

Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Vorspeise

Bulgur salad with mint (21a)
1,95 € | 2,15 € | 2,35 €

Asian noodle salad (6,21a,28)
1,95 € | 2,15 € | 2,35 €

Hummus with sesame seeds, tomatoes, cucumber, olive oil and lemon (31)
1,95 € | 2,15 € | 2,35 €

Glass noodle salad with fresh mint (6, 21a,28)
1,95 € | 2,15 € | 2,35 €

Mediterranean salad with potatoes and olives (7,8,10,32)
1,95 € | 2,15 € | 2,35 €

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 €

Large salad bowl (13,27,29)
1,95 € | 3,90 € | 4,50 €

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

Dressing

Vinaigrette sauce (29)

French dressing (28,29)

American dressing (28,29)

French dressing (29)

American dressing (28,29)

Vinaigrette sauce (28,29)

French dressing (29)

American dressing (28,29)

Vinaigrette sauce (28,29)

Vinaigrette sauce (29)

French dressing (28,29)

American dressing (28,29)

French dressing (29)

Vinaigrette sauce (28,29)

American dressing (28,29)

Suppe

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

broccoli soup (,28)
0,75 € | 1,50 € | 1,75 €

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

Potato-almonds soup with parsley (26a,28)
0,75 € | 1,50 € | 1,75 €

Carrots soup (28)
0,75 € | 1,50 € | 1,75 €



Montag

Aktion

Homemade pasta with cereal bolognese and fresh basil (8)

0,75 € | 0,85 € | 0,90 €

vegan melt (21a,21b,21e,27)

2,95 € | 3,25 € | 3,55 €

Margherita pizza with fresh basil (21a,30,36)

4,95 € | 5,45 € | 5,95 €

Vegetable stir-fry (6,28,29)

4,95 € | 5,45 € | 5,95 €

Dienstag

French fries

1,45 € | 1,60 € | 1,75 €

curry sausage with fries and coleslaw (2,7,9,14,27,29)

6,95 € | 7,65 € | 8,35 €

Hard cheese grated (30)

0,75 € | 0,85 € | 0,90 €

Homemade pasta with spinach sauce and roasted walnuts (21a,26c,28)

2,95 € | 3,25 € | 3,55 €

Tarte flambée with bacon (2,6,7,21a,30,36)

4,95 € | 5,45 € | 5,95 €

Tarte flambée with fresh onions and flakes (21a,30,36)

4,95 € | 5,45 € | 5,95 €

Mittwoch

Gnocchi with sautéed mushrooms, zucchini, and fresh wild garlic (21a,28)

3,95 € | 4,35 € | 4,75 €

Hard cheese grated (6,7,8,10,21a,27,32)

2,95 € | 3,25 € | 3,55 €

Homemade pasta with tomato sauce, sun-dried tomatoes, olives and basil (30)

0,75 € | 0,85 € | 0,90 €

Pizza with mushrooms and red onions (21a,30,36)

5,95 € | 6,55 € | 7,15 €

Donnerstag

Loaded Fries - French fries with chili sin carne (8,28)

3,95 € | 4,35 € | 4,75 €

Hard cheese grated (30)

0,75 € | 0,85 € | 0,90 €

Home made Pasta Gorgonzola sauce (21e,30)

2,95 € | 3,25 € | 3,55 €

Tarte flambée with fresh onions and flakes (21a,30,36)

4,95 € | 5,45 € | 5,95 €

Tarte flambée with bacon (2,6,7,21a,30,36)

4,95 € | 5,45 € | 5,95 €

Freitag

Hard cheese grated (21a,26c,27,28)

2,95 € | 3,25 € | 3,55 €

Homemade wholemeal pasta with carrot celery sauce, fresh parsley and walnuts. (30)

0,75 € | 0,85 € | 0,90 €

Margherita pizza with basil (21a,30,36)

4,95 € | 5,45 € | 5,95 €

Tom Kha - Thai coconut soup with rice and soy stripes (28)

4,95 € | 5,45 € | 5,95 €



Montag

Essen

Bahji Onion fried patty Soy curry sauce (7,28,29)
2,45 € | 4,90 € | 5,65 €

6 Lentil Millet Balls with wild mushroom sauce and herb (21a,21d,28)
2,15 € | 4,30 € | 4,95 €

Green Bean-bell paprika with Rice
1,75 € | 3,50 € | 4,05 €

Porridge with almonds and raisins (7,21d,26a)
1,75 € | 3,50 € | 4,05 €

1/2 Porridge with almonds and raisins (7,21d,26a)
1,10 € | 2,20 € | 2,55 €

Dienstag

Zucchini with vegetable and rice filling Tomato-caper sauce (7,14,21a,23,27,28,36)
4,25 € | 8,50 € | 9,80 €

Beefsteak with provencal sauce (30)
2,85 € | 5,70 € | 6,55 €

Korean lentil curry with vegetable and coconut milk (7,27)
1,75 € | 3,50 € | 4,05 €

1/2 Vanilla semolina porridge with sugar and cinnamon with sour cherry sauce (21a,30)
1,10 € | 2,20 € | 2,55 €

Vanilla semolina porridge with sugar and cinnamon with sour cherry sauce (21a,30)
1,75 € | 3,50 € | 4,05 €

Mittwoch

Szeged-style soy goulash (28)
1,55 € | 3,10 € | 3,55 €

3 vegetable balls Spicy-Chili-Dip (21a,36,29)
2,15 € | 4,30 € | 4,95 €

Minced roll of wheat protein stuffed with tomato Spicy-Chili-Dip (21a)
1,95 € | 3,90 € | 4,50 €

Noodle and vegetable casserole au gratin with cheese (21a,23,30)
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 €

Donnerstag

Asian vegetable pan with turkey (28,31,29)
3,65 € | 7,30 € | 8,40 €

Two spelt patties with herb jus (21a,21e,23,27,28,36)
2,45 € | 4,90 € | 5,65 €

Potato goulash with bell peppers and fresh flat-leaf parsley (27,28)
1,75 € | 3,50 € | 4,05 €

Creamy rice pudding with cinnamon, sugar and wild berries (30)
1,75 € | 3,50 € | 4,05 €

1/2 Creamy rice pudding with cinnamon, sugar and wild berries (30)
1,10 € | 2,20 € | 2,55 €

Freitag







Herbal scrambled eggs (23,30)
2,65 € | 5,30 € | 6,10 €

Baked pollock fillet in rice breading Soy sauce with Chinese vegetables (6,24,27,28,31)
3,25 € | 6,50 € | 7,50 €









Cucumber and caper quark with steamed potatoes (30)
1,75 € | 3,50 € | 4,05 €

Montag







Beilage

-  Broccoli with almonds (26a)
0,85 € | 1,70 € | 1,95 €
-  Mashed potatoes
0,85 € | 1,70 € | 1,95 €
-  Turnip greens with pumpkin seeds (28)
0,95 € | 1,90 € | 2,20 €
-  Potatoes
0,85 € | 1,70 € | 1,95 €
-  Rice
0,75 € | 1,50 € | 1,75 €
-  Sauce & dip
0,30 € | 0,60 € | 0,70 €







Dienstag

-  Turnip cabbage
0,85 € | 1,70 € | 1,95 €
-  Zucchini tomato vegetable
0,85 € | 1,70 € | 1,95 €
-  Parsley potatoes
0,85 € | 1,70 € | 1,95 €
-  Spaetzle (21a)
0,95 € | 1,90 € | 2,20 €
-  Rice with herbs
0,75 € | 1,50 € | 1,75 €
-  Sauce & dip
0,30 € | 0,60 € | 0,70 €
-  Mayonnaise (29)
0,15 € | 0,20 € | 0,25 €
-  Tomato ketchup (7,29)
0,15 € | 0,20 € | 0,25 €






Mittwoch

-  Balkan style vegetables
0,85 € | 1,70 € | 1,95 €
-  Carrots
0,85 € | 1,70 € | 1,95 €
-  Potatoes
0,85 € | 1,70 € | 1,95 €
-  Baked potatoes
0,95 € | 1,90 € | 2,20 €
-  Rice with olives (7)
0,75 € | 1,50 € | 1,75 €
-  Sauce & dip
0,30 € | 0,60 € | 0,70 €

Donnerstag

-  Carrots with ginger
0,85 € | 1,70 € | 1,95 €
-  Green beans and onions
0,85 € | 1,70 € | 1,95 €
-  Potatoes
0,85 € | 1,70 € | 1,95 €
-  Baked potatoes
0,95 € | 1,90 € | 2,20 €
-  Rice
0,75 € | 1,50 € | 1,75 €
-  Sauce & dip
0,30 € | 0,60 € | 0,70 €

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 €
-  Mashed potatoes (28)
0,95 € | 1,90 € | 2,20 €
-  Brown rice
0,75 € | 1,50 € | 1,75 €
-  Sauce & dip
0,30 € | 0,60 € | 0,70 €

Montag


Dessert

-  Curd with muesli (30,37)
0,75 € | 1,50 € | 1,75 €
-  Vegan yogurt with raspberries (7,21a, 21c,21d,26a,26b,30)
0,75 € | 1,50 € | 1,75 €
-  Poppy seed yogurt with tangerines
0,75 € | 1,50 € | 1,75 €
-  Chocolate pudding
0,75 € | 1,50 € | 1,75 €
-  Vanilla sauce (28)
0,75 € | 1,50 € | 1,75 €
-  Caramel Pudding (,28)
0,75 € | 1,50 € | 1,75 €
-  Red fruit jelly (28)
0,75 € | 1,50 € | 1,75 €
-  Fruit salad
1,50 € | 1,65 € | 1,80 €









Dienstag

-  Apple and cinnamon yoghurt (7,30)
0,75 € | 1,50 € | 1,75 €
-  Vegan yogurt with mango (30)
0,75 € | 1,50 € | 1,75 €
-  Strawberry curd
0,75 € | 1,50 € | 1,75 €
-  Vanilla sauce (28)
0,75 € | 1,50 € | 1,75 €
-  Caramel Pudding (28)
0,75 € | 1,50 € | 1,75 €
-  Red fruit jelly (,21d)
0,75 € | 1,50 € | 1,75 €
-  Caramel Pudding (28)
0,75 € | 1,50 € | 1,75 €
-  Chocolate pudding
0,75 € | 1,50 € | 1,75 €
-  Fruit salad
1,50 € | 1,65 € | 1,80 €










Mittwoch

-  Yoghurt with honey and sesame seed
0,75 € | 1,50 € | 1,75 €
-  Blueberry curd with sunflower seeds (30,31)
0,75 € | 1,50 € | 1,75 €
-  Vegan yogurt with mandarins and coconut (30)
0,75 € | 1,50 € | 1,75 €
-  Caramel Pudding (28)
0,75 € | 1,50 € | 1,75 €
-  Chocolate pudding
0,75 € | 1,50 € | 1,75 €
-  Red fruit jelly (, 21d)
0,75 € | 1,50 € | 1,75 €
-  Vanilla sauce (28)
0,75 € | 1,50 € | 1,75 €
-  Fruit salad
1,50 € | 1,65 € | 1,80 €

Donnerstag

-  hazelnut pudding (30)
0,75 € | 1,50 € | 1,75 €
-  Curd with Plum with hazelnuts (26c)
0,75 € | 1,50 € | 1,75 €
-  Vegan yogurt with peach and walnuts (26b,30)
0,75 € | 1,50 € | 1,75 €
-  Berry yogurt (9,26b,28)
0,75 € | 1,50 € | 1,75 €
-  Chocolate pudding (,21d)
0,75 € | 1,50 € | 1,75 €
-  Red fruit jelly (28)
0,75 € | 1,50 € | 1,75 €
-  Vanilla sauce
0,75 € | 1,50 € | 1,75 €
-  Fruit salad
1,50 € | 1,65 € | 1,80 €

Freitag

-  Vegan yoghurt with apple and cinnamon (21d,26a,30)
0,75 € | 1,50 € | 1,75 €
-  Pear and oat yogurt (7)
0,75 € | 1,50 € | 1,75 €
-  Rice pudding (26b,30)
0,75 € | 1,50 € | 1,75 €
-  hazelnut pudding (9,26b,28)
0,75 € | 1,50 € | 1,75 €
-  Curd with Plum with hazelnuts (7,30)
0,75 € | 1,50 € | 1,75 €
-  Red fruit jelly (, 21d)
0,75 € | 1,50 € | 1,75 €
-  Chocolate pudding
0,75 € | 1,50 € | 1,75 €
-  Vanilla sauce (28)
0,75 € | 1,50 € | 1,75 €
-  Fruit salad
1,50 € | 1,65 € | 1,80 €



Montag


Dienstag

Mittwoch

Donnerstag

Freitag

Back- waren/Kuchen

  Poppy seed cake
with tangerine (21a,37)
1,25 € | 1,40 € | 1,50 €

  Poppy seed cake
(21a,37)
1,25 € | 1,40 € | 1,50 €

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.