M.TOWER THE FOOD BASE

16.11.2026 - 22.11.2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter & Soup	Spinach soup | soya dip | sunflower seeds (VN) **4,90 €** **8,90 €**	Carrot soup I ginger, scallions I sesame (V) **4,90 €** **8,90 €**	Pumpkin soup | pumpkin seeds | parsley (VN **4,90 €** **8,90 €**	Cream of paprika soup (V) **4,90 €** **8,90 €**	Pea cream soup I wasabi (V) **4,90 €** **8,90 €**
Plant based	Broccoli noodle gratin | cherry tomatoes | breadcrumbs (VN) **9,50 €**	Baked potato | fried mushrooms | herb dip | side salad (V) **9,50 €**	Farfalle | carrots | grapes | cottage cheese | chervil (V) **9,50 €**	Roasted sesame carrots | white beans mash | vegetable bulgur | sunflower seeds (VN) **9,50 €**	Vegan mushroom goulash I wholemeal spaghetti (VN) **9,50 €**
Pan Asia	Indian Chicken Tikka Masala | spicy tomato curry sauce | basmati rice | coriander (G) **15,90 €**	Malaysian beef I chilli onion coconut sauce I rice (R) **16,90 €**	Rainbow Chicken Bowl | quinoa | beets | carrots | mango-chili sauce (G) **14,90 €**	Bibimbap - Korean rice dish Vegetables -I minced meat (R) **15,90 €**	Tip of the day **16,90 €**
Around the world	Pizza | ham | broccoli | mushrooms | mozzarella (S) **14,90 €**	Chicken piccata with tomato sauce and fried zucchini with pasta (G) **15,90 €**	Pork schnitzel | paprika sauce | hash browns | autumn vegetables (S) **15,90 €**	Gyros | Fries I coleslaw | tzatziki (S) **15,90 €**	Fish patties | spinach | mashed potatoes | lemon (F) **14,90 €**
Dessert	reen smoothi | kiwi | spinach (VN) **4,90 €**	Soy yoghurt | fruits (VN) **4,90 €**	Raspberry curd | chocolate sprinkles (V) **4,90 €**	Rice pudding | cherries (V) **4,90 €**	Greek yogurt | honey | walnuts **4,90 €**

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)	(5, as)	(1)	(am)	(1, 3, ay, am, bm)
Plant based	(1, 2, 3, aw, uw)	(am)	(2, 3, RM, aw, uw, ae, am, bc, au)	(3, aw, uw, ay, bc, as)	(aw, uw)
Pan Asia	(3, 5, aw, uw, ay)	(1, 2, 4, aw, uw, ay)		(ac, af, ay, as)	(aw, uw, am, bc)
Around the world	(2, 3, 7, aw, uw, am)	(7, aw, uw, am)	(1, 8, aw, uw, gb, bc)	(3, am, au)	(1, 8, aw, uw, ae, af, ay, am, bm)
Dessert	(ay)	(3, ay, an, sa)	(3, am)	(am)	(am, an, sw)