

Montag


Dienstag


Mittwoch


Donnerstag

Freitag


Vorspeise


 Tender wheat-vegetable- bowl with tomato dressing and Rucola (6,21a,28)
3,95 € | 4,35 € | 4,75 €


 Wraps (21a, 30,31)
2,95 € | 3,25 € | 3,55 €


 Fragrant rice and chickpeas bowl with soy sauce dressing and Rucola (6,28)
3,95 € | 4,35 € | 4,75 €


 Wraps (21a, 30,31)
2,95 € | 3,25 € | 3,55 €

 Tender wheat-vegetable- bowl with tomato dressing and Rucola (6,21a,28)
3,95 € | 4,35 € | 4,75 €

 Wraps (21a, 30,31)
2,95 € | 3,25 € | 3,55 €

 Fragrant rice and red bean bowl with soy sauce dressing and Rucola (6,28)
3,95 € | 4,35 € | 4,75 €

 Wraps (21a,30,31)
2,95 € | 3,25 € | 3,55 €

 Tender wheat-vegetable- bowl with tomato dressing and Rucola (6,21a,28)
3,95 € | 4,35 € | 4,75 €

 Wraps (21a, 30,31)
2,95 € | 3,25 € | 3,55 €

Salat

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

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

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


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


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

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

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

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




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




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




Dressing

 herb dressing (28)
 American dressing (28,29)
 French dressing (28,29)


 American dressing (28)
 French dressing (28,29)
 herb dressing (28,29)


 American dressing (28,29)
 French dressing (28)
 herb dressing (28,29)

 American dressing (28,29)
 herb dressing (28,29)
 French dressing (28)

 American dressing (28,29)
 herb dressing (28)
 French dressing (28,29)


Suppe

 Swabian dumplings soup (21a,27)
0,75 € | 1,50 € | 1,75 €

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

 broccoli carrots soup (28)
0,75 € | 1,50 € | 1,75 €

 Red lentil soup Turkish style
0,75 € | 1,50 € | 1,75 €

 Carrots soup with orange and ginger (28)
0,75 € | 1,50 € | 1,75 €



Montag

Aktion

Potato dumplings with tomato-vegetable ragout (21a)

4,95 € | 5,45 € | 5,95 €

Pasta with spinach sauce and roasted walnuts (21a,26c,28)

2,95 € | 3,25 € | 3,55 €

Pasta with wild mushroom sauce and herb (21a,28)

2,95 € | 3,25 € | 3,55 €

Dienstag

Spaetzle stir-fry with wild mushrooms and cream sauce (7,21a,28,32)

4,95 € | 5,45 € | 5,95 €

Pasta Tomato-caper sauce (21a)

2,95 € | 3,25 € | 3,55 €

Pasta with wild mushroom sauce and herb (21a,28)

2,95 € | 3,25 € | 3,55 €

Mittwoch

Pasta with olive oil, garlic, chili and parsley (21a,28)

2,95 € | 3,25 € | 3,55 €

Pasta with wild mushroom sauce and herb (6,21a)

2,95 € | 3,25 € | 3,55 €

Donnerstag

Pasta with wild mushroom sauce and herb (21a,28)

2,95 € | 3,25 € | 3,55 €

Pasta with tomato and zucchini sauce (21a)

2,95 € | 3,25 € | 3,55 €

Vegetable stir-fry with noodles (6,28,29)

4,95 € | 5,45 € | 5,95 €

Freitag

Turkey gyros with tzatziki and rice (27,30)

6,95 € | 7,65 € | 8,35 €

Pasta with wild mushroom sauce and herb (21a,28)

2,95 € | 3,25 € | 3,55 €

Tarte flambée with fresh onions and flakes (21a,30,36)

4,95 € | 5,45 € | 5,95 €



Montag

Essen

Bahji Onion fried patty Soy curry sauce (21a,21d,28)

2,15 € | 4,30 € | 4,95 €

6 Lentil Millet Balls with wild mushroom sauce and herb (7,28,29)

2,45 € | 4,90 € | 5,65 €

Green spelt and white bean stir-fry with zucchini, mushrooms, and fresh chives (21e,28)

2,75 € | 5,50 € | 6,35 €

Red beans casserole with mushrooms 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 €

Dienstag

Bahji Onion fried patty Tomato-caper sauce (7,14,21a,23,27,28,36)

4,25 € | 8,50 € | 9,80 €

Beefsteak with provencal sauce (30)

2,85 € | 5,70 € | 6,55 €

Zucchini with vegetable and rice filling Tomato-caper sauce

2,45 € | 4,90 € | 5,65 €

Pasta with broccoli, carrots, and wild garlic (21a)

3,80 € | 7,60 € | 8,75 €

Korean lentil curry with vegetable and coconut milk (7,27)

1,75 € | 3,50 € | 4,05 €

Small soy milk rice with sugar, cinnamon wild berries (28)

1,10 € | 2,20 € | 2,55 €

soy milk rice with sugar, cinnamon wild berries (28)

1,75 € | 3,50 € | 4,05 €

Mittwoch

Minced roll of wheat protein stuffed with tomato Spicy-Chili-Dip (28)

1,55 € | 3,10 € | 3,55 €

Szeged-style soy goulash (21a,36,29)

2,15 € | 4,30 € | 4,95 €

Moroccan-style barley with apricot, fresh mint and pistachios (21c,26g,31,29)

2,75 € | 5,50 € | 6,35 €

Vegan moussaka potato bake with soy mince (8,28)

1,75 € | 3,50 € | 4,05 €

Two pancakes with apple sauce (21a,23,30)

1,10 € | 2,20 € | 2,55 €

Four pancakes with apple sauce (21a,23,30)

1,75 € | 3,50 € | 4,05 €

Donnerstag

Asian vegetable pan with turkey (28,31,29)

3,65 € | 7,30 € | 8,40 €

Two spelt patties with herb jus (21a, 21e,23,27,28,36)

2,45 € | 4,90 € | 5,65 €

Potato pan with spinach, mushrooms, carrots and sesame (27,31)

2,75 € | 5,50 € | 6,35 €

Potato goulash with bell peppers and fresh flat-leaf parsley (27,28)

1,75 € | 3,50 € | 4,05 €

Vanilla semolina pudding with sugar and cinnamon Strawberry sauce (21a,30)

1,75 € | 3,50 € | 4,05 €

Small Vanilla semolina pudding with sugar and cinnamon Strawberry sauce (21a,30)

1,10 € | 2,20 € | 2,55 €

Freitag

Herbal scrambled eggs (6,24,27,28,31)

3,25 € | 6,50 € | 7,50 €

Baked pollock fillet in rice breading Soy sauce with Chinese vegetables (23,30)

2,65 € | 5,30 € | 6,10 €

Polenta with spinach and mushrooms (28)

1,75 € | 3,50 € | 4,05 €

Herb curd cheese with linseed oil and potatoes (30)

1,75 € | 3,50 € | 4,05 €

Two potato pancakes with apple compote (7)

1,75 € | 3,50 € | 4,05 €

Four potato pancakes with apple compote (7)

1,10 € | 2,20 € | 2,55 €



Montag

Beilage

- Broccoli with almonds (26a)
0,85 € | 1,70 € | 1,95 €
- Black salsify in lemon cream (28)
0,85 € | 1,70 € | 1,95 €
- Rice
0,75 € | 1,50 € | 1,75 €
- Sauce & dip
0,30 € | 0,60 € | 0,70 €

Dienstag

- Brussels sprouts
0,85 € | 1,70 € | 1,95 €
- Zucchini bell pepper vegetable
0,85 € | 1,70 € | 1,95 €
- Baked potatoes
0,95 € | 1,90 € | 2,20 €
- Rice with herbs
0,75 € | 1,50 € | 1,75 €
- Sauce & dip
0,30 € | 0,60 € | 0,70 €

Mittwoch

- Balkan style vegetables
0,85 € | 1,70 € | 1,95 €
- Okra with tomatoes
0,85 € | 1,70 € | 1,95 €
- Potatoes
0,85 € | 1,70 € | 1,95 €
- Rice with olives (7)
0,75 € | 1,50 € | 1,75 €
- Sauce & dip
0,30 € | 0,60 € | 0,70 €

Donnerstag

- Carrots with ginger
0,85 € | 1,70 € | 1,95 €
- Green beans and onions
0,85 € | 1,70 € | 1,95 €
- Herb spaetzle (21a)
0,95 € | 1,90 € | 2,20 €
- Basmati rice
0,75 € | 1,50 € | 1,75 €
- Sauce & dip
0,30 € | 0,60 € | 0,70 €

Freitag

- Peas and corn
0,85 € | 1,70 € | 1,95 €
- Leaf spinach in soy cream (28)
0,85 € | 1,70 € | 1,95 €
- Mashed potatoes (28)
0,95 € | 1,90 € | 2,20 €
- Rice with fried onions (25)
0,75 € | 1,50 € | 1,75 €
- Sauce & dip
0,30 € | 0,60 € | 0,70 €



Montag

Dessert

- Curd with muesli (30)
0,75 € | 1,50 € | 1,75 €
- Blackberry yoghurt (7,21a,21c,21d,26a,26b,30)
0,75 € | 1,50 € | 1,75 €
- Mango curd (30)
0,75 € | 1,50 € | 1,75 €
- chocolate pudding (28)
0,75 € | 1,50 € | 1,75 €
- Fruit salad
1,50 € | 1,65 € | 1,80 €

Dienstag

- Strawberry curd (7,30)
0,75 € | 1,50 € | 1,75 €
- Curd with muesli (30)
0,75 € | 1,50 € | 1,75 €
- Apple and cinnamon yoghurt (7,21a,21c,21d,26a,26b,30)
0,75 € | 1,50 € | 1,75 €
- vanilla pudding (28)
0,75 € | 1,50 € | 1,75 €
- Fruit salad
1,50 € | 1,65 € | 1,80 €

Mittwoch

- Peach yoghurt (30)
0,75 € | 1,50 € | 1,75 €
- Blueberry curd (30)
0,75 € | 1,50 € | 1,75 €
- Banana pudding (28)
0,75 € | 1,50 € | 1,75 €
- Fruit salad
1,50 € | 1,65 € | 1,80 €

Donnerstag

- Wildberry yogurt (30)
0,75 € | 1,50 € | 1,75 €
- Blueberry curd (30)
0,75 € | 1,50 € | 1,75 €
- Curd with Plum with hazelnuts (26b,30)
0,75 € | 1,50 € | 1,75 €
- Pistachios pudding (26g,28)
0,75 € | 1,50 € | 1,75 €
- Fruit salad
1,50 € | 1,65 € | 1,80 €

Freitag

- Curd with Plum with hazelnuts (26a,30)
0,75 € | 1,50 € | 1,75 €
- Chocolate Pear yoghurt (26b,30)
0,75 € | 1,50 € | 1,75 €
- nougat pudding (26b,28)
0,75 € | 1,50 € | 1,75 €
- Fruit salad
1,50 € | 1,65 € | 1,80 €

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.