

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter &amp; Soup</b>	Spicy broth with mie noodles, vegetables and sesame seeds (VN) CO2 Wert/Port.: 51g Energie pro Portion: 273 kJ, 65 kcal <b>3,90 €</b>	Borscht with white cabbage, beetroot and parsley (VN) CO2 Wert/Port.: 55g Energie pro Portion: 283 kJ, 67 kcal <b>3,90 €</b>	Carrot soup with mango and roasted sesame seeds (VN) CO2 Wert/Port.: 80g Energie pro Portion: 477 kJ, 114 kcal <b>3,90 €</b>	Mushroom cream soup with chives (V) CO2 Wert/Port.: 118g Energie pro Portion: 295 kJ, 71 kcal <b>3,90 €</b>	Spanish bean soup with sweet potato and garlic (VN) CO2 Wert/Port.: 86g Energie pro Portion: 507 kJ, 121 kcal <b>3,90 €</b>
<b>Plant Based</b>	Beetroot pancakes with beluga lentils, pea puree and horseradish (VN) CO2 Wert/Port.: 309g Energie pro Portion: 3237 kJ, 773 kcal <b>9,00 €</b>	BBQ Hokkaido with rosemary potatoes, cherry tomatoes with lime mayo(VN) CO2 Wert/Port.: 280g Energie pro Portion: 1996 kJ, 478 kcal <b>9,00 €</b>	Buckwheat Bowl with Avocado , Lamb's Lettuce , Black Beans , Beetroot and Carrots (VN) CO2 Wert/Port.: 385g Energie pro Portion: 1959 kJ, 468 kcal <b>9,00 €</b>	Falafel in pita bread with coriander pesto, iceberg lettuce, eggplant, pickled red onion and tahini sauce (VN) CO2 Wert/Port.: 808g Energie pro Portion: 3949 kJ, 944 kcal <b>9,00 €</b>	Potato pancakes with applesauce(V) CO2 Wert/Port.: 285g Energie pro Portion: 2598 kJ, 618 kcal <b>9,00 €</b>
<b>Pan Asia</b>	Chao Mian Beef Asian minced beef ragout with vegetables and noodles(R) CO2 Wert/Port.: 1779g Energie pro Portion: 3080 kJ, 736 kcal <b>14,90 €</b>	Tom Kha Gai with chicken breast, coconut, sprouts, pointed cabbage and rice(G) CO2 Wert/Port.: 1202g Energie pro Portion: 1771 kJ, 423 kcal <b>12,90 €</b>	Red Thai curry with turkey steak, zucchini, broccoli, red onion, carrot served with sesame potatoes (G) CO2 Wert/Port.: 967g Energie pro Portion: 1755 kJ, 420 kcal <b>14,90 €</b>	Thot Plaa Muek Fried rice, vegetables and egg(V) CO2 Wert/Port.: 611g Energie pro Portion: 2115 kJ, 505 kcal <b>12,90 €</b>	CO2 Wert/Port.: 0g Energie pro Portion: 0 kcal <b>0,00 €</b>
<b>Around the world</b>	Biryani rice with chicken breast, vegetables, raita and coriander (G) CO2 Wert/Port.: 1185g Energie pro Portion: 3008 kJ, 719 kcal <b>13,90 €</b>	Pasta all'arrabiata with spicy tomato sauce , with baked calamari ,parsley and Pangrattato(F) CO2 Wert/Port.: 1316g Energie pro Portion: 3047 kJ, 728 kcal <b>14,90 €</b>	Pulled chicken in a fajata rolled in a wheat tortilla with jalapeno, Guacamole and wedges(G) CO2 Wert/Port.: 1285g Energie pro Portion: 2958 kJ, 703 kcal <b>13,90 €</b>	Blackened Brisket Spiced beef brisket with BBQ , Pointed cabbage vegetables , Mashed Sweet Potatoes and Chutney (R) CO2 Wert/Port.: 1537g Energie pro Portion: 2262 kJ, 540 kcal <b>15,90 €</b>	Breaded pollock with creamy spinach, boiled potatoes and parsley (F) CO2 Wert/Port.: 1621g Energie pro Portion: 1910 kJ, 457 kcal <b>14,90 €</b>
<b>M.Tower Lunch</b>	Malaysian vegetable ragout sweet and sour with jasmine Rice (VN) CO2 Wert/Port.: 425g Energie pro Portion: 1518 kJ, 363 kcal <b>6,50 €</b>	Boiled eggs in mustard sauce with boiled potatoes (V) CO2 Wert/Port.: 727g Energie pro Portion: 4932 kJ, 1176 kcal <b>6,50 €</b>	Basmati rice with beans and coconut milk(VN) CO2 Wert/Port.: 422g Energie pro Portion: 1743 kJ, 418 kcal <b>6,50 €</b>	Mexican vegetable chickpea chili (V) CO2 Wert/Port.: 437g Energie pro Portion: 951 kJ, 228 kcal <b>6,50 €</b>	Bean-Pepper-Potato Stew(VN) CO2 Wert/Port.: 683g Energie pro Portion: 1229 kJ, 294 kcal <b>6,50 €</b>
<b>Dessert</b>	Golden milk with spices (V) CO2 Wert/Port.: 25g Energie pro Portion: 291 kJ, 70 kcal <b>3,90 €</b>	Soy yoghurt alternative with agave syrup and sweet almonds (VN) CO2 Wert/Port.: 148g Energie pro Portion: 454 kJ, 109 kcal <b>3,90 €</b>	Apple cream with cinnamon and grapes (V) CO2 Wert/Port.: 90g Energie pro Portion: 532 kJ, 126 kcal <b>3,90 €</b>	Semolina porridge with cinnamon almonds (V) CO2 Wert/Port.: 37g Energie pro Portion: 491 kJ, 117 kcal <b>3,90 €</b>	Sweet sour cream with fruit (V) CO2 Wert/Port.: 326g Energie pro Portion: 978 kJ, 233 kcal <b>3,90 €</b>