



















Weekly menu


23.1.2023 - 27.1.2023


Date	23.1.2023	24.1.2023	25.1.2023	26.1.2023	27.1.2023
Gut & Gerne (included 3 side dishes)	Chicken skewer 3,80 €	Cured pork chop Onion sauce 3,80 €	Chicken leg Jus 3,80 €	Chickpea balls Tomato dip 3,80 €	Pumpkin stew Spicy Malt bread roll 3,80 €
Quer Beet	Pork knuckle Sauerkraut 3,95 € 	Beef roulade Red cabbage Dumpling 5,75 €	Whiting fillet Deep fried Cocktail sauce 3,50 €	Savoy cabbage Stew Rissole 4,25 €	MY SALAD Turkey steak 5,95 €
Mediterran	Spaghetti Samphire 3,75 € 	Linguine Lentil Mango 2,75 € 	Farfalle Bolognese 2,50 € 	Baked potato Couscous Soy yoghurt 3,75 € 	Buckwheat Tomato sauce Pepper 4,50 €  
Imbiss	Burger King oyster mushroom Raw vegetables BBQ 3,95 € 	Nugget Vegan French fries 4,95 € 	Pork neck steak Onion marmelade Potato gratin Turnip 4,25 €	Marinated beef roast Raisin Apple compote Spaetzle 4,75 €	Currywurst Bread roll 2,75 €
Wok 2.0	Kimchi stew 2,75 € 	Buddha Bowl Rice Vegetables Orange dressing Vegan sausage 5,50 € 	Plantain pineapple curry Basmati rice 3,95 €  	Laksa lemak Malaysian noodle soup Vegan 3,50 € 	Wok vegetable Coconut sauce Jasmine rice 4,50 € 
Essthetik	Beef cheeks Kohlrabi Celery-potato mash 5,75 €	Saltimbocca Chicken Tomato carpaccio Gnocchi 5,25 €	MY SALAD Quinoa pancake 4,95 € 	Chicken breast Cantuccini-pumpkin crust Pumpkin-Goat's cheese risotto 4,50 €	Sirloin steak Pea puree Pommes dauphine 6,25 €
Tagesspezial 1	Penne Herb sauce 2,75 €	Pizza Lentil Broccoli Artichoke 4,75 € 		Penne Herb sauce 2,75 €	Maccheroni Mussels 3,50 €

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
External guests will pay a surcharge of 100 % to the advertising rate.
Our offer is subject to alterations.

 = Vegetarian

 = Vegan

 = Low Carb

 = Climate meal

ERGO Gourmet
Wir bereiten Genussmomente.

ERGO