



## Montag

## Dienstag

## Mittwoch

## Donnerstag

## Freitag

### Vorspeise

Mediterranean pasta salad (6,7,8,10,21a,32)  
1,95 € | 2,15 € | 2,35 €

Quinoa red bean bowl with tomato lemon dressing  
3,95 € | 4,35 € | 4,75 €

Rice salad with coconut, mint and walnut kernels (6,26c,28)  
1,95 € | 2,15 € | 2,35 €

Special salad plate with mozzarella and sun-dried tomatoes (6,25)  
3,95 € | 4,35 € | 4,75 €

### Salat

Special salad plate with marinated mushrooms and roasted pumpkin seeds (28)  
3,95 € | 4,35 € | 4,75 €

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

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 €

Salad plate special with grated cheese and cherry tomatoes (30)  
4,95 € | 5,45 € | 5,95 €

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

Tomato soup with fresh wild garlic (6,7,30,32)  
4,95 € | 5,45 € | 5,95 €

Red lentil rice bowl with peanut dressing and toasted coconut (13,27,29)  
0,75 € | 1,50 € | 1,75 €

### Suppe

cream of potato soup (27,28,29)  
0,75 € | 1,50 € | 1,75 €

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

Turnip cabbage cream soup (28)  
0,75 € | 1,50 € | 1,75 €

Pistachios pudding  
0,75 € | 1,50 € | 1,75 €

### Aktion

Pasta Tomato sauce with tofu (21a,27,28)  
2,95 € | 3,25 € | 3,55 €

Pasta with soy-abolognese (21a,27,28)  
2,95 € | 3,25 € | 3,55 €

Pasta with tomato sauce and olives (6,7,8,10,21a,27,28,32)  
2,95 € | 3,25 € | 3,55 €

Pizza with tomatoes and mozzarella (21a,30,36)  
4,95 € | 5,45 € | 5,95 €

Pizza with tomatoes, zucchini, and rucola (21a,26b,28)  
2,95 € | 3,25 € | 3,55 €

Small salad bowl (21a,30,36)  
4,95 € | 5,45 € | 5,95 €



## Montag

### Essen

- Crunchy style fried patty on lemon turmeric sauce (21a,36,29)  
2,15 € | 4,30 € | 4,95 €
- Minced roll of wheat protein stuffed with tomato Spicy-Chili-Dip (,31)  
  
2,15 € | 4,30 € | 4,95 €
- 7 pieces cauliflower falafel balls with mint Dip (21a,28)  
1,95 € | 3,90 € | 4,50 €
- Carrots green spelt pan with coconut and ginger (21e,29)  
2,75 € | 5,50 € | 6,35 €
- Oriental vegan rice stir-fry (27,28,29)  
1,75 € | 3,50 € | 4,05 €
- Semolina pudding with sugar, cinnamon and braised rhubarb (21a,28)  
1,75 € | 3,50 € | 4,05 €

## Dienstag

## Mittwoch

- Zurich pea chunks with mushrooms in soy cream (21a,27,28)  
1,95 € | 3,90 € | 4,50 €
- 7 pieces cauliflower falafel balls with herb jus (28)  
2,45 € | 4,90 € | 5,65 €
- Crunchy style fried patty with herb jus (,27,28,31)  
2,15 € | 4,30 € | 4,95 €
- Wheat protein meatball with herb jus (21a,27,28,29)  
1,75 € | 3,50 € | 4,05 €
- White bean and oat pan with mushrooms and sun-dried tomatoes (6,7,21d,28,32,29)  
2,75 € | 5,50 € | 6,35 €
- Lentil stew (27,29)  
1,75 € | 3,50 € | 4,05 €
- yeast dumpling with plum jam filling, poppy seed sugar with vanilla sauce (21a,30,36,37)  
1,75 € | 3,50 € | 4,05 €

## Donnerstag

- Thinly sliced turkey in tomato and bell pepper sauce (30)  
3,45 € | 6,90 € | 7,95 €
- Two baked spinach and spelt medallions with beet sauce (13,21a,21e,23,27,28,30,29)  
2,85 € | 5,70 € | 6,55 €
- Baked potatoes with vegetables and pumpkin seeds served to tomato sauce (7,8,32)  
3,25 € | 6,50 € | 7,50 €
- Colorful potato stew with fresh parsley (27,29)  
1,75 € | 3,50 € | 4,05 €
- Creamy rice pudding with cinnamon, sugar and Apple compote (7,30)  
1,75 € | 3,50 € | 4,05 €

## Freitag

- Cottage cheese with olives, wild garlic, and steamed potatoes (21a,23,27,30,36)  
2,15 € | 4,30 € | 4,95 €
- Two polenta and spinach pockets with turmeric sauce (21a,24,30,36)  
  
2,15 € | 4,30 € | 4,95 €
- Baked coalfish fillet with potato coating Yogurt wild garlic dip (21a,28)  
2,75 € | 5,50 € | 6,35 €
- Homemade wholemeal pasta with cauliflower sauce, fresh tomatoes and roasted hazelnuts (6,7,30,32)  
1,75 € | 3,50 € | 4,05 €



## Montag

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## Freitag

### Beilage

- Parisian style carrots  
0,85 € | 1,70 € | 1,95 €
- Turnip cabbage with soy cream (28)  
0,85 € | 1,70 € | 1,95 €
- Potatoes  
0,85 € | 1,70 € | 1,95 €
- Rice  
0,75 € | 1,50 € | 1,75 €

- Cauliflower  
0,85 € | 1,70 € | 1,95 €
- Balkan style vegetables  
0,85 € | 1,70 € | 1,95 €
- Potatoes  
0,85 € | 1,70 € | 1,95 €
- Rice with flaxseed  
0,75 € | 1,50 € | 1,75 €

- Needle beans  
0,85 € | 1,70 € | 1,95 €
- Ratatouille  
0,85 € | 1,70 € | 1,95 €
- Potatoes  
0,85 € | 1,70 € | 1,95 €
- Rice  
0,75 € | 1,50 € | 1,75 €

- Rice  
0,85 € | 1,70 € | 1,95 €
- Carrots and peas (28)  
0,85 € | 1,70 € | 1,95 €
- Bulgur and spinach pan with smoked tofu and sunflower seeds  
0,85 € | 1,70 € | 1,95 €
- Potatoes  
0,75 € | 1,50 € | 1,75 €

### Dessert

- Curd with muesli (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 €
- Vegan yogurt with raspberries  
0,75 € | 1,50 € | 1,75 €
- chocolate pudding (28)  
0,75 € | 1,50 € | 1,75 €

- Blueberry curd with sunflower seeds (30,31)  
0,75 € | 1,50 € | 1,75 €
- Yoghurt with honey and sesame seed (28)  
0,75 € | 1,50 € | 1,75 €
- Vegan yogurt with bananas (30)  
0,75 € | 1,50 € | 1,75 €
- vanilla pudding (28)  
0,75 € | 1,50 € | 1,75 €

- Curd with Plum with hazelnuts (26c)  
0,75 € | 1,50 € | 1,75 €
- Currant yoghurt (30)  
0,75 € | 1,50 € | 1,75 €
- Vegan yogurt with peach and walnuts (26b,30)  
0,75 € | 1,50 € | 1,75 €
- Pistachios pudding (26g,28)  
0,75 € | 1,50 € | 1,75 €

- Leek in cream (30)  
0,75 € | 1,50 € | 1,75 €
- Pear and oat yogurt (21d,26a,30)  
0,75 € | 1,50 € | 1,75 €
- Vegan yoghurt with wild berries  
0,75 € | 1,50 € | 1,75 €
- Raspberry coconut curd (26b,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 Kaschnuss
  - 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 CO<sub>2</sub> balance. The CO<sub>2</sub> value of this dish is less than half the average CO<sub>2</sub> value of all the dishes considered.



This dish **slightly improves** the CO<sub>2</sub> balance. The CO<sub>2</sub> value of this dish is below the average CO<sub>2</sub> value of all the dishes considered.



This **worsens** the CO<sub>2</sub> balance. The CO<sub>2</sub> value of this dish is above the average CO<sub>2</sub> 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.