



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Vorspeise

Quinoa red bean bowl with tomato lemon dressing

3,95 € | 4,35 € | 4,75 €

Humus (8,10,31)

1,95 € | 2,15 € | 2,35 €

Glass noodle salad with mint (6,21a,28)

1,95 € | 2,15 € | 2,35 €

Quinoa red bean bowl with tomato lemon dressing

3,95 € | 4,35 € | 4,75 €

Humus (8,10,31)

1,95 € | 2,15 € | 2,35 €

Glass noodle salad with mint (6,21a,28)

1,95 € | 2,15 € | 2,35 €

Quinoa red bean bowl with tomato lemon dressing

3,95 € | 4,35 € | 4,75 €

Humus (8,10,31)

1,95 € | 2,15 € | 2,35 €

Glass noodle salad with mint (6,21a,28)

1,95 € | 2,15 € | 2,35 €

Baked potato salad with parsley pesto

1,75 € | 1,95 € | 2,10 €

Humus (8,10,31)

1,95 € | 2,15 € | 2,35 €

Glass noodle salad with mint (6,21a,28)

1,95 € | 2,15 € | 2,35 €

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 €

Large salad bowl (13,27,29)

1,95 € | 3,90 € | 4,50 €

Salad plate special with marinated soy strips and roasted sesame seeds (28,31)

3,95 € | 4,35 € | 4,75 €

Large salad bowl (13,27,29)

1,95 € | 3,90 € | 4,50 €

Small salad bowl (13,27,29)

0,75 € | 1,50 € | 1,75 €

Salad plate special with marinated soy strips and roasted sesame seeds (28,31)

3,95 € | 4,35 € | 4,75 €

Large salad bowl (13,27,29)

0,75 € | 1,50 € | 1,75 €

Small salad bowl (13,27,29)

1,95 € | 3,90 € | 4,50 €

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 €

Large salad bowl (13,27,29)

1,95 € | 3,90 € | 4,50 €



Montag



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Suppe

  1- Broth with wild mushrooms and rosemary (27,28,29)



0,75 € | 1,50 € | 1,75 €

  2- cream of potato soup (,27)


0,75 € | 1,50 € | 1,75 €

  1- Vegetable broth with sliced vegetables (27)



0,75 € | 1,50 € | 1,75 €

  2- Wild garlic cream soup (27,28)



0,75 € | 1,50 € | 1,75 €

  1- Vegetable broth with beetroot (26a,28)

0,75 € | 1,50 € | 1,75 €

  2- Potato-almonds soup with parsley (13,27,29)

0,75 € | 1,50 € | 1,75 €

  Tomato soup with fresh wild garlic

0,75 € | 1,50 € | 1,75 €



Montag

Aktion

Dienstag

- French fries
1,45 € | 1,60 € | 1,75 €
- vegan melt (30)
0,75 € | 0,85 € | 0,90 €
- Homemade to-
matoes pasta with spinach
sauce and roasted walnuts
(21a,26c,28)
2,95 € | 3,25 € | 3,55 €
- Hard cheese
grated (8)
0,75 € | 0,85 € | 0,90 €
- Margherita
pizza with fresh basil (8,
21a,36)
4,95 € | 5,45 € | 5,95 €

Mittwoch

- French fries
1,45 € | 1,60 € | 1,75 €
- Hard cheese
grated (8)
0,75 € | 0,85 € | 0,90 €
- Homemade
pasta Bolognese with len-
tils, celery, carrots and
tomato (21a,27)
2,95 € | 3,25 € | 3,55 €
- vegan melt (30)
0,75 € | 0,85 € | 0,90 €
- Pizza with
mushrooms and red onions
(21a,30,36)
5,95 € | 6,55 € | 7,15 €

Donnerstag

- Mayonnaise
(29)
0,15 € | 0,20 € | 0,25 €
- Tomato
ketchup
1,45 € | 1,60 € | 1,75 €
- French fries
(7,29)
0,15 € | 0,20 € | 0,25 €
- vegan melt (8)

0,75 € | 0,85 € | 0,90 €
- Homemade pasta
with soyabolognese (30)
0,75 € | 0,85 € | 0,90 €
- Hard cheese
grated (21a,27,28)
2,95 € | 3,25 € | 3,55 €
- Tarte flambée
with bacon (2,6,7,21a,30,36)
4,95 € | 5,45 € | 5,95 €

Freitag

- French fries
1,45 € | 1,60 € | 1,75 €
- Mayonnaise (7,29)
0,15 € | 0,20 € | 0,25 €
- Tomato ketchup (29)
0,15 € | 0,20 € | 0,25 €
- Spelled Pasta Cream
sauce with sun-dried toma-
toes (6,7,21e,30,32)
2,95 € | 3,25 € | 3,55 €
- Hard cheese
grated (8)
0,75 € | 0,85 € | 0,90 €
- vegan melt (30)
0,75 € | 0,85 € | 0,90 €
- Pizza with
mushrooms and red onions
(21a,30,36)
4,95 € | 5,45 € | 5,95 €
- Swabian
cheese spaetzle with onion
melt (21a,30)
4,95 € | 5,45 € | 5,95 €



Montag

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Freitag

Essen

7 pieces cauliflower falafel balls with mint Dip (,31)

2,15 € | 4,30 € | 4,95 €

Crunchy style fried patty on lemon turmeric sauce (21a,28)

1,95 € | 3,90 € | 4,50 €

Carrots green spelt pan with coconut and ginger (21e,29)

2,75 € | 5,50 € | 6,35 €

Tomato and wild garlic risotto

1,75 € | 3,50 € | 4,05 €

1/2 Semolina pudding with sugar, cinnamon and braised rhubarb (21a,28)

1,75 € | 3,50 € | 4,05 €

Semolina pudding with sugar, cinnamon and braised rhubarb (21a,28)

1,10 € | 2,20 € | 2,55 €

Homemade Waffles fruit sauce (21a,23,26a,30)

1,75 € | 3,50 € | 4,05 €

Wheat protein meatball with herb jus (28)

2,45 € | 4,90 € | 5,65 €

Carrot-broccoli casserole with potato slices and cheese au gratin (23,30)

1,75 € | 3,50 € | 4,05 €

Zurich pea chunks with mushrooms in soy cream (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 €

Rice pudding rhubarb strawberry sauce (30)

1,10 € | 2,20 € | 2,55 €

1/2 Rice pudding with rhubarb strawberry sauce (30)

1,75 € | 3,50 € | 4,05 €

Tortellini with vegetables sauce (21a,27,28,36)

1,75 € | 3,50 € | 4,05 €

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 €

1/2 Indian style rice pudding with raisins, almonds and cardamom wild berries (25,26a,30)

1,10 € | 2,20 € | 2,55 €

Indian style rice pudding with raisins, almonds and cardamom wild berries (25,26a,30)

1,75 € | 3,50 € | 4,05 €

Baked coalfish fillet with potato coating Yogurt wild garlic dip (21a,24,30,36)

2,15 € | 4,30 € | 4,95 €

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 (6,7,30,32)

1,75 € | 3,50 € | 4,05 €

Bulgur and spinach pan with smoked tofu and sunflower seeds (21a,28)

2,75 € | 5,50 € | 6,35 €

1/2 Vanilla semolina pudding with sugar and cinnamon blueberry sauce (21a,30)

1,75 € | 3,50 € | 4,05 €

Vanilla semolina pudding with sugar and cinnamon blueberry sauce (21a,30)

1,10 € | 2,20 € | 2,55 €

Homemade Waffles fruit sauce (21a,23,26a,30)

1,75 € | 3,50 € | 4,05 €



Montag

Beilage

Parisian style carrots
0,85 € | 1,70 € | 1,95 €

Peas
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 €

Dienstag

Cauliflower with sesame seeds (31)
0,85 € | 1,70 € | 1,95 €

Balkan style vegetables
0,85 € | 1,70 € | 1,95 €

Potatoes
0,85 € | 1,70 € | 1,95 €

Baked potatoes
0,95 € | 1,90 € | 2,20 €

Rice with flaxseed
0,75 € | 1,50 € | 1,75 €

Mustard (29)
0,15 € | 0,20 € | 0,25 €

Mittwoch

Donnerstag

Needle beans
0,85 € | 1,70 € | 1,95 €

Ratatouille
0,85 € | 1,70 € | 1,95 €

Potatoes
0,85 € | 1,70 € | 1,95 €

Baked potatoes
0,95 € | 1,90 € | 2,20 €

Brown rice
0,75 € | 1,50 € | 1,75 €

Freitag

Carrots and peas
0,85 € | 1,70 € | 1,95 €

Swiss chard in soy cream (28)
0,85 € | 1,70 € | 1,95 €

Potatoes
0,85 € | 1,70 € | 1,95 €

Homemade mashed potatoes with carrots (28)
0,95 € | 1,90 € | 2,20 €

Rice
0,75 € | 1,50 € | 1,75 €



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Dessert

   3- Curd with muesli (30,37)

0,75 € | 1,50 € | 1,75 €

   4- Vegan yogurt with raspberries




0,75 € | 1,50 € | 1,75 €

   2- Poppy seed yogurt with tangerines (7, 21a,21c,21d,26a,26b,30)




0,75 € | 1,50 € | 1,75 €

   1- chocolate pudding with milk (30)




0,75 € | 1,50 € | 1,75 €

   4- Vegan yogurt with mandarins and coconut (30)



0,75 € | 1,50 € | 1,75 €

   2- Yoghurt with honey and sesame seed (30,31)




0,75 € | 1,50 € | 1,75 €

   3- Blueberry curd with sunflower seeds

0,75 € | 1,50 € | 1,75 €

  1- chocolate pudding with milk (28)




0,75 € | 1,50 € | 1,75 €

   4- Vegan yogurt with peach and walnuts (30)

0,75 € | 1,50 € | 1,75 €

   2- Wildberry yogurt (26c)

0,75 € | 1,50 € | 1,75 €

   3- Banana curd with honey (30)


0,75 € | 1,50 € | 1,75 €

   1- Pistachios pudding with milk (26g,28)



0,75 € | 1,50 € | 1,75 €

   4- Vegan yoghurt with Strawberries



0,75 € | 1,50 € | 1,75 €

   2- Banana coconut yogurt (30)




0,75 € | 1,50 € | 1,75 €

   3- Raspberry coconut curd (30)

0,75 € | 1,50 € | 1,75 €

  1- Nougat pudding with milk (25,26a,30)

0,75 € | 1,50 € | 1,75 €

   5- Indian style rice pudding with raisins, almonds and cardamom (26b,30)

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 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.