



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Vorspeise	Red lentil salad with shepherd cheese (30) 1,95 € 2,15 € 2,35 €	Lentil rice bowl with curry mango dressing and black sesame seeds (6,31,29) 3,95 € 4,35 € 4,75 €	Rice salad with coconut, mint and walnut kernels (6,26c,28) 1,95 € 2,15 € 2,35 €	Bruschetta with tomato and basil (6,7,21a,32,36) 1,95 € 2,15 € 2,35 €	Red lentil rice bowl with peanut dressing and toasted coconut (6,25) 3,95 € 4,35 € 4,75 €
Salat	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 boiled egg and marinated beans (6,7,23,32) 4,95 € 5,45 € 5,95 € Small salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €	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 grated cheese and cherry tomatoes (30) 4,95 € 5,45 € 5,95 € 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 € Small salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €
Suppe	Potato soup (27,28,29) 0,75 € 1,50 € 1,75 €	cream of vegetable soup (27,30) 0,75 € 1,50 € 1,75 €	Turnip cabbage soup (28) 0,75 € 1,50 € 1,75 €	Chickpea Soup (28,29) 0,75 € 1,50 € 1,75 €	cream of vegetable soup (27,28) 0,75 € 1,50 € 1,75 €
Aktion	Pasta Tomato and herb sauce (21a) 2,95 € 3,25 € 3,55 €		Pasta with paprika sauce, tofu, and tomatoes (21a,28) 2,95 € 3,25 € 3,55 €	Pasta with tomato sauce, baked courgette and oregano (21a,27) 2,95 € 3,25 € 3,55 €	Homemade pasta with cereal bolognese and basil (21a,21b,21e,27) 2,95 € 3,25 € 3,55 € Pizza with tomatoes, zucchini, and rucola (21a,30,36) 4,95 € 5,45 € 5,95 €



Essen	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	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 € Vanilla corn semolina porridge with Plum sauce (21a,28) 1,75 € 3,50 € 4,05 €	Beefsteak with provencal sauce (30) 2,95 € 5,90 € 6,80 € Sliced beef in zucchini-tomatoes sauce (7,14,21a,23,27,28,36) 4,25 € 8,50 € 9,80 € Zucchini with vegetable and rice filling Tomato-caper sauce (30) 4,05 € 8,10 € 9,30 € Broccoli noodle pan with tomatoes and roasted pumpkin seeds (7,8,21a,28,32,29) 3,25 € 6,50 € 7,50 € Herb curd cheese with potatoes (30) 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 €	Sweet Potato and Soy Goulash with Coconut and Peanuts (25,28,29) 1,55 € 3,10 € 3,55 € 7 pieces cauliflower falafel balls Spicy--Chili-Dip (31) 2,15 € 4,30 € 4,95 € 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 € Chickpeas casserole (27,28,29) 1,75 € 3,50 € 4,05 €	Tow falafel bagel with mint Dip (21a,36) 2,15 € 4,30 € 4,95 € White Bean and Beef Stew with Celery and Herbs (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 €	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 € Rye and vegetable pan with marinated tofu and sunflower seeds (21b,27,28) 3,25 € 6,50 € 7,50 € Polenta with spinach and mushrooms (28) 1,75 € 3,50 € 4,05 €



Montag

Beilage

- Broccoli
0,85 € | 1,70 € | 1,95 €
- Mixed vegetables
0,85 € | 1,70 € | 1,95 €
- Potatoes
0,85 € | 1,70 € | 1,95 €
- Rice (21a)
0,75 € | 1,50 € | 1,75 €

Dienstag

- Turnip cabbage
0,85 € | 1,70 € | 1,95 €
- Ratatouille
0,85 € | 1,70 € | 1,95 €
- Parsley potatoes
0,85 € | 1,70 € | 1,95 €
- Rice (21a)
0,75 € | 1,50 € | 1,75 €

Mittwoch

- 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 (21a)
0,75 € | 1,50 € | 1,75 €

Donnerstag

- Carrots
0,85 € | 1,70 € | 1,95 €
- Zucchini tomato vegetable
0,85 € | 1,70 € | 1,95 €
- Herb potatoes
0,85 € | 1,70 € | 1,95 €
- Rice (21a)
0,75 € | 1,50 € | 1,75 €

Freitag

- 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 €
- Brown rice
0,75 € | 1,50 € | 1,75 €

Dessert

- Peach and spelt curd
0,75 € | 1,50 € | 1,75 €
- Vegan yogurt with mango (30,37)
0,75 € | 1,50 € | 1,75 €
- Poppy seed yogurt with tangerines (21e,30)
0,75 € | 1,50 € | 1,75 €
- chocolate pudding (28)
0,75 € | 1,50 € | 1,75 €

- Vanilla semolina pudding
0,75 € | 1,50 € | 1,75 €
- Vegan yogurt with rhubarb (28,30)
0,75 € | 1,50 € | 1,75 €
- Apple and cinnamon yoghurt (21a,28)
0,75 € | 1,50 € | 1,75 €
- Chocolate and banana curd (7,30)
0,75 € | 1,50 € | 1,75 €
- vanilla pudding (28)
0,75 € | 1,50 € | 1,75 €

- Peanut, almond and raisin yoghurt (30)
0,75 € | 1,50 € | 1,75 €
- Curd with wild berry
0,75 € | 1,50 € | 1,75 €
- Vegan yogurt with mandarins and coconut (25,26a,30)
0,75 € | 1,50 € | 1,75 €
- Banana pudding (28)
0,75 € | 1,50 € | 1,75 €

- Cherry and plum curd
0,75 € | 1,50 € | 1,75 €
- Yoghurt with honey and sesame seed (30,31)
0,75 € | 1,50 € | 1,75 €
- Vegan yogurt with blackberries (30)
0,75 € | 1,50 € | 1,75 €
- Pistachios pudding (26g,28)
0,75 € | 1,50 € | 1,75 €

- Raspberry coconut curd
0,75 € | 1,50 € | 1,75 €
- Pear and oat yogurt (30)
0,75 € | 1,50 € | 1,75 €
- Vegan yoghurt with wild berries (21d,26a,30)
0,75 € | 1,50 € | 1,75 €
- nougat pudding (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 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.