



Montag

Vorspeise

Fragrant rice and red bean bowl with soy sauce dressing and Rucola (6,28)

3,95 € | 4,35 € | 4,75 €

Humus (8,10,31)

1,95 € | 2,15 € | 2,35 €

Glass noodle salad with mint (6,8,21a,28)

1,95 € | 2,15 € | 2,35 €

Dienstag

Fragrant rice and red bean bowl with soy sauce dressing and Rucola (6,28)

3,95 € | 4,35 € | 4,75 €

Humus (8,10,31)

1,95 € | 2,15 € | 2,35 €

Glass noodle salad with mint (6,8,21a,28)

1,95 € | 2,15 € | 2,35 €

Mittwoch

Fragrant rice and red bean bowl with soy sauce dressing and Rucola (6,28)

3,95 € | 4,35 € | 4,75 €

Humus (8,10,31)

1,95 € | 2,15 € | 2,35 €

Glass noodle salad with mint (6,8,21a,28)

1,95 € | 2,15 € | 2,35 €

Donnerstag

Fragrant rice and red bean bowl with soy sauce dressing and Rucola (6,28)

3,95 € | 4,35 € | 4,75 €

Humus (8,10,31)

1,95 € | 2,15 € | 2,35 €

Glass noodle salad with mint (6,8,21a,28)

1,95 € | 2,15 € | 2,35 €

Freitag

Fragrant rice and red bean bowl with soy sauce dressing and Rucola (6,28)

3,95 € | 4,35 € | 4,75 €

Humus (8,10,31)

1,95 € | 2,15 € | 2,35 €

Glass noodle salad with mint (6,8,21a,28)

1,95 € | 2,15 € | 2,35 €

Salat

Salad plate special with marinated tofu and black 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 tofu and black 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 tofu and black sesame seeds (28,31)

3,95 € | 4,35 € | 4,75 €

Small salad bowl (13,27,29)

1,95 € | 3,90 € | 4,50 €

Large salad bowl (13,27,29)

0,75 € | 1,50 € | 1,75 €

Salad plate special with marinated tofu and black 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 tofu and black sesame seeds (28,31)

3,95 € | 4,35 € | 4,75 €

Small salad bowl (13,27,29)

1,95 € | 3,90 € | 4,50 €

Large salad bowl (13,27,29)

0,75 € | 1,50 € | 1,75 €



Montag

Suppe

   Cherry and apple cold dish with basil (7)
0,75 € | 1,50 € | 1,75 €

   Tomato cream soup with basil
0,75 € | 1,50 € | 1,75 €

Dienstag

   Cold Yohurt cucumber soup with dill and lemon (30)
0,75 € | 1,50 € | 1,75 €

   Corn cream soup (28)
0,75 € | 1,50 € | 1,75 €

Mittwoch

   Gazpacho - Cold vegetable soup (7, 27,32)
0,75 € | 1,50 € | 1,75 €

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

Donnerstag

   Cold carrot and coconut soup (7,32,29)
0,75 € | 1,50 € | 1,75 €

   Romaesco cream soup (28)
0,75 € | 1,50 € | 1,75 €

Freitag

   Cold celery and lemon soup with minz (27)
0,75 € | 1,50 € | 1,75 €

   Zucchini soup with rosemary and tomatoes (28)
0,75 € | 1,50 € | 1,75 €

Aktion	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
	Mayonnaise 1,45 € 1,60 € 1,75 € Tomato ketchup (7,29) 0,15 € 0,20 € 0,25 € French fries (29) 0,15 € 0,20 € 0,25 € vegan melt (8) 0,75 € 0,85 € 0,90 € Homemade turmeric Pasta with tomato sauce, sun-dried tomatoes, olives and basil (6,7,8,10, 21a,27,32) 2,95 € 3,25 € 3,55 € Margherita pizza with basil (8,21a,36) 4,95 € 5,45 € 5,95 €	Tomato ketchup (25,28,31) 3,95 € 4,35 € 4,75 € Mayonnaise 1,45 € 1,60 € 1,75 € Loaded fries - French fries with peanut and pea chunks and se- same and red cabbage sal- ad (7,29) 0,15 € 0,20 € 0,25 € French fries (29) 0,15 € 0,20 € 0,25 € Homemade wholemeal pasta with lentil Bolognese and Parsley (21a,27) 2,95 € 3,25 € 3,55 € Hard cheese grat- ed (30) 0,75 € 0,85 € 0,90 € vegan melt (8) 0,75 € 0,85 € 0,90 € Margherita pizza with basil (21a,30,36) 4,95 € 5,45 € 5,95 €	Mayonnaise (7,29) 0,15 € 0,20 € 0,25 € French fries 1,45 € 1,60 € 1,75 € Tomato ketchup (29) 0,15 € 0,20 € 0,25 € vegan melt (30) 0,75 € 0,85 € 0,90 € Homemade wholemeal pasta with paprika sauce, tofu, and to- matoes (8) 0,75 € 0,85 € 0,90 € Hard cheese grated (21a,28) 2,95 € 3,25 € 3,55 € Pizza with mushrooms and red onions (21a,30,36) 5,95 € 6,55 € 7,15 €	Mayonnaise (7,29) 0,15 € 0,20 € 0,25 € Tomato ketchup (29) 0,15 € 0,20 € 0,25 € curry sausage with fries and coleslaw (2, 7,9,14,27,29) 6,95 € 7,65 € 8,35 € French fries 1,45 € 1,60 € 1,75 € Homemade pasta with tomato sauce, baked courgette and oregano (30) 0,75 € 0,85 € 0,90 € vegan melt (8) 0,75 € 0,85 € 0,90 € Hard cheese grated (21a,27) 2,95 € 3,25 € 3,55 € Tarte flambée with bacon (2,6,7,21a,30,36) 4,95 € 5,45 € 5,95 €	Tomato ketchup (7,29) 0,15 € 0,20 € 0,25 € French fries 1,45 € 1,60 € 1,75 € Mayonnaise (29) 0,15 € 0,20 € 0,25 € Homemade whole- meal pasta with paprika sauce, tofu, and tomatoes (21a,28) 2,95 € 3,25 € 3,55 € Hard cheese grat- ed (30) 0,75 € 0,85 € 0,90 € vegan melt (8) 0,75 € 0,85 € 0,90 € Pizza with to- matoes, zucchini, and rucola (21a,30,36) 4,95 € 5,45 € 5,95 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Essen	    Paprika chili quark with steamed potatoes (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 €   5 vegetable rice balls Soy sauce with Chinese vegetables (6,30) 1,75 € 3,50 € 4,05 €     Rice with zucchini, bell peppers, and turmeric (29) 1,75 € 3,50 € 4,05 €     1/2-soy milk rice with sugar, cinnamon Plum sauce (28) 1,10 € 2,20 € 2,55 €   soy milk rice with sugar, cinnamon Plum sauce (28) 1,75 € 3,50 € 4,05 €	   Beef and pork burger with mustard sauce and majoran (2,14,21a,23,27,28,30,36,29) 3,65 € 7,30 € 8,40 €     Bell pepper stuffed with mediterranean vegetables tomato sauce (21a,27,29) 2,45 € 4,90 € 5,65 €     Potato Curry Soup with Coconut, Ginger, and Lemongrass (27,28,29) 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 €	    Minced roll of wheat protein stuffed with tomato Spicy-Chili-Dip (27,28,29) 1,55 € 3,10 € 3,55 €     Fruit curry with soy, turmeric, and ginger (21a,36,29) 2,15 € 4,30 € 4,95 €     Vegan moussaka potato bake with soy mince (8,28) 1,75 € 3,50 € 4,05 €   1/2 Semolina pudding with sugar, cinnamon and Apple sauce (21a,30) 1,75 € 3,50 € 4,05 €   Semolina pudding with sugar, cinnamon and Apple sauce (21a,30) 1,10 € 2,20 € 2,55 €	   Homemade Potato and Vegetable Patty Coconut and mango sauce (2,27,28) 2,15 € 4,30 € 4,95 €     Marinated pork neck with rosemary sauce (21a,23,30,36,29) 1,55 € 3,10 € 3,55 €     Bell Pepper and Vegetable Stew with Flat-Leaf Parsley (27) 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 €	   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 €     Potato Curry Soup with Coconut, Ginger, and Lemongrass (27,28,29) 1,75 € 3,50 € 4,05 €     Four egg pancakes with apple sauce (21a,23,30) 1,75 € 3,50 € 4,05 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Beilage	Corn with herbs 0,85 € 1,70 € 1,95 € Curried vegetables (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 with bell pepper 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 €	Turnip cabbage with sesame (31) 0,85 € 1,70 € 1,95 € Stewed cabbage 0,85 € 1,70 € 1,95 € Potatoes 0,85 € 1,70 € 1,95 € Spaetzle (21a) 0,75 € 1,50 € 1,75 € Rice 0,75 € 1,50 € 1,75 € Sauce & dip 0,30 € 0,60 € 0,70 € Mustard (29) 0,15 € 0,20 € 0,25 €	Romanesco 0,85 € 1,70 € 1,95 € Carrots with ginger 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 €	Green beans and onions 0,85 € 1,70 € 1,95 € Colorful zucchini vegetables with red beans 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 €	Vegetables mix 0,85 € 1,70 € 1,95 € Tuscan style silverbeet and tomatoes 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

Dessert

-   3- Curd cheese with roasted nuts (26a, 26b, 26c, 30)
0,75 € | 1,50 € | 1,75 €
-   2- Banana coconut yogurt (7)
0,75 € | 1,50 € | 1,75 €
-   4- Vegan yoghurt with apple and cinnamon (30)
0,75 € | 1,50 € | 1,75 €
-   1- vanilla pudding (28)
0,75 € | 1,50 € | 1,75 €
-   Sliced melon
1,50 € | 1,65 € | 1,80 €

Dienstag

-   2- Cherry yogurt (30)
0,75 € | 1,50 € | 1,75 €
-   3- Pineapple curd (21e, 30)
0,75 € | 1,50 € | 1,75 €
-   4- Vegan yogurt with bananas (28)
0,75 € | 1,50 € | 1,75 €
-   1- hazelnut pudding (28)
0,75 € | 1,50 € | 1,75 €
-   5- soy milk rice (9, 26b, 28)
0,75 € | 1,50 € | 1,75 €
-   Sliced melon
1,50 € | 1,65 € | 1,80 €

Mittwoch

-   2- Stracciatella yogurt (21e, 30)
0,75 € | 1,50 € | 1,75 €
-   3- Peach curd (28, 30)
0,75 € | 1,50 € | 1,75 €
-   4- Vegan yogurt with blackberries
0,75 € | 1,50 € | 1,75 €
-   5- soy milk rice (28)
0,75 € | 1,50 € | 1,75 €
-   Sliced melon
1,50 € | 1,65 € | 1,80 €

Donnerstag

-   4- Vegan yogurt with strawberries
0,75 € | 1,50 € | 1,75 €
-   3- Rhubarb curd (26a, 30)
0,75 € | 1,50 € | 1,75 €
-   2- Blueberry yoghurt (30)
0,75 € | 1,50 € | 1,75 €
-   1- Caramel Pudding (28)
0,75 € | 1,50 € | 1,75 €
-   Sliced melon
1,50 € | 1,65 € | 1,80 €

Freitag

-   2- Apple-yogurt (30)
0,75 € | 1,50 € | 1,75 €
-   3- Mango curd (26a)
0,75 € | 1,50 € | 1,75 €
-   4- Vegan yogurt with blueberries (7, 21e, 30)
0,75 € | 1,50 € | 1,75 €
-   5- Semolina pudding (21a, 30)
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.