

## Montag



### Vorspeise

-   greek salad with feta cheese (8,10,30)  
1,95 € | 2,15 € | 2,35 €
-    Curd cheese with herb and linseed oil (30)  
1,95 € | 2,15 € | 2,35 €
-   Bulgur salad (21a)  
1,95 € | 2,15 € | 2,35 €

## Dienstag

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

## Mittwoch

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




## Donnerstag




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




## Freitag



-   greek salad with feta cheese (8,10,30)  
1,95 € | 2,15 € | 2,35 €

### Salat

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





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








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



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

### Dressing

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

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













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

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























## Montag




















### Aktion

-     French fries  
Steakhouse fries  
1,45 € | 1,60 € | 1,75 €
-     Penne with  
bell pepper sauce (21a)  
2,95 € | 3,25 € | 3,55 €
-     Wok vegeta-  
bles with red lens,  
sweet-sour sauce and rice  
(27,28,31)  
5,95 € | 6,55 € | 7,15 €

## Dienstag

-     Garlic  
mayonnaise Tomato  
ketchup (7,29)  
0,15 € | 0,20 € | 0,25 €
-     French fries  
Steakhouse fries  
1,45 € | 1,60 € | 1,75 €
-     Penne with  
tomato and wild garlic  
sauce and tofu (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 vegeta-  
bles with tofu, lenses,  
peanut sauce and rice  
(25,27,28)  
5,95 € | 6,55 € | 7,15 €

## Mittwoch

-     French fries  
Steakhouse fries  
1,45 € | 1,60 € | 1,75 €
-     Garlic  
mayonnaise Tomato  
ketchup (7,29)  
0,15 € | 0,20 € | 0,25 €
-     Penne Soy  
curry sauce (7,21a,28,29)  
2,95 € | 3,25 € | 3,55 €
-     Tarte flambée  
with fresh onions and  
flakes (21a,30,36)  
3,95 € | 4,35 € | 4,75 €
-     Wok vegeta-  
bles with bean seeds,  
thai-curry-sauce and rice  
(21e,27,28,29)  
5,95 € | 6,55 € | 7,15 €

## Donnerstag



-     Garlic  
mayonnaise Tomato  
ketchup (7,29)  
0,15 € | 0,20 € | 0,25 €
-     Penne Mush-  
room and broccoli sauce  
(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 vegeta-  
bles with mushrooms,  
lemon sesame sauce and  
rice Rice with green spelt  
(21e,27,28,31,29)  
6,95 € | 7,65 € | 8,35 €




## Freitag



## Montag

### Essen


   Edamame fried patty with mint Dip (28)  
1,75 € | 3,50 € | 4,05 €


  6 pieces wheat protein balls with bell pepper sauce (21a,29)  
1,75 € | 3,50 € | 4,05 €


   1/2 portion soy milk rice with sugar, cinnamon with sour cherry sauce (28)  
1,75 € | 3,50 € | 4,05 €




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





## Dienstag

 Vegan Currywurst with homemade curry sauce (, 21a,29)  
1,75 € | 3,50 € | 4,05 €





   Edamame fried patty with homemade curry sauce (,29)  
2,65 € | 5,30 € | 6,10 €




 6 pieces wheat protein balls with homemade curry sauce (,28,29)  
1,75 € | 3,50 € | 4,05 €


   Mexican bean stew with soy mince and chili (27,28)  
1,75 € | 3,50 € | 4,05 €





    Four egg pancakes with apple sauce (21a,23,30)  
1,75 € | 3,50 € | 4,05 €

## Mittwoch

    Soy gyros with white cabbage, onions and peppers with vegan tzatziki (21a,27,28,29)  
1,75 € | 3,50 € | 4,05 €





   Wheat protein meatball with mustard sauce and majoran (27,28)  
2,15 € | 4,30 € | 4,95 €




   pea stew (27)  
1,75 € | 3,50 € | 4,05 €





    yeast dumpling with plum jam filling, poppy seed sugar with vanilla sauce (21a,30,36,37)  
1,75 € | 3,50 € | 4,05 €

## Donnerstag

   Two sesame and carrot sticks with mango curry sauce (28)  
1,95 € | 3,90 € | 4,50 €

    Cabbage roulade with vegetable filling Herb sauce (21a,27,31,29)  
2,45 € | 4,90 € | 5,65 €

   Berlin potato soup with carrots and celeriac (27,29)  
1,75 € | 3,50 € | 4,05 €

    Four egg pancakes with apple sauce (21a,23,30)  
1,75 € | 3,50 € | 4,05 €

## Freitag



**Montag**

**Beilage**

- Carrot sticks  
0,85 € | 1,70 € | 1,95 €
- Potatoes  
0,85 € | 1,70 € | 1,95 €
- Spaetzle (21a)  
0,95 € | 1,90 € | 2,20 €
- Rice  
0,75 € | 1,50 € | 1,75 €
- Sauce & dip  
0,30 € | 0,60 € | 0,70 €
- Garlic mayonnaise  
Tomato ketchup (7,29)  
0,15 € | 0,20 € | 0,25 €

**Dienstag**

- Brussels sprouts  
0,85 € | 1,70 € | 1,95 €
- Green beans with tomatoes  
0,85 € | 1,70 € | 1,95 €
- Parsley potatoes  
0,85 € | 1,70 € | 1,95 €
- Baked potatoes  
0,95 € | 1,90 € | 2,20 €
- Curried rice (29)  
0,75 € | 1,50 € | 1,75 €
- Sauce & dip  
0,30 € | 0,60 € | 0,70 €

**Mittwoch**

- Cauliflower with sesame seeds (31)  
0,85 € | 1,70 € | 1,95 €
- Peas in soy cream (28)  
0,85 € | 1,70 € | 1,95 €
- Potatoes  
0,85 € | 1,70 € | 1,95 €
- Homemade mashed potatoes (30)  
0,95 € | 1,90 € | 2,20 €
- Rice with almonds (26a)  
0,75 € | 1,50 € | 1,75 €
- Sauce & dip  
0,30 € | 0,60 € | 0,70 €

**Donnerstag**

- Celery (27)  
0,85 € | 1,70 € | 1,95 €
- Red cabbage with apples (7)  
0,85 € | 1,70 € | 1,95 €
- Potatoes  
0,85 € | 1,70 € | 1,95 €
- Two potato dumplings  
0,95 € | 1,90 € | 2,20 €
- Brown rice  
0,75 € | 1,50 € | 1,75 €
- Sauce & dip  
0,30 € | 0,60 € | 0,70 €

**Freitag**



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
<b>Dessert</b>	<p> Brownie vegan (21a,28) 1,40 €   1,60 €   1,75 €</p> <p> Chocolate pound cake with banana (21a) 1,25 €   1,40 €   1,50 €</p> <p> fruit pie with crumble (21a,28) 1,25 €   1,40 €   1,50 €</p> <p> blue berry muffin with hazelnuts (21a,28) 0,90 €   1,00 €   1,10 €</p> <p> Chocolate muffin (21a,26b) 1,40 €   1,60 €   1,75 €</p> <p> 1-Banana coconut yogurt (30) 0,75 €   1,50 €   1,75 €</p> <p> 2-Curd cheese with roasted nuts (7) 0,75 €   1,50 €   1,75 €</p> <p> 3-Vegan yoghurt with apple and cinnamon (26a,26b,26c,30) 0,75 €   1,50 €   1,75 €</p>	<p> fruit pie with crumble (21a,28) 0,90 €   1,00 €   1,10 €</p> <p> Brownie vegan (21a,28) 1,25 €   1,40 €   1,50 €</p> <p> Chocolate pound cake with banana (21a) 1,25 €   1,40 €   1,50 €</p> <p> Chocolate muffin (21a,26b) 1,40 €   1,60 €   1,75 €</p> <p> blue berry muffin with hazelnuts (21a,28) 1,40 €   1,60 €   1,75 €</p> <p> 3-Vegan yogurt with bananas (30) 0,75 €   1,50 €   1,75 €</p> <p> 1-Cherry yoghurt with chocolate (28) 0,75 €   1,50 €   1,75 €</p> <p> 4-soy milk rice with sugar, cinnamon (28) 0,75 €   1,50 €   1,75 €</p> <p> 2-Mango curd (30) 0,75 €   1,50 €   1,75 €</p>	<p> Brownie vegan (21a) 1,25 €   1,40 €   1,50 €</p> <p> blue berry muffin with hazelnuts (21a,28) 0,90 €   1,00 €   1,10 €</p> <p> Chocolate muffin (21a,28) 1,25 €   1,40 €   1,50 €</p> <p> fruit pie with crumble (21a,28) 1,40 €   1,60 €   1,75 €</p> <p> Chocolate pound cake with banana (21a,26b) 1,40 €   1,60 €   1,75 €</p> <p> Stracciatella yogurt (28,30) 0,75 €   1,50 €   1,75 €</p> <p> Vegan yogurt with blackberries and sunflower seeds 0,75 €   1,50 €   1,75 €</p>	<p> fruit pie with crumble (21a) 1,25 €   1,40 €   1,50 €</p> <p> Chocolate pound cake with banana (21a,26b) 1,40 €   1,60 €   1,75 €</p> <p> blue berry muffin with hazelnuts (21a,28) 1,40 €   1,60 €   1,75 €</p> <p> Chocolate muffin (21a,28) 1,25 €   1,40 €   1,50 €</p> <p> Brownie vegan (21a,28) 0,90 €   1,00 €   1,10 €</p> <p> Blueberry yoghurt 0,75 €   1,50 €   1,75 €</p> <p> Rhubarb curd with almonds (30) 0,75 €   1,50 €   1,75 €</p> <p> Vegan yogurt with strawberries (26a,30) 0,75 €   1,50 €   1,75 €</p>	<p> Chocolate muffin (21a,26b) 1,40 €   1,60 €   1,75 €</p> <p> fruit pie with crumble (21a,28) 1,40 €   1,60 €   1,75 €</p> <p> blue berry muffin with hazelnuts (21a,28) 0,90 €   1,00 €   1,10 €</p> <p> Brownie vegan (21a) 1,25 €   1,40 €   1,50 €</p> <p> Chocolate pound cake with banana (21a,28) 1,25 €   1,40 €   1,50 €</p>

## 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 CO<sub>2</sub> balance. The CO<sub>2</sub> value of this dish is less than half the average CO<sub>2</sub> value of all the dishes considered.



This dish **slightly improves** the CO<sub>2</sub> balance. The CO<sub>2</sub> value of this dish is below the average CO<sub>2</sub> value of all the dishes considered.



This **worsens** the CO<sub>2</sub> balance. The CO<sub>2</sub> value of this dish is above the average CO<sub>2</sub> 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.