

DISH CARD

Company: M A H L Z E I T_Kulinarik

Day ticket: 03.03.2025 - 07.03.

MONDAY, 03 MARCH 2025

Creamy Thai sweet potato soup with peanuts and coriander (E) [vegetarian] [lactose-free] [gluten-free] [vegan]	220 kcal	TS	3,€
Antalyabowl Colourful vegetable curry with soy kebab slices and brown rice served with tomato chutney (F) [vegetarian] [lactose-free] [gluten-free] [vegan]	1050 kcal	M1	8,€
Vegetable cutlets with bean ragout, grilled pointed pepper and cress potatoes (A) [tomato salad as a recommendation] [vegetarian] [lactose-free] [vegan]	930 kcal	M2	7,€
Turkey steak Hawaii with cheese, turkey ham, pineapple and basmati rice (G) [gluten-free]	900 kcal	M3	9,€
Fruity berry slice with sponge base (A,C,G) [veget]	450 kcal	TD	3,€

TUESDAY, 04 MARCH 2025

Hearty beef soup with cheese dumplings (A,C,G)	230 kcal	TS	3,€
Green spelt coconut bowl with broccoli, melanzane, chickpeas, parsnips, caramelised red onion and cranberries with yellow curry basmati rice (A) [vegetarian] [lactose-free] [vegan]	960 kcal	M1	8,€
French crepe au gratin filled with ricotta and spinach on ratatouille with boiled potatoes (A,C,G) [veget]	890 kcal	M2	8,€
Uhudler roast beef bowl with grapes and seasonal vegetables served with napkin dumplings and fresh cress (A,C,G)	920 kcal	M3	10,€
Greek yoghurt with fresh pineapple and oat flakes (A,G) [veget]	250 kcal	TD	3,€

WEDNESDAY, 05 MARCH 2025

Classic Viennese potato soup with bacon, mushrooms and fresh herbs (Sc) [lactose-free] [gluten-free]	250 kcal	TS	3,€
Refreshing seitan and bean curry with savoy cabbage and pomegranate, served with spiced basmati rice (A) [vegetarian] [lactose-free] [vegan]	950 kcal	M1	8,€
Pumpkin and leek quiche with feta gratin and buttered potatoes (A,C,G) [veget]	940 kcal	M2	8,€
Mixed minced meat spaghetti bolognese with fresh chives [Grana as TB1] (A,C,G,O,Sc)	850 kcal	M3	9,€
Poppy seed noodles with apple sauce (A,C,G) [veget]	450 kcal	TD	4,€

THURSDAY, 06 MARCH 2025

Hut mushroom soup with a hint of celery and black bread croutons (A,L) [vegetarian] [lactose-free] [vegan]	220 kcal	TS	3,€
Freshly baked samosas with sweet chilli sauce and homemade spicy carrot salad (A) [vegetarian] [lactose-free] [vegan]	980 kcal	M1	8,€
Grilled Augsburg Knacker on Terlan savoy cabbage with roasted potatoes (A,G,Sc)	1120 kcal	M2	9,€
Creamy smoked salmon tagliatelle with spinach leaf topping and lemon (A,C,D,G,O)	880 kcal	M3	10,€
Oven-fresh fruit Danish pastry (A,C,G) [veget]	374 kcal	TD	3,€

FRIDAY, 07 MARCH 2025

Bloody Mary tomato soup with basil pesto (L) [vegetarian] [lactose-free] [gluten-free] [vegan]	200 kcal	TS	3,€
Baked pea protein nuggets with cranberries and paprika rice (A) [vegetarian] [lactose-free] [vegan]	880 kcal	M1	8,€
Vegetarian potato goulash with cream topping (A,G) [veget]	1000 kcal	M2	7,€
Ramen with miso turkey, udon noodles, mushrooms and boiled egg (A,C,N) [lactose-free]	790 kcal	M3	9,€
Cake of the day (A,C,G,H) [veget]	440 kcal	TD	3,€

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Weekly ticket: week

Salads

Vegan salad bowl with fried tofu, edamame, carrot, cucumber, yellow beetroot, radish, red cabbage and seed lime dressing (F,N) [vegetarian] [lactose-free] [gluten-free] [vegan]	680 kcal	S1	8,€
American shrimp salad with mango, edamame, cucumber, peppers, colourful sprouts and cocktail dressing (A,D,F,G)	750 kcal	S2	8,€
Leaf salad garnished with seasonal vegetables served with house dressing [vegetarian] [lactose-free] [gluten-free] [vegan]	90 kcal	S4	3,€

Weekly menu, Special, Low Carb

Pickled lentils with fluffy napkin dumplings (A,C,G) [veget]	750 kcal	W1	7,€
Minced roast in natural gravy with homemade mashed potatoes and fried onions (A,C,G,M,O,Sc)	870 kcal	W2	9,€
Portion of ginger and wasabi [vegetarian] [lactose-free] [gluten-free] [vegan]	260 kcal	SP3	1,€
Low carb Minced roast in natural gravy with vegetable bouquet and fried onion (A,C,G,M,O,Sc)	720 kcal	A1	9,€
Fresh melon cup with mint [vegetarian] [lactose-free] [gluten-free] [vegan]	130 kcal	TD1	4,90 €
Poppy seed noodles with apple sauce (A,C,G) as a main course [veget]	900 kcal	TD2	7,€

Enclosures

Portion of basmati rice [vegetarian] [lactose-free] [gluten-free] [vegan]	250 kcal	BL1	2,€
Portion of grilled vegetables [vegetarian] [lactose-free] [gluten-free] [vegan]	50 kcal	BL2	2,€

Sandwich & Wrap

Salmon ciabatta filled with smoked salmon, cucumber and rocket (A,C,G,D)	710 kcal	GD2	4,90 €
BLT wrap filled with crispy bacon, tomato, cheddar, iceberg and cocktail sauce (A,G,SC)	620 kcal	GD3	4,80 €
Vegan roast pork wrap filled with pulled pea protein, caramelised cabbage, mustard sauce and fried onions (A,F,M) [vegetarian] [lactose-free] [vegan]	750 kcal	GD5	6,€
Roast pork wrap filled with pulled pea protein, caramelised cabbage, mustard sauce and fried onion (A,F,M) [lactose-free]	980 kcal	GD6	6,€

Juices & smoothies

Orange juice freshly squeezed [500ml] [vegetarian] [lactose-free] [gluten-free] [vegan] [malfit]	250 kcal	SD1	4,20 €
Freshly squeezed pear orange juice [500ml] [vegetarian] [lactose-free] [gluten-free] [vegan] [malfit]	180 kcal	SD2	4,30 €
Multivitamin juice [500ml] [vegetarian] [lactose-free] [gluten-free] [vegan] [malfit]	290 kcal	SD3	4,50 €

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Combination menus & side dishes - indulgence

Weekly menu, special, low carb on 03/03/2025

Low carb Turkey steak Hawaii with cheese, turkey ham, pineapple and vegetable bouquet. (G) [gluten-free]	750 kcal	A2	9,€
2G Menu Creamy Thai sweet potato soup with peanuts and coriander (E) & vegetable cutlets with bean ragout, grilled pointed pepper and cress potatoes (A) [tomato salad recommended] [vegetarian] [lactose-free] [vegan]	1150 kcal	A3	9,€
2G Menu Antalyabowl Colourful vegetable curry with soy kebab slices and brown rice served with tomato chutney (F) & fruity berry slice with sponge cake base (A,C,G) [veget]	1500 kcal	A4	10,€

Weekly menu, special, low carb on 04.03.2025

Low carb Uhudler roast beef bowl with grapes and seasonal vegetables served with an extra vegetable bouquet and fresh cress (A,C,G)	770 kcal	A2	10,€
2G Menu Hearty beef soup with cheese dumplings (A,C,G) & Uhudler roast beef bowl of local beef with grapes and seasonal vegetables served with napkin dumplings and fresh cress (A,C,G)	1150 kcal	A3	12,€
2G Menu Green spelt coconut bowl with broccoli, melanzane, chickpeas, parsnips, caramelised red onion and cranberries with yellow curry basmati rice (A) & Greek yoghurt with fresh pineapple [veget]	1210 kcal	A4	10,€

Weekly menu, special, low carb on 05.03.2025

2G Menu Classic Viennese potato soup with bacon, mushrooms and fresh herbs (Sc) & minced roast in natural gravy with homemade potato puree and fried onions (A,C,G,M,O,Sc)	1120 kcal	A3	11,€
2G Menu Pumpkin and leek quiche with feta gratin and buttered potatoes (A,C,G) & poppy seed pasta with apple sauce (A,C,G) [veget]	1390 kcal	A4	10,€

Weekly menu, special, low carb on 06.03.2025

Low carb Grilled Augsburg Knacker on Terlan savoy cabbage with vegetable bouquet. (A,G,Sc)	970 kcal	A2	9,€
2G Menu Hütten Mushroom soup with a hint of celery and black bread croutons (A,L) & Pickled lentils with fluffy napkin dumplings (A,C,G) [veget]	970 kcal	A3	9,€
2G Menu Grilled Augsburg Knacker on Terlan savoy cabbage with roasted potatoes (A,G,Sc) & oven-fresh fruit Danish pastry (A,C,G)	1494 kcal	A4	11,€

Weekly menu, special, low carb on 07.03.2025

Low carb Baked pea protein nuggets with cranberries and vegetable bouquet. (A) [vegetarian] [lactose-free] [vegan]	730 kcal	A2	8,€
2G Menu Bloody Mary tomato soup with basil pesto (L) & baked pea protein nuggets with cranberries and paprika rice (A)	1080 kcal	A3	10,€
2G Menu Vegetarian potato goulash with cream topping (A,G) & cake of the day (A,C,G,H) [veget]	1440 kcal	A4	9,€

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Enclosures and special on 03/03/2025

Tomato salad with onion (M) for M1 [vegetarian] [lactose-free] [gluten-free] [vegan]	300 kcal	TB1	2,€
Portion of mashed potatoes (G) [veget] [gluten-free]	180 kcal	WB1	2,€

Enclosures and special on 04/03/2025

Portion of mashed potatoes (G) [veget] [gluten-free]	180 kcal	WB1	2,€
Vegan sushi set with mixed maki, nigiri, stuffed waka pocket and stuffed tofu pocket with soya sauce and chopsticks (A,F,N) [vegetarian] [lactose-free] [vegan]	400 kcal	SP1	10,€
Salmon sushi set with salmon nigiri and mixed maki with soy sauce and chopsticks (A,D,F) [lactose-free]	600 kcal	SP2	11,€

Enclosures and special on 05.03.2025

Portion of mashed potatoes (G) [veget] [gluten-free]	180 kcal	WB1	2,€
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Enclosures and special on 06.03.2025

Extra portion 65g mango pulp [vegetarian] [lactose-free] [gluten-free] [vegan]	40 kcal	TB1	0,€
Portion of mashed potatoes (G) [veget] [gluten-free]	180 kcal	WB1	2,€

Enclosures and special on 07.03.2025

Extra portion 65g cranberries [vegetarian] [lactose-free] [gluten-free] [vegan]	130 kcal	TB1	0,€
Portion of mashed potatoes (G) [veget] [gluten-free]	180 kcal	WB1	2,€

Additional ordering options: Meeting catering, pastries and salads can be conveniently ordered online.

Note: All information on this menu is without guarantee. Subject to changes and errors. We apologise for any printing and spelling errors.