

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Vorspeise	  Cous cous red lentil bowl with tomato lemon dressing (21a) 3,95 € 4,35 € 4,75 €    Wrap (21a,30,31) 2,95 € 3,25 € 3,55 €	   Black beans-yellow rice Bowl with soysauce dressing (6, 28) 3,95 € 4,35 € 4,75 €    Wrap (21a,30,31) 2,95 € 3,25 € 3,55 €	   Cous cous red lentil bowl with tomato lemon dressing (21a) 3,95 € 4,35 € 4,75 €    Wrap (21a,30,31) 2,95 € 3,25 € 3,55 €	   Black beans-yellow rice Bowl with soysauce dressing (6, 28) 3,95 € 4,35 € 4,75 €    Wrap (21a,30,31) 2,95 € 3,25 € 3,55 €	   Cous cous red lentil bowl with tomato lemon dressing (21a) 3,95 € 4,35 € 4,75 €    Wrap (21a,30,31) 2,95 € 3,25 € 3,55 €
Salat	   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) 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 €	   Small salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €    Large 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) 1,95 € 3,90 € 4,50 €
Dressing	   French dressing (28,29)    American dressing (28)    herb dressing (28,29)	   French dressing (28,29)    American dressing (28,29)    herb dressing (28)	   herb dressing (28,29)    French dressing (28,29)    American dressing (28)	   Vinaigrette sauce (28,29)    American dressing (29)    herb dressing (28,29)    French dressing (28)	   French dressing (28,29)    herb dressing (28)    American dressing (28,29)
Suppe	  Potato soup (27,28,29) 0,75 € 1,50 € 1,75 €	   Green spelt and white bean soup (21e,28) 0,75 € 1,50 € 1,75 €	  broccoli soup (28) 0,75 € 1,50 € 1,75 €	  cream of vegetable soup (27) 0,75 € 1,50 € 1,75 €	  Carrots soup with orange and ginger (28) 0,75 € 1,50 € 1,75 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Aktion	    Pasta tomato sauce (21a,28) 2,95 € 3,25 € 3,55 €     Pasta with wild mushroom sauce and herb (21a,27) 2,95 € 3,25 € 3,55 €	  Pasta Tomato-caper sauce (21a,27) 2,95 € 3,25 € 3,55 €     Pasta with spinach sauce and roasted walnuts (21a,26c,28) 2,95 € 3,25 € 3,55 €     Margherita pizza with basil (21a,30,36) 4,95 € 5,45 € 5,95 €    Turkey curry with vegetables and basmati rice (27,28,29) 6,95 € 7,65 € 8,35 €	    Gnocchi with fried mushrooms and zucchini (28) 4,95 € 5,45 € 5,95 €   Pasta Tomato sauce with peperoni (21a,27) 2,95 € 3,25 € 3,55 €     Pizza with mushrooms and red onions (21a,30,36) 5,95 € 6,55 € 7,15 €	    Pasta Tomato sauce with vegetable (7, 21a,27) 2,95 € 3,25 € 3,55 €	   Sautéed Bell Peppers and Carrots with Beef Strips and Basmati Rice 6,95 € 7,65 € 8,35 €     Pasta with rucola sauce with sun-dried tomatoes (6,7,21a,28,32) 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 a fruity soy-curry sauce and ginger (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 chives (21e,28)
2,75 € | 5,50 € | 6,35 €
- Green Bean and Rice Skillet with Bell Peppers and Tomatoes
1,75 € | 3,50 € | 4,05 €
- Four egg pancakes with apple sauce (21a,23,30)
1,10 € | 2,20 € | 2,55 €
- Zwei pancakes with apple sauce (21a,23,30)
1,75 € | 3,50 € | 4,05 €

Dienstag

- Beefsteak with provencal sauce (7,14,21a,23,27,28,36)
4,25 € | 8,50 € | 9,80 €
- Zucchini with vegetable and rice filling Tomato-caper sauce (27,30)
2,95 € | 5,90 € | 6,80 €
- Broccoli noodle pan with tomatoes and roasted pumpkin seeds (7,8,21a,28,32,29)
3,80 € | 7,60 € | 8,75 €
- Yellow lentil curry with vegetables and coconut milk (7,27)
1,75 € | 3,50 € | 4,05 €
- Vanilla semolina porridge with Red fruit jelly (28)
1,75 € | 3,50 € | 4,05 €
- Small Vanilla semolina porridge with Red fruit jelly (28)
1,10 € | 2,20 € | 2,55 €

Mittwoch

- Sweet Potato and Soy Goulash with Coconut and Peanuts (25,28,29)
1,55 € | 3,10 € | 3,55 €
- Minced roll of wheat protein stuffed with tomato Spicy-Chili-Dip (21a,36,29)
2,15 € | 4,30 € | 4,95 €
- Barley and Vegetable Stir-Fry with Figs, Mint, and Pistachios (21c,26g,31,29)
2,75 € | 5,50 € | 6,35 €
- Risoni with tomato and eggplant sauce, mint, and almonds (21a,26a)
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 €

Donnerstag

- White Bean and Beef Stew with Celery and Herbs (21a,36)
2,15 € | 4,30 € | 4,95 €
- Tow falafel bagel with mint Dip (27,30,29)
3,45 € | 6,90 € | 7,95 €
- Sautéed Potatoes with Eggplant, Zucchini, and Mustard-Lemon Dip (6,7,32,29)
3,25 € | 6,50 € | 7,50 €
- Vegetable couscous with chickpeas (21a,32)
1,75 € | 3,50 € | 4,05 €
- Rice pudding with sugar, cinnamon and apricots (7,30)
1,75 € | 3,50 € | 4,05 €
- Small Rice pudding with sugar, cinnamon and apricots (7,30)
1,10 € | 2,20 € | 2,55 €

Freitag

- Eggs with herbal (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 €
- Cucumber and caper quark with steamed potatoes (30)
1,75 € | 3,50 € | 4,05 €
- Four egg pancakes with apple sauce (21a,23,30)
1,10 € | 2,20 € | 2,55 €
- Zwei pancakes with apple sauce (21a,23,30)
1,75 € | 3,50 € | 4,05 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Beilage	Parisian style carrots 0,85 € 1,70 € 1,95 € Broccoli 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Rice 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	Bell peppers and zucchini 0,85 € 1,70 € 1,95 € Okra with tomatoes 0,85 € 1,70 € 1,95 € Fried potatoes 0,95 € 1,90 € 2,20 € Rice with herbs 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	Balkan style vegetables 0,85 € 1,70 € 1,95 € Green beans and onions 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Rice 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	Carrots with ginger 0,85 € 1,70 € 1,95 € Zucchini tomato vegetable 0,85 € 1,70 € 1,95 € Parsley potatoes 0,85 € 1,70 € 1,95 € Djuvec rice 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	Peas and corn 0,85 € 1,70 € 1,95 € Leaf spinach 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 fried onions (25) 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Dessert	Mango curd (7,21a,21c,21d,26a,26b,30) 0,75 € 1,50 € 1,75 € Poppy seed yogurt with tangerines (30,37) 0,75 € 1,50 € 1,75 € Curd with muesli (30) 0,75 € 1,50 € 1,75 € chocolate pudding (28) 0,75 € 1,50 € 1,75 € Fruit salad 1,50 € 1,65 € 1,80 €	Curd with muesli (30) 0,75 € 1,50 € 1,75 € Apple and cinnamon yoghurt (7,30) 0,75 € 1,50 € 1,75 € Strawberry curd (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 €	Wildberry yogurt (30) 0,75 € 1,50 € 1,75 € Strawberry curd (30) 0,75 € 1,50 € 1,75 € Blueberry curd with sunflower seeds (30) 0,75 € 1,50 € 1,75 € Banana pudding (28) 0,75 € 1,50 € 1,75 € Fruit salad 1,50 € 1,65 € 1,80 €	Almond and Tangerine curd (30) 0,75 € 1,50 € 1,75 € Cherry yoghurt (26a,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 €	Blackberry yoghurt (30) 0,75 € 1,50 € 1,75 € Almond and Tangerine curd (30) 0,75 € 1,50 € 1,75 € Raspberry coconut curd (26a,30) 0,75 € 1,50 € 1,75 € chocolate pudding (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.