



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Vorspeise

3 futo maki with avocado, radish, spring onion and sesam (6,7,21a,28,31,29)
2,15 € | 2,40 € | 2,60 €

5 futo maki with avocado, radish, spring onion and sesam (6,7,21a,28,31,29)
3,25 € | 3,60 € | 3,90 €

3 futo maki with cucumber, carrot, shiitake and wasabi (6,7,21a,28,29)
2,15 € | 2,40 € | 2,60 €

5 futo maki with cucumber, carrot, shiitake and wasabi (6,7,21a,28,29)
3,25 € | 3,60 € | 3,90 €

3 futo maki with egg, radish, sesam and spicy wasabi-mayonnaise (6,7,21a,28,31,29)
2,15 € | 2,40 € | 2,60 €

3 futo maki with salicornes, radish and sesam (6,7,21a,28,31,29)
2,15 € | 2,40 € | 2,60 €

5 futo maki with salicornes, radish and sesam (6,7,21a,28,31,29)
3,25 € | 3,60 € | 3,90 €

5 futo maki with egg, radish, sesam and spicy wasabi-mayonnaise (6,7,21a,28,31,29)
3,25 € | 3,60 € | 3,90 €

3 deep fried futo maki with radish, cucumber, spring onion, avocado and sesam (6,7,21a,23,28,336,29)
2,15 € | 2,40 € | 2,60 €

3 deep fried futo maki with egg, spring onion, carrot and sesam (6,7,21a,23,28,336,29)
2,15 € | 2,40 € | 2,60 €

3 deep fried futo maki with salicornes, radish and sesam (6,7,21a,23,28,336,29)
2,15 € | 2,40 € | 2,60 €

3 futo maki with avocado, cucumber, carrot, wasabi, chivet and sesam (6,7,21a,28,31,29)
2,15 € | 2,40 € | 2,60 €

5 futo maki with avocado, cucumber, carrot, wasabi, chivet and sesam (6,7,21a,28,31,29)
3,25 € | 3,60 € | 3,90 €

3 futo maki with avocado, salmon, carrot, wasabi and chivet (6,7,21a,24,28,29)
2,15 € | 2,40 € | 2,60 €

5 futo maki with avocado, salmon, carrot, wasabi and chivet (6,7,21a,24,28,29)
3,25 € | 3,60 € | 3,90 €

Salat

Salatbuffet (21a,23,24,28,31)
7,50 € | 15,00 € | 17,50 €

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7,50 € | 15,00 € | 17,50 €

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7,50 € | 15,00 € | 17,50 €

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7,50 € | 15,00 € | 17,50 €

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7,50 € | 15,00 € | 17,50 €

Suppe

sweet potato soup with honey (28,31)
0,75 € | 1,50 € | 1,75 €

miso soup (28)
0,90 € | 1,80 € | 2,05 €

sweet potato soup with honey (28,31)
0,75 € | 1,50 € | 1,75 €

miso soup (28)
0,90 € | 1,80 € | 2,05 €



Montag

Aktion

Ramen noodles with spinach, sugar snap peas, sweet potato, tofu, and dashi broth (21a,28)
3,95 € | 4,35 € | 4,75 €

Dienstag

Spätzle with fermented cabbage, cheese, braised onions, and fresh herbs (21a,27,30)
3,95 € | 4,35 € | 4,75 €

Mittwoch

Rice burger with tomatoes, braised onions, gouda, sesame seeds, lettuce, teriyaki ketchup and wasabi (6,7,21a,21b,21d,23,28,30,336,29)
4,95 € | 5,45 € | 5,95 €

Ramen Tantanmen: Ramen noodles with sunflower mince, pak choi and dashi (21a,28)
4,95 € | 5,45 € | 5,95 €

Donnerstag

Rice burger with tomatoes, braised onions, gouda, sesame seeds, lettuce, teriyaki ketchup and wasabi (6,7,21a,21b,21d,23,28,30,336,29)
4,95 € | 5,45 € | 5,95 €

Udon noodles with lotus, broccoli, mashroom, wild salomon and dashi (21a,24,28,31,29)
6,95 € | 7,65 € | 8,35 €

Freitag

Okinomi pancakes with vegetables and dips (7,21a,23,29)
3,95 € | 4,35 € | 4,75 €

Ramen Yasai: Ramen with egg, shiitake, corn, spy sprouts, sesame and dashi (6,7,19,21a,23,28,329)
4,95 € | 5,45 € | 5,95 €

Essen

Takikomi Gohan seasoning rice (7,28,31,29)
1,75 € | 3,50 € | 4,05 €

Fukuoka Bowl with white cabbage, shiitake mushrooms, green beans, bok choy, and rice (6,7,19,27,28,29)
2,35 € | 4,70 € | 5,40 €

Oden stew with potatoes, radish, carrot, mashrooms, bamboo und dashi (28)
1,75 € | 3,50 € | 4,05 €

Teriyaki beef with vegetables and rice (28,31)
4,85 € | 9,70 € | 11,15 €

Teriyaki vegetable pan with rice (28,31)
1,75 € | 3,50 € | 4,05 €

Rice pan with broccoli, bell peppers, carrots, sesame oil, and wasabi mayonnaise (7,27,28,31,29)
1,75 € | 3,50 € | 4,05 €

Gyoza with rice and vegetables (21a,28,31,36)
2,75 € | 5,50 € | 6,35 €

Hiyoko potato skillet with peas, carrot, onions, ginger and garlic (29)
1,75 € | 3,50 € | 4,05 €



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Dessert	Matcha yogurt with mango (30) 0,75 € 1,50 € 1,75 € Vegan yogurt with rhubarb 0,90 € 1,80 € 2,05 € Yoghurt with wildberry (30) 0,75 € 1,50 € 1,75 € panna cotta with yuzu and blueberry (30) 0,90 € 1,80 € 2,05 € fruit salad with sesame (31) 1,50 € 3,00 € 3,45 €	Matcha yogurt with mango (30) 0,75 € 1,50 € 1,75 € Vegan yogurt with rhubarb (30) 0,75 € 1,50 € 1,75 € Curd with blueberry (30) 0,75 € 1,50 € 1,75 € Yoghurt with coconut and red currant 0,90 € 1,80 € 2,05 € Chocolate mousse with yuzu (30) 1,50 € 3,00 € 3,45 € fruit salad with sesame (31) 1,50 € 3,00 € 3,45 €	Yogurt with almond and wildberry (26a,30) 0,75 € 1,50 € 1,75 € Curd with blueberry (30) 0,75 € 1,50 € 1,75 € Chocolate mousse with yuzu (30) 1,50 € 3,00 € 3,45 € chia pudding with mango 0,90 € 1,80 € 2,05 € fruit salad with sesame (31) 1,50 € 3,00 € 3,45 €	Vegan yogurt with matcha and mango 0,90 € 1,80 € 2,05 € Curd with blueberry (30) 0,75 € 1,50 € 1,75 € Coconut milk rice with curcuma and wildberry (28) 1,50 € 3,00 € 3,45 € chia pudding with mango 0,90 € 1,80 € 2,05 € fruit salad with sesame (31) 1,50 € 3,00 € 3,45 €	Vegan yogurt with rhubarb 0,90 € 1,80 € 2,05 € Vegan yogurt with raspberry 0,90 € 1,80 € 2,05 € Chocolate mousse with matcha (30) 0,75 € 1,50 € 1,75 € Coconut milk rice with curcuma and raspberry (28) 1,50 € 3,00 € 3,45 € fruit salad with sesame (31) 1,50 € 3,00 € 3,45 €

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.