



	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Vorspeise		<ul style="list-style-type: none"> Bulgur salad with mint (21a) 1,95 € 2,15 € 2,35 € 	<ul style="list-style-type: none"> Mediterranean pasta salad (6,7,8,10,21a,32) 1,95 € 2,15 € 2,35 € Chinese salad cabbage kimchi style (6,7) 1,95 € 2,15 € 2,35 € 	<ul style="list-style-type: none"> Mediterranean pasta salad (6,7,8,10,21a,32) 1,95 € 2,15 € 2,35 € 	
Salat		<ul style="list-style-type: none"> Salad plate special with soft cheese and sunflower seeds (8,10,30) 4,95 € 5,45 € 5,95 € Small salad bowl (13,27,29) 0,75 € 1,50 € 1,75 € Large salad bowl (13,27,29) 1,95 € 3,90 € 4,50 € 	<ul style="list-style-type: none"> Salad plate special with soft cheese and sunflower seeds (8,10,30) 4,95 € 5,45 € 5,95 € Large salad bowl (13,27,29) 1,95 € 3,90 € 4,50 € Small salad bowl (13,27,29) 0,75 € 1,50 € 1,75 € 	<ul style="list-style-type: none"> Salad plate special with soft cheese and sunflower seeds (8,10,30) 4,95 € 5,45 € 5,95 € Large salad bowl (13,27,29) 1,95 € 3,90 € 4,50 € Small salad bowl (13,27,29) 0,75 € 1,50 € 1,75 € 	<ul style="list-style-type: none"> Special salad plate with mozzarella and sun-dried tomatoes (6,7,30,32) 4,95 € 5,45 € 5,95 € Large salad bowl (13,27,29) 0,75 € 1,50 € 1,75 € Small salad bowl (13,27,29) 1,95 € 3,90 € 4,50 €
Dressing		<ul style="list-style-type: none"> American dressing (28,29) Vinaigrette sauce (29) French dressing (28,29) 	<ul style="list-style-type: none"> Vinaigrette sauce (29) French dressing (28,29) American dressing (28,29) 	<ul style="list-style-type: none"> Vinaigrette sauce (28,29) American dressing (28,29) French dressing (28,29) 	<ul style="list-style-type: none"> American dressing (28,29) French dressing (29) Vinaigrette sauce (28,29)
Suppe			<ul style="list-style-type: none"> Corn cream soup (28) 0,75 € 1,50 € 1,75 € 	<ul style="list-style-type: none"> Indian tomato soup with coconut milk (31) 0,75 € 1,50 € 1,75 € 	<ul style="list-style-type: none"> Tomato soup with fresh wild garlic 0,75 € 1,50 € 1,75 €



Montag

Aktion









Dienstag

-   Vegetable burger in sesame bun with hummus cream (7,21a,23,336,29)
3,95 € | 4,35 € | 4,75 €
-   French fries
1,45 € | 1,60 € | 1,75 €
-     pasta with spinach sauce and roasted walnuts (21a,26c,28)
2,95 € | 3,25 € | 3,55 €













Mittwoch

-     Gnocchi with fresh wild garlic and spinach leaves in a cream sauce (21a,30)
4,95 € | 5,45 € | 5,95 €
-     Vegetables from the wok with fresh ginger and glass noodles (27,28,29)
4,95 € | 5,45 € | 5,95 €

Donnerstag

-     Urban style fries - with mushrooms and pickled radishes (7,29)
4,95 € | 5,45 € | 5,95 €
-     pasta with soyabolognese (21a,27,28)
2,95 € | 3,25 € | 3,55 €

Freitag

-    vegan melt (30)
0,75 € | 0,85 € | 0,90 €
-      Hard cheese grated (21a,26b,28)
2,95 € | 3,25 € | 3,55 €
-     Homemade wholemeal pasta with cauliflower sauce, fresh tomatoes and roasted hazelnuts (8)
0,75 € | 0,85 € | 0,90 €



Montag



Dienstag

Mittwoch



Donnerstag

Freitag



Essen

  Baked black salsify vegetable fillet Herb sauce (21a,28,36)



2,15 € | 4,30 € | 4,95 €

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



1,75 € | 3,50 € | 4,05 €

  Minced roll of wheat protein stuffed with tomato with herb sauce (21a,36,29)




2,45 € | 4,90 € | 5,65 €

  Vegan spring roll Soy sauce (6,21a,27,28,31,29)



2,15 € | 4,30 € | 4,95 €

  6 pieces wheat protein balls with herb sauce (21a,29)





1,95 € | 3,90 € | 4,50 €

   White bean and mushrooms and sun-dried tomatoes (6,7,21e,28,32,29)





2,75 € | 5,50 € | 6,35 €

  Creamy rice pudding with cinnamon, sugar and Plum sauce (30)



1,75 € | 3,50 € | 4,05 €

    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 €

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





1,75 € | 3,50 € | 4,05 €

    Two polenta and spinach pockets with turmeric sauce (21a,23,27,30,36)





2,15 € | 4,30 € | 4,95 €

    Bulgur and spinach pan with smoked tofu and sunflower seeds (21a,28)





2,75 € | 5,50 € | 6,35 €

    Polenta with Mediterranean vegetable ragout (28)

1,75 € | 3,50 € | 4,05 €

    Cottage cheese with olives, wild garlic, and steamed potatoes (6,7,30,32)

1,75 € | 3,50 € | 4,05 €

    two home-made pancakes Apple compote (7,21a,23,30)

1,75 € | 3,50 € | 4,05 €



Montag

Dienstag

Mittwoch

Donnerstag

Freitag

Beilage

- Parisian style carrots
0,85 € | 1,70 € | 1,95 €
- Potatoes
0,85 € | 1,70 € | 1,95 €
- Brown rice
0,75 € | 1,50 € | 1,75 €
- Sauce
0,30 € | 0,60 € | 0,70 €

- Cauliflower with sesame seeds (31)
0,85 € | 1,70 € | 1,95 €
- Potatoes
0,85 € | 1,70 € | 1,95 €
- Rice with pumpkin seeds
0,75 € | 1,50 € | 1,75 €
- Sauce
0,30 € | 0,60 € | 0,70 €

- Needle beans
0,85 € | 1,70 € | 1,95 €
- Mashed sweet potatoes
0,95 € | 1,90 € | 2,20 €
- Rice
0,75 € | 1,50 € | 1,75 €
- Sauce
0,30 € | 0,60 € | 0,70 €

- 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 €
- Rice
0,75 € | 1,50 € | 1,75 €
- Sauce
0,30 € | 0,60 € | 0,70 €

Dessert

- Curd with muesli (30,37)
0,75 € | 1,50 € | 1,75 €
- Poppy seed yogurt with tangerines (7, 21a,21c,21d,26a,26b,30)
0,75 € | 1,50 € | 1,75 €
- chocolate pudding (28)
0,75 € | 1,50 € | 1,75 €

- Yoghurt with honey and sesame seed (30)
0,75 € | 1,50 € | 1,75 €
- Blueberry curd with sunflower seeds (30,31)
0,75 € | 1,50 € | 1,75 €
- vanilla pudding (28)
0,75 € | 1,50 € | 1,75 €

- Curd with Plum with hazelnuts (30)
0,75 € | 1,50 € | 1,75 €
- Wildberry yogurt (26b,30)
0,75 € | 1,50 € | 1,75 €
- Pistachios pudding (26g,28)
0,75 € | 1,50 € | 1,75 €

- Vegan yoghurt with wild berries
0,75 € | 1,50 € | 1,75 €
- Pear and oat yogurt (21d,26a,30)
0,75 € | 1,50 € | 1,75 €
- Raspberry coconut curd (30)
0,75 € | 1,50 € | 1,75 €
- nougat pudding (26b,28)
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 Kaschnuss
 - 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.