



M.TOWER THE FOOD BASE

21.09.2026 - 27.09.2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter & Soup	Tomato bell pepper chili soup (VN) 3,90 € 7,90 €	Broccoli soup chives (VN) 3,90 € 7,90 €	Vegetable broth root vegetables chickpeas rice (VN) 3,90 € 7,90 €	Cream of leek soup croutons garden cress (VN) 3,90 € 7,90 €	Cauliflower soup sesame (VN) 3,90 € 7,90 €
Plant based	Kasha buckwheat pan peas broccoli beans side salad pumpkin seed vinaigrette (VN) 9,00 €	Summer vegetables BBQ potatoes ajvar chives (VN) 9,00 €	Pasta beluga lentils mushrooms pangrattato (VN) 9,00 €	Spaetzle casserole carrots cauliflower parsley (VN) 9,00 €	Chickpea curry cauliflower carrots basmati rice (VN) 9,00 €
Pan Asia	Asia minced beef Thai curry vegetables basmati rice (R) 14,90 €	Asian Noodle Stir-Fry Stir-fried vegetables egg green onions peanut sauce (V) 14,90 €	Chicken Tikka Masala Chicken breast coconut milk spinach leaves basmati rice (G) 14,90 €	Bang Bang Cauliflower Bowl Sesame jasmine rice asian red cabbage salad mango peanut dip sriracha (G) 14,90 €	
Around the world	Harissa chicken drumsticks/falafel roasted courgette herb bulgur cucumber and mint dip 15,90 €	Chicken paprikaš with potatoes (G) 15,90 €	Breaded pork escalope/Vegan crispy escalope paprika sauce pea rice mixed salad Sylt dressing 15,90 €	Potato noodles sauerkraut peppers (bacon) chive dip side salad 15,90 €	Tilapia fillet/vegetable patties courgette tomato vegetable rice 15,90 €
Dessert	Fruit salad (VN) 3,90 €	Semolina pudding blackberries (V) 3,90 €	Cheesecake cream blueberries biscuit crumble 3,90 €	Apple curd dried apricot (V) 3,90 €	Pear and quince mascarpone cream chocolate sauce brittle (V) 3,90 €

All prices include the currently applicable V

For food labeling information, check our everyday app.



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	Monday	Tuesday	Wednesday	Thursday	Friday
Starter & Soup		(1)	(bc)	(1)	(1, as)
Plant based	(1, bm)		(3, aw, uw)	(1, 3, aw, uw, ay)	(5)
Pan Asia	(1, 4, aw, uw, ay)	(1, 4, aw, uw, ae, ap, ay, as)	(5)	(2, 3, aw, uw, ap, bm, as, au)	
Around the world	(3, aw, uw, ay)	(1, 3, aw, uw, ae, am, au)	(1, aw, uw, gb, ae)	(2, 3, aw, uw, go)	(1, 8, aw, uw, af)
Dessert	(1)	(aw, uw, am)	(1, aw, uw, ae, am, an, sa)	(am, au)	(am, an, sh)