














# Weekly menu


19.9.2022 - 23.9.2022


Date	19.9.2022	20.9.2022	21.9.2022	22.9.2022	23.9.2022
<b>Gut &amp; Gerne</b> (included 3 side dishes)	Chicken fricassee 3,57 €	Minced beef steak   Pepper sauce 3,57 €	Cured pork chop   Mustard sauce 3,57 €	Chicken Schnitzel   Jus 3,57 €	Cannelloni   Stuffed   Ricotta   Spinach 3,57 € 
<b>Quer Beet</b>	Köttbullar   Pork   Beef   Jus   Lingonberry   Mashed potato 3,50 €	Gratin   Brussel sprout   Potato 2,75 € 	Lentil soup   Indian   Pita bread 2,75 € 	Semolina pudding   Red berry sauce 2,25 € 	Poutine   Classic   Jus 3,30 € 
<b>Mediterran</b>	Pene tricolore   Vegetable sauce   Cherry tomato 3,50 €  	Sweet potato salad   Aubergine 5,75 € 	Linguine   Oyster mushroom   Rocket salad 3,95 € 	Pizza   Salami 4,50 €	Fusilli   Beef   White wine sauce 3,95 €
<b>Imbiss</b>	Fish filet   Graintined   Broccoli   Fried potato 4,50 €	Pork loin   Smoked   Creamy savoy gabbage   Potato 4,25 €	Pork Schnitzel   Sauce béarnaise   Croquette 3,95 €	Currywurst   French fries 3,05 €	Kebab   Chicken   Turkish rice 5,75 €
<b>Wok 2.0</b>	Cauliflower curry   Brown rice 2,75 € 	Bibimbap   Beef   Mushroom   Carrot 4,95 €	Bami goreng   Turkey 4,75 €	Tofu   Marinated   Vegetable 3,50 € 	Duck breast   Peanut sauce 5,50 €
<b>Essthetik</b>	Topside of veal   Teriyaki sauce   Vegetable   Sesame potato noodle 5,75 €	Poulard   Plum sauce   Potato pumpkin risotto 4,50 €	Sirloin steak   Herb butter   Root vegetable 6,25 € 	Coalfish   Beetroot   Rocket Salad   Grana Padano 4,50 €	Pork filet   Autumn vegetables   Thyme potato   Cream sauce 5,50 €
<b>Tagesspezial 1</b>					Penne   Herb sauce 2,75 €

Side dishes each 0,90€ / 1,10 € / 1,45 € • Salad buffet 1,10 € per 100g • Dessert buffet 1,15 € 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](http://www.ergo-gourmet.de)  
External guests will pay a surcharge of 100 % to the advertising rate.  
Our offer is subject to alterations.

 = Vegetarian

 = Vegan

 = Low Carb

**ERGO Gourmet**  
Wir bereiten Genussmomente.

**ERGO**