

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Vorspeise	 Bulgur salad with mint (21a) 1,95 € 2,15 € 2,35 €	 Glass noodle salad with mint (6,8,21a,28) 1,95 € 2,15 € 2,35 €	 Glass noodle salad with mint (6,8,21a,28) 1,95 € 2,15 € 2,35 €	 Bruschetta with tomato and basil (6,7,21a,32,36) 1,95 € 2,15 € 2,35 €	
Salat	 Large salad bowl (6,7,21a) 0,75 € 1,50 € 1,75 €  Wheat salad (13,27,29) 0,75 € 1,50 € 1,75 €  Small salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €	 Wheat salad (6,7,21a) 0,75 € 1,50 € 1,75 €  Large salad bowl (13,27,29) 0,75 € 1,50 € 1,75 €  Couscous salad (13,21a,27,29) 0,75 € 1,50 € 1,75 €  Small salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €	 Wheat salad (6,7,21a) 0,75 € 1,50 € 1,75 €  Large salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €  Small salad bowl Couscous salad (13,27,29) 0,75 € 1,50 € 1,75 €  Small salad bowl (13,21a,27,29) 0,75 € 1,50 € 1,75 €	 Wheat salad (13,27,29) 0,75 € 1,50 € 1,75 €  Large salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €  Small salad bowl (13,21a,27,29) 0,75 € 1,50 € 1,75 €  Couscous salad (6,7,21a) 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	 French dressing (29)  Vinaigrette sauce (28,29)  American dressing (28,29)	 American dressing (28,29)  French dressing (29)  Vinaigrette sauce (28,29)	 American dressing (29)  French dressing (28,29)  Vinaigrette sauce (28,29)	 American dressing (28,29)  French dressing (28,29)  Vinaigrette sauce (29)	 American dressing (29)  Vinaigrette sauce (28,29)  French dressing (28,29)
Suppe	 Tomato cream soup with basil 0,75 € 1,50 € 1,75 €	 Cold Yohurt cucumber soup with dill and lemon (30) 0,75 € 1,50 € 1,75 €	 Gazpacho - Cold vegetable soup (7,27,32) 0,75 € 1,50 € 1,75 €	 sweet-sour-spicey soup (6,27,28) 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 tomato sauce, sun-dried tomatoes, olives and basil (6,7,8,10,21a,27,32) 2,95 € 3,25 € 3,55 € vegan melt (8) 0,75 € 0,85 € 0,90 € Margherita pizza with basil (21a,30,36) 4,95 € 5,45 € 5,95 €	French fries (2,7,9,14,27,29) 6,95 € 7,65 € 8,35 € curry sausage with fries and coleslaw 1,45 € 1,60 € 1,75 € Pasta with broccoli sauce (30) 0,75 € 0,85 € 0,90 € Hard cheese grated (21a,28) 2,95 € 3,25 € 3,55 €	Loaded Fries - French fries with chili sin carne (8,28) 3,95 € 4,35 € 4,75 € Pasta with paprika sauce, tofu, and tomatoes (30) 0,75 € 0,85 € 0,90 € Hard cheese grated (21a,28) 2,95 € 3,25 € 3,55 €	Hard cheese grated (21a,27) 2,95 € 3,25 € 3,55 € Pasta with tomato sauce, baked courgette and oregano (30) 0,75 € 0,85 € 0,90 €	Hard cheese grated (8) 0,75 € 0,85 € 0,90 € vegan melt (21b,21e,27) 2,95 € 3,25 € 3,55 € Spelled Pasta with cereal bolognese and basil (30) 0,75 € 0,85 € 0,90 € Margherita pizza with basil (21a,30,36) 4,95 € 5,45 € 5,95 €

Montag

Essen

    Broccoli nut patty with curry dip (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 €

    1/2 soy milk rice with sugar, cinnamon Apple sauce (28)
1,10 € | 2,20 € | 2,55 €

    soy milk rice with sugar, cinnamon Apple sauce (28)
1,75 € | 3,50 € | 4,05 €

Dienstag

    Broccoli nut patty tomato sauce (21a, 27, 29)
2,45 € | 4,90 € | 5,65 €

  Beef and pork burger with mustard sauce and majoran (8, 21a, 21d, 26a, 26b, 27, 36)
2,45 € | 4,90 € | 5,65 €

   Bell pepper stuffed with mediterranean vegetables tomato sauce (2, 14, 21a, 23, 27, 28, 30, 36, 29)
3,65 € | 7,30 € | 8,40 €

  Herb curd cheese with linseed oil and potatoes (30)
1,75 € | 3,50 € | 4,05 €

Mittwoch

  Minced roll of wheat protein stuffed with tomato with yoghurt dip and fresh coriander (21a, 30, 36, 29)
2,15 € | 4,30 € | 4,95 €

  Beet buffer with parsley sauce (21a, 28)
2,45 € | 4,90 € | 5,65 €

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

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

Donnerstag

 Beef and pork burger with rosemary sauce (2, 14, 21a, 23, 27, 28, 30, 36, 29)
3,65 € | 7,30 € | 8,40 €

    Marinated pork neck with rosemary sauce (21a, 36, 29)
1,75 € | 3,50 € | 4,05 €

   Tow falafel bagel Coconut and mango sauce (2, 27, 28)
2,15 € | 4,30 € | 4,95 €

  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 €

    Giant baked potato with grilled vegetables and feta-olive dip (8, 10, 30)
3,25 € | 6,50 € | 7,50 €

Freitag

    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 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Beilage	Broccoli 0,85 € 1,70 € 1,95 € Curried vegetables (27,28,31) 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Potatoes with rosemary 0,95 € 1,90 € 2,20 € Rice 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	Carrots mix 0,85 € 1,70 € 1,95 € Peas 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Mashed potatoes (28) 0,95 € 1,90 € 2,20 € Rice 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 € Tomato ketchup (29) 0,15 € 0,20 € 0,25 € Mayonnaise (7,29) 0,15 € 0,20 € 0,25 € Mustard (29) 0,15 € 0,20 € 0,25 €	Green beans 0,85 € 1,70 € 1,95 € White turnips with carrots 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Mashed sweet potatoes 0,95 € 1,90 € 2,20 € Rice with pumpkin seeds 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	Cauliflower 0,85 € 1,70 € 1,95 € Romanesco 0,85 € 1,70 € 1,95 € Parsley potatoes 0,85 € 1,70 € 1,95 € Baked potatoes 0,95 € 1,90 € 2,20 € Brown rice 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	Leaf spinach in soy cream (28) 0,85 € 1,70 € 1,95 € Balkan style vegetables 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Homemade potato salad with mayonnaise (7,13,29) 0,95 € 1,90 € 2,20 € Wild rice 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Dessert	Banana coconut yogurt 0,75 € 1,50 € 1,75 € Vegan yogurt with strawberries (30) 0,75 € 1,50 € 1,75 € Curd with red currants (30) 0,75 € 1,50 € 1,75 € Chocolate pudding (28) 0,75 € 1,50 € 1,75 € Vanilla sauce 0,75 € 1,50 € 1,75 € Red fruit jelly (21d) 0,75 € 1,50 € 1,75 € Sliced melon 1,50 € 1,65 € 1,80 €	Pineapple curd (30) 0,75 € 1,50 € 1,75 € Cherry yogurt with spelt (28) 0,75 € 1,50 € 1,75 € Vegan yogurt with bananas (21e,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 € Sliced melon 1,50 € 1,65 € 1,80 €	Stracciatella yogurt (28,30) 0,75 € 1,50 € 1,75 € Vegan yogurt with blackberries and sunflower seeds (21e,30) 0,75 € 1,50 € 1,75 € Peach and green seed curd 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 € Chocolate pudding 0,75 € 1,50 € 1,75 € Sliced melon 1,50 € 1,65 € 1,80 €	Vegan yogurt with gooseberries (30) 0,75 € 1,50 € 1,75 € Blueberry yoghurt (26a,30) 0,75 € 1,50 € 1,75 € Rhubarb curd with almonds 0,75 € 1,50 € 1,75 € Rice pudding (30) 0,75 € 1,50 € 1,75 € Red fruit jelly (28) 0,75 € 1,50 € 1,75 € Chocolate pudding (21d) 0,75 € 1,50 € 1,75 € Vanilla sauce 0,75 € 1,50 € 1,75 € Sliced melon 1,50 € 1,65 € 1,80 €	Apple-green spelt yogurt (26a) 0,75 € 1,50 € 1,75 € Vegan yogurt with blueberries and almonds (30) 0,75 € 1,50 € 1,75 € Mango curd (7,21e,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 € Sliced melon 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.