studierendenWERK BERLIN

# Speiseplan Mensa TU Marchstraße

**vom 07.09. bis 11.09.2026**

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|---|---|---|---|---|---|
| **Salat** | Salad plate special with marinated soy strips and roasted sesame seeds (28,31)<br>3,95 € \| 4,35 € \| 4,75 €<br>Small salad bowl (13,27,29)<br>0,75 € \| 1,50 € \| 1,75 €<br>Large salad bowl (13,27,29)<br>1,95 € \| 3,90 € \| 4,50 € | Salad plate special with boiled egg and marinated beans (6,7,23,32)<br>4,95 € \| 5,45 € \| 5,95 €<br>Large salad bowl (13,27,29)<br>1,95 € \| 3,90 € \| 4,50 €<br>Small salad bowl (13,27,29)<br>0,75 € \| 1,50 € \| 1,75 € | Special salad plate with marinated mushrooms and roasted pumpkin seeds (28)<br>3,95 € \| 4,35 € \| 4,75 €<br>Small salad bowl (13,27,29)<br>0,75 € \| 1,50 € \| 1,75 €<br>Large salad bowl (13,27,29)<br>1,95 € \| 3,90 € \| 4,50 € | Salad plate special with grated cheese and cherry tomatoes (30)<br>4,95 € \| 5,45 € \| 5,95 €<br>Large salad bowl (13,27,29)<br>0,75 € \| 1,50 € \| 1,75 €<br>Small salad bowl (13,27,29)<br>1,95 € \| 3,90 € \| 4,50 € | Special salad plate with mozzarella and sun-dried tomatoes (6,7,30,32)<br>4,95 € \| 5,45 € \| 5,95 €<br>Small salad bowl (13,27,29)<br>1,95 € \| 3,90 € \| 4,50 €<br>Large salad bowl (13,27,29)<br>0,75 € \| 1,50 € \| 1,75 € |
| **Dressing** | American dressing (28,29)<br>French dressing (28,29)<br>Vinaigrette sauce (29)<br>herb dressing (28) | herb dressing (29)<br>American dressing (28,29)<br>Vinaigrette sauce (28)<br>French dressing (28,29) | French dressing (28)<br>Vinaigrette sauce (29)<br>herb dressing (28,29)<br>American dressing (28,29) | French dressing (28,29)<br>American dressing (28,29)<br>Vinaigrette sauce (29)<br>herb dressing (28) | French dressing (28,29)<br>Vinaigrette sauce (28)<br>herb dressing (28,29)<br>American dressing (29) |
| **Suppe** | Broth with wild mushrooms and rosemary (,27)<br>0,75 € \| 1,50 € \| 1,75 € | cream of vegetable soup (27,28)<br>0,75 € \| 1,50 € \| 1,75 € | pea soup (28)<br>0,75 € \| 1,50 € \| 1,75 € | Broccoli soup<br>0,75 € \| 1,50 € \| 1,75 € | Corn and bell pepper soup (28)<br>0,75 € \| 1,50 € \| 1,75 € |

Preislegende: Studierende | Beschäftigte | Gäste
labels see appendix

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**vom 07.09. bis 11.09.2026**

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|---|---|---|---|---|---|
| **Essen** | Baked celery medallion Sesamesauce (21a,27,28,31,36)<br>1,75 € \| 3,50 € \| 4,05 €<br>4 kale hemp balls with curry sauce<br>2,45 € \| 4,90 € \| 5,65 €<br>Vanilla semolina pudding with sugar and cinnamon Apple sauce (21a,30)<br>1,75 € \| 3,50 € \| 4,05 € | Beef goulash with bell peppers (30)<br>2,95 € \| 5,90 € \| 6,80 €<br>Zucchinis with vegetable and rice filling Tomato-caper sauce<br>4,25 € \| 8,50 € \| 9,80 €<br>Cauliflower and Curry Stew with Tomatoes, Chickpeas, and Cilantro<br>1,75 € \| 3,50 € \| 4,05 € | Vegetable ragout with peas, turmeric, and ginger (21a,27,28,36)<br>1,95 € \| 3,90 € \| 4,50 €<br>Breaded cutlet from wheat protein with pepper sauce (26a)<br>2,45 € \| 4,90 € \| 5,65 €<br>Cauliflower and Curry Stew with Tomatoes, Chickpeas, and Cilantro<br>1,75 € \| 3,50 € \| 4,05 € | One slice of roasted turkey breast with peanut plantain sauce (8,25)<br>3,45 € \| 6,90 € \| 7,95 €<br>Beet buffer with parsley sauce (21a,28)<br>2,45 € \| 4,90 € \| 5,65 €<br>Potato stew with beans and mushrooms (27,28)<br>1,75 € \| 3,50 € \| 4,05 € | Baked haddock fillet with mustard dip (21a,23,24,30,36,29)<br>3,45 € \| 6,90 € \| 7,95 €<br>Two baked potato pockets with cream cheese filling and tomato sauce (30)<br>1,95 € \| 3,90 € \| 4,50 €<br>Curry vegetable stew (27,28,29)<br>1,75 € \| 3,50 € \| 4,05 € |
| **Beilage** | Balkan style vegetables<br>0,85 € \| 1,70 € \| 1,95 €<br>Potatoes<br>0,85 € \| 1,70 € \| 1,95 €<br>Yellow rice (29)<br>0,75 € \| 1,50 € \| 1,75 € | Peas<br>0,85 € \| 1,70 € \| 1,95 €<br>Potatoes<br>0,85 € \| 1,70 € \| 1,95 €<br>Rice<br>0,75 € \| 1,50 € \| 1,75 € | Broccoli<br>0,85 € \| 1,70 € \| 1,95 €<br>Parsley potatoes<br>0,85 € \| 1,70 € \| 1,95 €<br>Rice with green spelt (21e)<br>0,75 € \| 1,50 € \| 1,75 € | Brussels sprouts<br>0,85 € \| 1,70 € \| 1,95 €<br>Potatoes<br>0,85 € \| 1,70 € \| 1,95 €<br>Brown rice<br>0,75 € \| 1,50 € \| 1,75 € | Carrots mix<br>0,85 € \| 1,70 € \| 1,95 €<br>Homemade potato salad vinegar / oil (13,29)<br>0,95 € \| 1,90 € \| 2,20 €<br>Brown rice<br>0,75 € \| 1,50 € \| 1,75 € |
| **Dessert** | Vegan yogurt with raspberries<br>0,75 € \| 1,50 € \| 1,75 €<br>Fruit salad<br>1,50 € \| 1,65 € \| 1,80 € | Apple and cinnamon yoghurt (7,30)<br>0,75 € \| 1,50 € \| 1,75 €<br>Fruit salad<br>1,50 € \| 1,65 € \| 1,80 € | Blueberry curd with sunflower seeds (30)<br>0,75 € \| 1,50 € \| 1,75 €<br>Sliced melon<br>1,50 € \| 1,65 € \| 1,80 € | Wildberry yogurt (30)<br>0,75 € \| 1,50 € \| 1,75 €<br>Fruit salad<br>1,50 € \| 1,65 € \| 1,80 € | Raspberry coconut curd (30)<br>0,75 € \| 1,50 € \| 1,75 €<br>Fruit salad<br>1,50 € \| 1,65 € \| 1,80 € |

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# 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 Paranuss |
| | 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** $CO_2$ balance. The $CO_2$ value of this dish is less than half the average $CO_2$ value of all the dishes considered.

This dish **slightly improves** the $CO_2$ balance. The $CO_2$ value of this dish is below the average $CO_2$ value of all the dishes considered.

This **worsens** the $CO_2$ balance. The $CO_2$ value of this dish is above the average $CO_2$ 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 foodstuffs 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.