

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Vorspeise	Quinoa red bean bowl with tomato lemon dressing 3,95 € 4,35 € 4,75 €	Quinoa red bean bowl with tomato lemon dressing 3,95 € 4,35 € 4,75 € Wrap (21a,30,31) 2,95 € 3,25 € 3,55 €	Quinoa red bean bowl with tomato lemon dressing 3,95 € 4,35 € 4,75 €	Quinoa red bean bowl with tomato lemon dressing 3,95 € 4,35 € 4,75 €	Quinoa red bean bowl with tomato lemon dressing 3,95 € 4,35 € 4,75 €
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) 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 €	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) 1,95 € 3,90 € 4,50 €
Dressing	American dressing (28,29) herb dressing (28,29) French dressing (28)	herb dressing (28) American dressing (28,29) French dressing (28,29)	American dressing (28,29) French dressing (28) herb dressing (28,29)	French dressing (28) American dressing (28,29) herb dressing (28,29)	French dressing (28,29) American dressing (28) herb dressing (28,29)
Suppe	Tomato cream soup with basil (28) 0,75 € 1,50 € 1,75 €	Corn cream soup (28) 0,75 € 1,50 € 1,75 €	Potato Curry Soup with Coconut, Ginger, and Lemongrass (27,28,29) 0,75 € 1,50 € 1,75 €	Mushroom soup with herbs (28) 0,75 € 1,50 € 1,75 €	Zucchini soup with rosemary and tomatoes (28) 0,75 € 1,50 € 1,75 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Aktion	Pasta with wild mushroom sauce and herb (21a,28) 2,95 € 3,25 € 3,55 € Margherita pizza with basil (21a,30,36) 4,95 € 5,45 € 5,95 € Vegetable stir-fry with rice (6,8,28,29) 4,95 € 5,45 € 5,95 €	Schupfnudeln with smoked tofu (21a,28) 5,95 € 6,55 € 7,15 € Pasta Tomato sauce with basil (21a,27) 2,95 € 3,25 € 3,55 € Pizza with broccoli and soft cheese (21a,30,36) 5,95 € 6,55 € 7,15 €	Gnocchi with fried mushrooms and zucchini (28) 4,95 € 5,45 € 5,95 € Spaghetti with basil pesto (21a,25,30) 2,95 € 3,25 € 3,55 € Pizza with mushrooms and red onions (21a,30,36) 5,95 € 6,55 € 7,15 €	Crunchy Burger with Chili Dip (7,8,21a,31,36,29) 5,95 € 6,55 € 7,15 € Pasta with tomato sauce, baked courgette and oregano (21a,27) 2,95 € 3,25 € 3,55 € Tarte flambée with bacon (2,6,7,21a,30,36) 4,95 € 5,45 € 5,95 €	curry sausage with fries and coleslaw (2,7,9,14,27,29) 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 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Essen	Broccoli nut patty with mango curry sauce (8,21a,21d,26a,26b,27,36,29) 2,45 € 4,90 € 5,65 € 5 vegetable rice balls Soy sauce with Chinese vegetables (6,27,28,31) 1,55 € 3,10 € 3,55 € Rice with zucchini, bell peppers, and turmeric (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 €	Bell pepper stuffed with mediterranean vegetables tomato sauce (8,21a,21d,26a,26b,27,36) 2,45 € 4,90 € 5,65 € Broccoli nut patty tomato sauce (21a,27,29) 2,45 € 4,90 € 5,65 € Beef and pork burger with mustard sauce and majoran (2,14,21a,23,27,28,30,36,29) 3,65 € 7,30 € 8,40 € Potato Curry Soup with Coconut, Ginger, and Lemongrass (27,28,29) 1,75 € 3,50 € 4,05 € Two pancakes with apple sauce (21a,23,30) 1,10 € 2,20 € 2,55 € Four egg pancakes with apple sauce (21a,23,30) 1,75 € 3,50 € 4,05 €	Fruit curry with soy cubes, turmeric, and ginger (21a,36,29) 2,15 € 4,30 € 4,95 € Minced roll of wheat protein stuffed with tomato Spicy-Chili-Dip (27,28,29) 1,55 € 3,10 € 3,55 € Spiral noodles with carrots, sun-dried tomatoes, pumpkin seeds and tomato sauce (6,7,21a,27,32) 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 €	Marinated pork neck with rosemary sauce (2,27,28) 2,15 € 4,30 € 4,95 € Tow falafel bagel Coconut and mango sauce (21a,36,29) 1,75 € 3,50 € 4,05 € Bell Pepper and Vegetable Stew with Flat-Leaf Parsley (27) 1,75 € 3,50 € 4,05 € Semolina pudding with sugar, cinnamon and wild berries (21a,28) 1,75 € 3,50 € 4,05 € Small Semolina pudding with sugar, cinnamon and wild berries (21a,28) 1,10 € 2,20 € 2,55 €	Steamed coal-fish Tomato-Herbs with lemon-olive sauce (21c) 2,15 € 4,30 € 4,95 € Brew Bites in Tomato-Bell Pepper Sauce (7,8,10,24,28,30) 3,25 € 6,50 € 7,50 € Chive quark with steamed potatoes (30) 1,75 € 3,50 € 4,05 € Four potato pancakes with apple compote (7) 1,75 € 3,50 € 4,05 € Two potato pancakes with apple compote (7) 1,10 € 2,20 € 2,55 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Beilage	Corn with herbs 0,85 € 1,70 € 1,95 € Curried vegetables (28,31) 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Rice with bell pepper 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	Broccoli 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 € Sauce & dip 0,30 € 0,60 € 0,70 € Mustard (29) 0,15 € 0,20 € 0,25 €	Romanesco 0,85 € 1,70 € 1,95 € Carrots and apples (7) 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Curried rice with vegetables (27,29) 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	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 € Rice 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	Vegetables mix 0,85 € 1,70 € 1,95 € Tuscan style silverbeet and tomatoes 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Wild rice 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Dessert	Curd cheese with roasted nuts (26a, 26b, 26c, 30) 0,75 € 1,50 € 1,75 € peach quark (30) 0,75 € 1,50 € 1,75 € Banana coconut yogurt (30) 0,75 € 1,50 € 1,75 € Peach melba pudding (28) 0,75 € 1,50 € 1,75 € Fruit salad 1,50 € 1,65 € 1,80 €	Pineapple curd (26a, 26b, 26c, 30) 0,75 € 1,50 € 1,75 € Curd cheese with roasted nuts (30) 0,75 € 1,50 € 1,75 € Raspberry yoghurt (30) 0,75 € 1,50 € 1,75 € hazelnut pudding (9, 26b, 28) 0,75 € 1,50 € 1,75 € Fruit salad 1,50 € 1,65 € 1,80 €	Pineapple curd (30) 0,75 € 1,50 € 1,75 € Stracciatella yogurt (30) 0,75 € 1,50 € 1,75 € Blackberry curd (28, 30) 0,75 € 1,50 € 1,75 € Lemon pudding (8, 28) 0,75 € 1,50 € 1,75 € Sliced melon 1,50 € 1,65 € 1,80 € Fruit salad 1,50 € 1,65 € 1,80 €	Blueberry yoghurt (30) 0,75 € 1,50 € 1,75 € Mango curd (30) 0,75 € 1,50 € 1,75 € Caramel Pudding (28) 0,75 € 1,50 € 1,75 € Fruit salad 1,50 € 1,65 € 1,80 € Sliced melon 1,50 € 1,65 € 1,80 €	Mango curd (30) 0,75 € 1,50 € 1,75 € Apple-green spelt yogurt (7, 21e, 30) 0,75 € 1,50 € 1,75 € Banana pudding (28) 0,75 € 1,50 € 1,75 € Sliced melon 1,50 € 1,65 € 1,80 € 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.