

Starter & Soup

Plant Based

Pan Asia

Around the world

M.Tower Lunch

Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday
	Tomato soup ciabatta croutons parsley (VN)	Courgette soup chives (VN)	Ginger and carrot soup Spring onions sesame seeds (V)	Grill time on the terrace in the Messeturm. Cream of pea soup Chives	Grill time on the terrace in the Messeturm. Cream of cauliflower soup Sunflower seeds
	CO ₂ / Port.: Energie pro Portion: 231 kJ, 55 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 303 kJ, 72 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 118 kJ, 28 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 3583 kJ, 854 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 3454 kJ, 823 kcal 3,90 €
	Baked Polenta Spinach zucchini broccoli tomato sauce (VN)	Greek rice noodles vegetables (VN)	Buddha Bowl Quinoa chickpeas pineapple Radish rocket salad Mango dressing (VN)	Vegetable pot Gerstoni vegetables ajvar dip chives salad (VN)	Biryani rice tandoori tofu mint dip nuts (VN)
	CO ₂ / Port.: Energie pro Portion: 1507 kJ, 360 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 1449 kJ, 345 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 1822 kJ, 435 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 1556 kJ, 371 kcal 9,00 €	CO ₂ / Port.: Energie pro Portion: 2474 kJ, 591 kcal 9,00 €
	Beef strips "Ginger-Pineapple" Vegetables sweet potato puree (R)	Chicken breast strips "Thai Green" Mie noodles (G)	Thai coconut vegetables basmati rice (V)		
	CO ₂ / Port.: Energie pro Portion: 2074 kJ, 496 kcal 13,90 €	CO ₂ / Port.: Energie pro Portion: 2164 kJ, 516 kcal 13,90 €	CO ₂ / Port.: Energie pro Portion: 2085 kJ, 500 kcal 12,90 €	CO ₂ / Port.: 0,00 €	CO ₂ / Port.: 0,00 €
	Chicken Piccata Tomato Sauce Pasta (G)	Tex-Mex plate Chicken wings corn on the cob black beans Salsa guacamole sweet potato puree (G)	Breaded schnitzel Pepper sauce parsley potatoes cucumber salad (S)	Grilled chicken breast Herbed rice peas carrots (G)	From the grill Pollack fillet Mustard sauce Lemon potato (F)
	CO ₂ / Port.: Energie pro Portion: 3064 kJ, 731 kcal 14,90 €	CO ₂ / Port.: Energie pro Portion: 3035 kJ, 724 kcal 14,90 €	CO ₂ / Port.: Energie pro Portion: 2735 kJ, 652 kcal 14,90 €	CO ₂ / Port.: Energie pro Portion: 1586 kJ, 379 kcal 14,90 €	CO ₂ / Port.: Energie pro Portion: 1815 kJ, 434 kcal 14,90 €
	Fried Maultaschen Fried onions parsley (V)	Panzanella - Tuscan tomato bread salad (VN)	Pasta all' arrabbiata Shaved hard cheese (V)		
	CO ₂ / Port.: Energie pro Portion: 1745 kJ, 416 kcal 6,50 €	CO ₂ / Port.: Energie pro Portion: 3332 kJ, 796 kcal 6,50 €	CO ₂ / Port.: Energie pro Portion: 2700 kJ, 644 kcal 6,50 €	CO ₂ / Port.: 0,00 €	CO ₂ / Port.: 0,00 €
	Peach and passion fruit yoghurt strawberry puree (V)	Soy yogurt Fruit salad (VN)	Buttermilk dessert lime and lemon Raspberry sauce almonds (V)	Blackberry smoothie (VN)	Cherry and vanilla yoghurt (V)
	CO ₂ / Port.: Energie pro Portion: 555 kJ, 133 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 386 kJ, 93 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 560 kJ, 134 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 386 kJ, 92 kcal 3,90 €	CO ₂ / Port.: Energie pro Portion: 584 kJ, 140 kcal 3,90 €

For food labeling information, check out our Everyday app.