



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Vorspeise	Cole Slaw (7,29) 1,95 € 2,15 € 2,35 €	Cole Slaw (7,29) 1,95 € 2,15 € 2,35 €	Red lentil salad with shepherd cheese (30) 1,95 € 2,15 € 2,35 €	Red lentil salad with shepherd cheese (30) 1,95 € 2,15 € 2,35 €	
Salat	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 €	Salad plate special with marinated tofu and black 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 marinated chickpeas and bell pepper strips (31) 3,95 € 4,35 € 4,75 € Small salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €	Salad plate special with marinated tofu and black 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 roasted nuts and dried tomatoes (6,7,26b,26c,32) 3,95 € 4,35 € 4,75 € Small salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €
Suppe	Tomato cream soup with basil 0,75 € 1,50 € 1,75 €	Corn cream soup (28) 0,75 € 1,50 € 1,75 €	Potato soup (27,28,29) 0,75 € 1,50 € 1,75 €	Carrot and coconut soup (30,29) 0,75 € 1,50 € 1,75 €	Zucchini soup with rosemary and tomatoes (28) 0,75 € 1,50 € 1,75 €

Montag

Essen

-     5 vegetable rice balls Soy sauce with Chinese vegetables (8, 21a, 21d, 26a, 26b, 27, 36, 29) 2,45 € | 4,90 € | 5,65 €
-     Broccoli nut patty with curry dip (6, 27, 28, 31) 1,55 € | 3,10 € | 3,55 €
-     Rice with zucchini, bell peppers, and turmeric (29) 1,75 € | 3,50 € | 4,05 €

Dienstag

-  Bell pepper stuffed with mediterranean vegetables tomato sauce (30) 3,45 € | 6,90 € | 7,95 €
-     Beef and pork burger with mustard sauce and majoran (21a, 27, 29) 2,45 € | 4,90 € | 5,65 €
-     Thinly sliced turkey With mushroom sauce (2, 14, 21a, 23, 27, 28, 30, 36, 29) 3,65 € | 7,30 € | 8,40 €
-   Potato Curry Soup with Coconut, Ginger, Almond and Lemon-grass (26a, 27, 28, 29) 1,75 € | 3,50 € | 4,05 €

Mittwoch

-     Fruit curry with soy cubes, turmeric, and ginger (27, 28, 29) 1,55 € | 3,10 € | 3,55 €
-     Breaded cutlet from wheat protein Spicy-Chili-Dip (21a, 36, 29) 2,15 € | 4,30 € | 4,95 €
-   Minced roll of wheat protein stuffed with tomato Spicy-Chili-Dip (21a, 36) 1,95 € | 3,90 € | 4,50 €
-     Spiral noodles with carrots, sun-dried tomatoes, pumpkin seeds and tomato sauce (6, 7, 21a, 27, 32) 1,75 € | 3,50 € | 4,05 €

Donnerstag

-     Bratwurst roast gravy (21a, 36, 29) 1,75 € | 3,50 € | 4,05 €
-  Tow falafel bagel Coconut and mango sauce (2, 9, 27) 2,85 € | 5,70 € | 6,55 €
-  Marinated pork neck roast gravy with tomatoes and mozzarella cheese (2, 6, 7, 27, 30, 32) 3,45 € | 6,90 € | 7,95 €
-     Bell Pepper and Vegetable Stew with Flat-Leaf Parsley (27) 1,75 € | 3,50 € | 4,05 €

Freitag

-     Steamed coalfish Tomato-Herbs with lemon-olive sauce (7, 8, 10, 24, 28, 30) 3,25 € | 6,50 € | 7,50 €
-     Brew Bites in Tomato-Bell Pepper Sauce (21c) 2,15 € | 4,30 € | 4,95 €
-     Chive quark with steamed potatoes (30) 1,75 € | 3,50 € | 4,05 €

Beilage

-     Corn with herbs 0,85 € | 1,70 € | 1,95 €
-     Potatoes 0,85 € | 1,70 € | 1,95 €
-   Rice 0,75 € | 1,50 € | 1,75 €

-   Red cabbage with apples (7) 0,85 € | 1,70 € | 1,95 €
-     Potatoes 0,85 € | 1,70 € | 1,95 €
-     Rice 0,75 € | 1,50 € | 1,75 €

-     Carrots and apples (7) 0,85 € | 1,70 € | 1,95 €
-     Potatoes 0,85 € | 1,70 € | 1,95 €
-     Rice with pumpkin seeds 0,75 € | 1,50 € | 1,75 €

-     Green beans and onions 0,85 € | 1,70 € | 1,95 €
-   Mashed potatoes (28) 0,95 € | 1,90 € | 2,20 €
-     Brown rice 0,75 € | 1,50 € | 1,75 €

-     Vegetables mix 0,85 € | 1,70 € | 1,95 €
-     Potatoes 0,85 € | 1,70 € | 1,95 €
-     Wild rice 0,75 € | 1,50 € | 1,75 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Dessert	   Vegan yoghurt with apple and cinnamon (26a,26b,26c,30) 0,75 € 1,50 € 1,75 €    Peach yoghurt (7) 0,75 € 1,50 € 1,75 €   Curd cheese with roasted nuts (30) 0,75 € 1,50 € 1,75 €    Peach melba pudding (28) 0,75 € 1,50 € 1,75 €	  Cherry yogurt with spelt (21a,23,30) 0,75 € 1,50 € 1,75 €    Vegan yogurt with Mandarin und Coconut (21e,30) 0,75 € 1,50 € 1,75 €    Cookie curd (28) 0,75 € 1,50 € 1,75 €    hazelnut pudding (9,26b,28) 0,75 € 1,50 € 1,75 €	   Pineapple curd 0,75 € 1,50 € 1,75 €    Stracciatella yogurt (28,30) 0,75 € 1,50 € 1,75 €   Vegan yogurt with blackberries and sunflower seeds (30) 0,75 € 1,50 € 1,75 €   nougat pudding (26b,28) 0,75 € 1,50 € 1,75 €	  Peach yoghurt 0,75 € 1,50 € 1,75 €   Vegan yogurt with mandarins and coconut (30) 0,75 € 1,50 € 1,75 €   Kaffee curd (30) 0,75 € 1,50 € 1,75 €   Peach melba pudding (28) 0,75 € 1,50 € 1,75 €	   Apple-green spelt yogurt (7,21e,30) 0,75 € 1,50 € 1,75 €    Vegan yogurt with blueberries and almonds (26a) 0,75 € 1,50 € 1,75 €    Mango curd (30) 0,75 € 1,50 € 1,75 €    Banana pudding (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.