



M.TOWER THE FOOD BASE

22. Week 26.05. - 01.06.2025

Starter & Soup

Monday	Tuesday	Wednesday	Thursday	Friday
Oriental chickpea soup broccoli (VN)	Sweet potato soup chili (VN)	Potato soup parsley (V)	Public holiday	2 May Barbecue on the terrace in the Messeturm.
CO ₂ / Port.: Energie pro Portion: 466 kJ, 111 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 679 kJ, 163 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 345 kJ, 82 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 434 kJ, 104 kcal 0,00 €	CO ₂ / Port.: Energie pro Portion: 1120 kJ, 268 kcal 0,00 €

Plant Based

chili sin carne (VN)	Dukkah oven-roasted carrots Couscous harissa dip pomegranate seeds coriander (V)	Spring Bowl Mixed salad fried mushrooms Crispy potato cubes radishes tomato and rosemary vinaigrette (VN)	Public holiday	Baked potato (VN)
CO ₂ / Port.: Energie pro Portion: 666 kJ, 159 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 2147 kJ, 514 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 691 kJ, 165 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 434 kJ, 104 kcal 0,00 €	CO ₂ / Port.: Energie pro Portion: 768 kJ, 182 kcal 4,50 €

Pan Asia

Japanese Tonkatsu Crispy chicken cutlet coleslaw Sushi rice teriyaki sauce (G)	Chicken breast strips "Thai Green" Mie noodles (G)	Asia Bowl Rice vegetables algae (V)	Public holiday	
CO ₂ / Port.: Energie pro Portion: 4662 kJ, 1115 kcal 14,90 €	CO ₂ / Port.: Energie pro Portion: 2164 kJ, 516 kcal 13,90 €	CO ₂ / Port.: Energie pro Portion: 1901 kJ, 455 kcal 12,90 €	CO ₂ / Port.: Energie pro Portion: 434 kJ, 104 kcal 0,00 €	CO ₂ / Port.: 0,00 €

Around the world

Creamy turkey stew Rice glazed carrots (G)	Asparagus Hollandaise sauce small potatoes cooked ham (S)	BBQ beef burger Bacon tomatoes onions (R,S)	Public holiday	Grilled: Bratwurst in a bun mustard fried onions (S)
CO ₂ / Port.: Energie pro Portion: 755 kJ, 180 kcal 13,90 €	CO ₂ / Port.: Energie pro Portion: 1758 kJ, 416 kcal 16,90 €	CO ₂ / Port.: Energie pro Portion: 2538 kJ, 606 kcal 14,90 €	CO ₂ / Port.: Energie pro Portion: 434 kJ, 104 kcal 0,00 €	CO ₂ / Port.: Energie pro Portion: 1021 kJ, 244 kcal 3,50 €

M.Tower Lunch

Baked pasta ratatouille (V)	Poutine French fries lentils chili Relish tomato salsa (VN)	Levantine couscous and onion salad Mint tomatoes (VN)	Public holiday	Salatbuffet,
CO ₂ / Port.: Energie pro Portion: 1843 kJ, 440 kcal 6,50 €	CO ₂ / Port.: Energie pro Portion: 1903 kJ, 454 kcal 6,50 €	CO ₂ / Port.: Energie pro Portion: 2256 kJ, 538 kcal 6,50 €	CO ₂ / Port.: Energie pro Portion: 434 kJ, 104 kcal 0,00 €	CO ₂ / Port.: Energie pro Portion: 4035 kJ, 966 kcal 7,50 €

Dessert

Blueberry-banana smoothie (VN)	Strawberries cream cheese lime espuma (V)	Strawberries semolina pudding roasted almonds (VN)	Public holiday	
CO ₂ / Port.: Energie pro Portion: 382 kJ, 91 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 522 kJ, 124 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 393 kJ, 94 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 434 kJ, 104 kcal 0,00 €	CO ₂ / Port.: 0,00 €

For food labeling information, check out our Everyday app.