











Weekly menu


4.7.2022 - 8.7.2022


Date	4.7.2022	5.7.2022	6.7.2022	7.7.2022	8.7.2022
Gut & Gerne (included 3 side dishes)	Fried chicken leg Jus 3,57 €	Minced beef steak Pepper sauce 3,57 €	Cannelloni Stuffed Ricotta Spinach 3,57 € 	Strips of chicken breast Cream sauce 3,57 €	Lentil stew Bockwurst 3,57 €
Quer Beet	Pickled herring Fried potato 3,95 €	Stuffed Ravioli Vegetable Tomato dip 3,75 € 	Mashed potato Apple sauce Black pudding 3,25 €	Casserole Potato Tomato 2,75 € 	Baked potato Couscous Soy yoghurt 3,50 €  
Mediterran	Wheat berry paella Yoghurt 2,75 € 	Penne Herb sauce 2,75 € 	Red lentil soup Dried tomato 2,95 € 		Lasagne Beef Tomato sauce 4,25 €
Imbiss	Currywurst French fries 3,05 €	Pork Schnitzel Sauce béarnaise 3,25 €	Turkey breast Sherry sauce Almond broccoli Spätzle 4,25 €	Rissoles Mashed carrots 3,50 €	
Wok 2.0	Strips of beef Asian Vegetable 4,95 €	Chicken breast Balirub Gado Gado 4,50 €	Shio Soba Pork Pak choi Corn 4,95 €	Pride Bowl 4,95 € 	Chop suey Pork Bean sprouts Rice 2,75 €
Essthetik	MY SALAD Anti Pasti 4,95 € 	Coalfish Potato coat Lentils 4,50 €	Sirloin steak Café de Paris sauce Potato cauliflower cakes 5,95 €		

Side dishes each 0,75 € / 0,95 € / 1,25 € • Salad buffet 0,89 € per 100g • Dessert buffet 0,99 € per 100g •

You will find all the information about the food additives, allergens and nutritional values on the notice board or our homepage www.ergo-gourmet.de
External guests will pay a surcharge of 100 % to the advertising rate.
Our offer is subject to alterations.

 = Vegetarian

 = Vegan

 = Climate meal

ERGO Gourmet
Wir bereiten Genussmomente.

ERGO