinnamon blueberry sauce (30) 1,75 € 3,50 € 4,05 €	Eggs with herbal (7,8,10,24,28,30) 3,25 € 6,50 € 7,50 € Steamed coalfish Tomato-Herbs with lemon-olive sauce (23,30) 2,65 € 5,30 € 6,10 € Brew Bites in Tomato-Bell Pepper Sauce (21c) 2,15 € 4,30 € 4,95 € Mushroom and rye pan with marinated soy cubes and peanuts (7,8,21b,25,28,32) 2,75 € 5,50 € 6,35 € Chive quark with steamed potatoes (30) 1,75 € 3,50 € 4,05 € soy milk rice with sugar, cinnamon with sour cherry sauce (28) 1,75 € 3,50 € 4,05 €

Montag

Beilage

-    Corn with herbs
0,85 € | 1,70 € | 1,95 €
-   Curried vegetables (27,28,31)
0,85 € | 1,70 € | 1,95 €
-    Potatoes
0,85 € | 1,70 € | 1,95 €
-    Potatoes with rosemary
0,95 € | 1,90 € | 2,20 €
-    Rice with bell pepper
0,75 € | 1,50 € | 1,75 €

Dienstag

-    Turnip cabbage with sesame (31)
0,85 € | 1,70 € | 1,95 €
-    Stewed cabbage
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 €

Mittwoch

-    Leek in cream (28)
0,85 € | 1,70 € | 1,95 €
-    Carrots
0,85 € | 1,70 € | 1,95 €
-   Stewed cabbage
0,85 € | 1,70 € | 1,95 €
-    Potatoes
0,85 € | 1,70 € | 1,95 €
-    Mashed sweet potatoes
0,95 € | 1,90 € | 2,20 €
-    Rice with pumpkin seeds
0,75 € | 1,50 € | 1,75 €

Donnerstag

-    Green beans and onions
0,85 € | 1,70 € | 1,95 €
-    Colorful zucchini vegetables
0,85 € | 1,70 € | 1,95 €
-    Parsley potatoes
0,85 € | 1,70 € | 1,95 €
-   Bow tie pasta (21a)
0,75 € | 1,50 € | 1,75 €
-   Rice
0,75 € | 1,50 € | 1,75 €

Freitag

-    Vegetables mix
0,85 € | 1,70 € | 1,95 €
-    Tuscan style sil- verbeet and tomatoes
0,85 € | 1,70 € | 1,95 €
-    Homemade potato salad with mayonnaise (7,13,29)
0,95 € | 1,90 € | 2,20 €
-    Wild rice
0,75 € | 1,50 € | 1,75 €

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 €
-   Sliced melon
1,50 € | 1,65 € | 1,80 €

-    Pineapple curd (30)
0,75 € | 1,50 € | 1,75 €
-    Cherry yogurt with spelt (21e,30)
0,75 € | 1,50 € | 1,75 €
-    hazelnut pudding (9,26b,28)
0,75 € | 1,50 € | 1,75 €

-    Stracciatella yo- gurt (28,30)
0,75 € | 1,50 € | 1,75 €
-   Peach curd (30)
0,75 € | 1,50 € | 1,75 €
-   Peach melba pudding (28)
0,75 € | 1,50 € | 1,75 €

-    Rhubarb curd with almonds (30)
0,75 € | 1,50 € | 1,75 €
-    Blueberry yoghurt (26a,30)
0,75 € | 1,50 € | 1,75 €
-    Caramel Pudding (28)
0,75 € | 1,50 € | 1,75 €

-    Apple-green spelt yogurt (30)
0,75 € | 1,50 € | 1,75 €
-    Mango curd (7,21e,30)
0,75 € | 1,50 € | 1,75 €
-    Banana 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.