



Montag

Dienstag




Mittwoch




Donnerstag




Freitag

Vorspeise

-  Curd cheese with herb and linseed oil (8,10,30)
1,95 € | 2,15 € | 2,35 €
-  spicy Kimchi with Napa cabbage (30)
1,95 € | 2,15 € | 2,35 €
-  greek salad with feta cheese (28,31)
1,95 € | 2,15 € | 2,35 €

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-  Curd cheese with herb and linseed oil (28,31)
1,95 € | 2,15 € | 2,35 €

Salat




-  Small salad bowl (13,27,29)
0,75 € | 1,50 € | 1,75 €
-  Large salad bowl (13,27,29)
1,95 € | 3,90 € | 4,50 €




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1,95 € | 3,90 € | 4,50 €

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0,75 € | 1,50 € | 1,75 €
-  Large salad bowl (13,27,29)
1,95 € | 3,90 € | 4,50 €

Dressing

-  2 - French dressing (28,29)
-  3 - American dressing (28,29)
-  1 - herb dressing (28)

-  French dressing (28)
-  American dressing (28,29)
-  herb dressing (28,29)

-  French dressing (28,29)
-  American dressing (28,29)
-  herb dressing (28)



Montag

Aktion

Wok vegetables with red lens, sweet-sour sauce and rice (27,28,31)
5,95 € | 6,55 € | 7,15 €

Dienstag

French fries
1,45 € | 1,60 € | 1,75 €

Garlic mayonnaise Tomato ketchup (7,29)
0,15 € | 0,20 € | 0,25 €

Penne with broccoli sauce (21a,30)
2,95 € | 3,25 € | 3,55 €

Tarte flambée with fresh onions and flakes (21a,30,36)
3,95 € | 4,35 € | 4,75 €

Wok vegetables with mango-sauce and rice (27,28,29)
5,95 € | 6,55 € | 7,15 €

Mittwoch

Garlic mayonnaise Tomato ketchup
1,45 € | 1,60 € | 1,75 €

French fries (7,29)
0,15 € | 0,20 € | 0,25 €

Penne arrabbiata (21a,28)
2,95 € | 3,25 € | 3,55 €

Tarte flambée with fresh onions and flakes (21a,30,36)
3,95 € | 4,35 € | 4,75 €

Wok vegetables with tofu, peanut sauce and rice (25,27,28,29)
5,95 € | 6,55 € | 7,15 €

Donnerstag

Garlic mayonnaise Tomato ketchup
1,45 € | 1,60 € | 1,75 €

French fries (7,29)
0,15 € | 0,20 € | 0,25 €

Penne with soy-abolognese (21a,27,28)
2,95 € | 3,25 € | 3,55 €

Tarte flambée with fresh onions and flakes (21a,30,36)
3,95 € | 4,35 € | 4,75 €

Wok vegetables with bean seeds, thai-curry-sauce and rice (21e,27,28,29)
5,95 € | 6,55 € | 7,15 €

Freitag

Penne with mushroom sauce and herb (21a,30)
2,95 € | 3,25 € | 3,55 €

Tarte flambée with fresh onions and flakes (21a,30,36)
3,95 € | 4,35 € | 4,75 €

Wok vegetables with mushrooms, lemon sesame sauce and rice (27,28,31,29)
6,95 € | 7,65 € | 8,35 €



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Essen

7 pieces cauliflower falafel balls with mint Dip (21a,29)

1,95 € | 3,90 € | 4,50 €

Crunchy style fried patty with mango curry sauce (,31)

2,15 € | 4,30 € | 4,95 €

Red lentil soup Turkish style

1,75 € | 3,50 € | 4,05 €

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

1,75 € | 3,50 € | 4,05 €

Zurich pea chunks with mushrooms in soy cream (21a)

1,95 € | 3,90 € | 4,50 €

Crunchy style fried patty with mint Dip (28)

2,45 € | 4,90 € | 5,65 €

Wheat protein meatball with herb jus (21a,27,28,29)

1,75 € | 3,50 € | 4,05 €

Mexican bean stew with soy mince and chili (27,28,30)

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 €

Bell pepper stuffed with mediterranean vegetables Sesame and cumin sauce (21a,27,28,31,29)

2,65 € | 5,30 € | 6,10 €

Two baked spinach and spelt medallions with beet sauce (13,21a,21e,23,27,28,30,29)

2,85 € | 5,70 € | 6,55 €

Colorful potato stew with fresh parsley (27,29)

1,75 € | 3,50 € | 4,05 €

Creamy rice pudding with cinnamon, sugar and wild berries (30)

1,75 € | 3,50 € | 4,05 €

Two polenta and spinach pockets Sesamesauce (21a,27,28,31,29)

2,65 € | 5,30 € | 6,10 €

3 vegetable balls with tomato sauce, sun-dried tomatoes, olives and basil (21a,23,27,28,30,336)

2,15 € | 4,30 € | 4,95 €

Bell pepper stuffed with mediterranean vegetables Sesame and cumin sauce (21a,27)

1,95 € | 3,90 € | 4,50 €

Two baked spinach and spelt medallions with beet sauce (13,21a,21e,23,27,28,30,29)

2,85 € | 5,70 € | 6,55 €

Potato stew with Curry (27,29)

1,75 € | 3,50 € | 4,05 €

Four egg pancakes with apple sauce (21a,23,30)

1,75 € | 3,50 € | 4,05 €

Four egg pancakes wild berries (21a,23,30)

1,75 € | 3,50 € | 4,05 €



Montag

Beilage

Dienstag

- Parisian style carrots
 0,85 € | 1,70 € | 1,95 €
- Turnip cabbage with soy cream (28)
 0,85 € | 1,70 € | 1,95 €
- Colorful zucchini vegetables
 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
 0,30 € | 0,60 € | 0,70 €

Mittwoch

- Parisian style carrots
 0,85 € | 1,70 € | 1,95 €
- 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 €
- Rice with flaxseed
 0,75 € | 1,50 € | 1,75 €
- Sauce
 0,30 € | 0,60 € | 0,70 €

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 €
- Rice with flaxseed
 0,75 € | 1,50 € | 1,75 €
- Brown rice
 0,75 € | 1,50 € | 1,75 €
- Sauce
 0,30 € | 0,60 € | 0,70 €

Freitag

- Carrots and peas
 0,85 € | 1,70 € | 1,95 €
- Leek in 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 €
- Brown rice
 0,75 € | 1,50 € | 1,75 €
- Sauce
 0,30 € | 0,60 € | 0,70 €



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Dessert

- fruit pie with crumble (21a,26b)
1,40 € | 1,60 € | 1,75 €
- Brownie vegan (21a,28)
1,40 € | 1,60 € | 1,75 €
- blue berry muffin with hazelnuts (21a)
1,25 € | 1,40 € | 1,50 €
- Chocolate pound cake with banana (21a,28)
0,90 € | 1,00 € | 1,10 €
- Chocolate muffin (21a,28)
1,25 € | 1,40 € | 1,50 €
- 3 - Vegan yogurt with blueberries and almonds (30,37)
0,75 € | 1,50 € | 1,75 €
- 2 - Curd with muesli (7,21a,21c,21d,26a,26b,30)
0,75 € | 1,50 € | 1,75 €
- 1 - Poppy seed yogurt with tangerines (26a)
0,75 € | 1,50 € | 1,75 €

- blue berry muffin with hazelnuts (21a,28)
1,40 € | 1,60 € | 1,75 €
- Chocolate muffin (21a)
1,25 € | 1,40 € | 1,50 €
- fruit pie with crumble (21a,26b)
1,40 € | 1,60 € | 1,75 €
- Chocolate pound cake with banana (21a,28)
1,25 € | 1,40 € | 1,50 €
- Brownie vegan (21a,28)
0,90 € | 1,00 € | 1,10 €
- 5 - Semolina pudding with Sugar and cinnamon
0,75 € | 1,50 € | 1,75 €
- 3 - Vegan yogurt with coconut and rhubarb (30,31)
0,75 € | 1,50 € | 1,75 €
- 2 - Blueberry curd with sunflower seeds (26a)
0,75 € | 1,50 € | 1,75 €
- 4 - Vegan yogurt with blueberries and almonds (21a,28)
0,75 € | 1,50 € | 1,75 €
- 1 - Yoghurt with honey and sesame seed (30)
0,75 € | 1,50 € | 1,75 €

- Chocolate muffin (21a,28)
1,25 € | 1,40 € | 1,50 €
- fruit pie with crumble (21a)
1,25 € | 1,40 € | 1,50 €
- Chocolate pound cake with banana (21a,28)
0,90 € | 1,00 € | 1,10 €
- blue berry muffin with hazelnuts (21a,26b)
1,40 € | 1,60 € | 1,75 €
- Brownie vegan (21a,28)
1,40 € | 1,60 € | 1,75 €
- 3 - Vegan yogurt with peach and walnuts (26c)
0,75 € | 1,50 € | 1,75 €
- 4 - Vegan yogurt with coconut and rhubarb (30)
0,75 € | 1,50 € | 1,75 €
- 1 - Wildberry yogurt
0,75 € | 1,50 € | 1,75 €
- 2 - Sour cherry and banana curd (30)
0,75 € | 1,50 € | 1,75 €

- Chocolate pound cake with banana (21a,28)
0,90 € | 1,00 € | 1,10 €
- fruit pie with crumble (21a,28)
1,25 € | 1,40 € | 1,50 €
- blue berry muffin with hazelnuts (21a,26b)
1,40 € | 1,60 € | 1,75 €
- Brownie vegan (21a,28)
1,40 € | 1,60 € | 1,75 €
- Chocolate muffin (21a)
1,25 € | 1,40 € | 1,50 €
- 3 - Vegan yoghurt with wild berries (26c)
0,75 € | 1,50 € | 1,75 €
- 1 - Wildberry yogurt (30)
0,75 € | 1,50 € | 1,75 €
- 5 - Rice pudding - plum compote (30)
0,75 € | 1,50 € | 1,75 €
- 4 - Vegan yogurt with peach and walnuts (30)
0,75 € | 1,50 € | 1,75 €
- 2 - Sour cherry and banana curd
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 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.