| | | |
|---|---|---|
| 1 | = | mit Farbstoff |
| 2 | = | mit Konservierungsstoff |
| 3 | = | mit Antioxidationsmittel |
| 4 | = | mit Geschmacksverstärker |
| 5 | = | geschwefelt |
| 6 | = | geschwärzt |
| 7 | = | gewachst |
| 8 | = | mit Phosphat |
| 9 | = | mit Milcheiweiß |
| 10 | = | mit Süßungsmittel |
| 11 | = | enthält eine Phenylalaninquelle |
| 12 | = | kann bei übermäßigem Verzehr abführend wirken |
| 13 | = | chininhaltig |
| 14 | = | Coffeinhaltig |
| 15 | = | mit Nitritpökelsalz |

# Allergene und Zusatzstoffe

| Gericht | Zusatzstoffe (Nummern) | Eier | Getreide (Gluten) | Erdnüsse | Milch | Sellerie | Lupinen | Krebstiere | Fische | Schalen-früchte | Senf | Weichtiere | Schwefel und Sulfite | Sesam | Soja | Vegan | Vegetarisch |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Starters und Suppen** | | | | | | | | | | | | | | | | | |
| Mezze Platte | 3 | X | X | | X | X | | X | | | | | | | | | |
| Spanische Meersalzkartoffeln | 3 | X | X | | X | X | | | | | X | | X | | | | |
| Avocado Bruschetta | 2, 3 | | X | | X | | | | | | X | | X | | | | |
| Humus Bruschetta | 2, 3 | | X | | X | | | | | | X | | X | | | | |
| Tomaten Bruschetta | 2, 3 | | X | | X | | | | | | X | | X | | | | |
| Mix Bruschetta | 2, 3 | | X | | X | | | | | | X | | X | | | | |
| | | | | | | | | | | | | | | | | | |
| Thai Suppe | | | | | | | | | | | | | | X | | | |
| Tomaten-Basilikum-Suppe | | | | | | | | | | | | | | | | | |
| Indische Linsensuppe | | | | | | | | | | | | | | X | | | |
| | | | | | | | | | | | | | | | | | |
| **Gericht** | Zusatzstoffe (Nummern) | Eier | Getreide (Gluten) | Erdnüsse | Milch | Sellerie | Lupinen | Krebstiere | Fische | Schalen-früchte | Senf | Weichtiere | Schwefel und Sulfite | Sesam | Soja | Vegan | Vegetarisch |
| **Pasta** | | | | | | | | | | | | | | | | | |
| Garnele Avocado | 2 | X | X | | X | | | X | | | | | | | | | |
| Pasta con Chorizo | 2 | X | X | | X | | | | | | X | | | | | | |
| Parma | 2 | X | X | | X | | | | | | | | | | | | |
| Pesto Rosso | | | | | | | | | | | | | | | | | |
| Gorgonzola | 2 | X | X | | X | | | | | | | | | | | | |
| Ratatouille | 2 | X | X | | X | | | | | | | | | | | | |
| Avocado | 2 | X | X | | X | | | | | | | | | | | | |
| Tomate - Mozzarella | 2 | X | X | | X | | | | | | | | | | | | |
| Funghi | 2 | X | X | | X | | | | | | | | | | | | |
| Pomodoro | 2 | X | X | | X | | | | | | | | | | | | |
| Pesto | 2 | X | X | | X | | | | | | | | | | | | |
| Aglio e Olio | 2 | X | X | | X | | | | | | | | | | | | |
| Kinder Pasta | 2 | X | X | | X | | | | | | | | | | | | |
| **Gericht** | Zusatzstoffe (Nummern) | Eier | Getreide (Gluten) | Erdnüsse | Milch | Sellerie | Lupinen | Krebstiere | Fische | Schalen-früchte | Senf | Weichtiere | Schwefel und Sulfite | Sesam | Soja | Vegan | Vegetarisch |
| **WOK und Curry** | | | | | | | | | | | | | | | | | |
| Asiatischer Gemüsewok | | | | | | | | | | | | | | | | | |
| mit Reis | | | X | | | | | | | | | | | X | X | | |
| mit Pasta | | | X | | | | | | | | | | | X | X | | |
| Thailändisches Gemüsecurry | | | | | | | | | | | | | | | | | |
| mit Reis | | | | | | | | | | | | | | X | | | |
| mit Pasta | | | X | | | | | | | | | | | X | | | |
| | | | | | | | | | | | | | | | | | |
| Indisches Rote Linsen Curry mit Reis | | | | | | | | | | | | | | X | | | |
| | | | | | | | | | | | | | | | | | |
| Orientalisches Kichererbsencurry mit Reis | | | | | | | | | | | | | | X | | | |
| **Gericht** | Zusatzstoffe (Nummern) | Eier | Getreide (Gluten) | Erdnüsse | Milch | Sellerie | Lupinen | Krebstiere | Fische | Schalen-früchte | Senf | Weichtiere | Schwefel und Sulfite | Sesam | Soja | Vegan | Vegetarisch |
| **Kumpir** | | | | | | | | | | | | | | | | | |
| Sylt | 3 | X | X | | X | X | | X | | | | | | | | | |
| Surf N Turf | 3 | X | X | | X | X | | X | | | | | | | | | |
| Mexiko | 3 | X | X | | X | X | | | | | X | | X | | | | |
| Vegan | 3 | | X | | | | | | | | | | | | | | |
| Halloumi | | | X | | X | | | | | | | | | | | | |
| Mediterran | 3 | X | X | | X | X | | | | | | | | | | | |
| Marokko | | | X | | X | | | | | | | | | | | | |
| Fitness | 2, 3, 10 | X | X | | X | X | | | | | X | | X | | | | |
| Klassisch | 3 | X | X | | X | X | | | | | X | | X | | | | |
| **Gericht** | Zusatzstoffe (Nummern) | Eier | Getreide (Gluten) | Erdnüsse | Milch | Sellerie | Lupinen | Krebstiere | Fische | Schalen-früchte | Senf | Weichtiere | Schwefel und Sulfite | Sesam | Soja | Vegan | Vegetarisch |
| **Salat** | | | | | | | | | | | | | | | | | |
| Gemischter Grundsalat | | | | | | | | | | | | | | | | | |
| mit Vinaigrette | 3 | | | | | | | | | | X | | X | | | | |
| mit Knobidip | 3 | X | X | | X | X | | | | | | | | | | | |
| mit Cocktailsauce | 3 | X | X | | X | X | | | | | | | | | | | |
| mit Minz Joghurt | | | | | X | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| Toppings (kalt) | | | | | | | | | | | | | | | | | |
| Mozzarella | | | | | X | | | | | | | | | | | | |
| getr. Tomaten | 3 | | | | | | | | | | | | | | | | |
| Ebly Weizen | | | X | | | | | | | | | | | | | | |
| CousCous | | | X | | | | | | | | | | | | | | |
| Bohnen | | | | | | X | | | | | | | | | | | |
| Parmesan | 2 | X | | | X | | | | | | | | | | | | |
| Guacamole | | | | | | | | | | | | | | | | | |
| Humus | | | | | | | | | | | | | | | | | |
| Antipasti | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| Toppings vom Grill | | | | | | | | | | | | | | | | | |
| Garnele | | | | | | | | X | | | | | | | | | |
| Steakstreifen | | | | | | | | | | | | | | | | | |
| Kikok-Hähnchen | | | | | | | | | | | | | | | | | |
| Halloumi | | | | | X | | | | | | | | | | | | |
| Falafel | | | X | | | X | | | | | | | | | | | |
| Tofu | | | | | | | | | | | | | | | X | | |
| | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| **Gericht** | Zusatzstoffe (Nummern) | Eier | Getreide (Gluten) | Erdnüsse | Milch | Sellerie | Lupinen | Krebstiere | Fische | Schalen-früchte | Senf | Weichtiere | Schwefel und Sulfite | Sesam | Soja | Vegan | Vegetarisch |
| **Burger & Specials** | | | | | | | | | | | | | | | | | |
| Alex Cheeseburger | 1, 3 | X | X | | X | X | | | | | X | | X | | | | |
| Surf n Turf Burger | 3 | X | X | | X | X | | X | | | X | | X | | | | |
| Surf Burger | 3 | X | X | | X | X | | X | | | X | | X | | | | |
| Med. Steakburger | 3 | X | X | | X | X | | | | | X | | X | | | | |
| Halloumi Burger | | | X | | X | | | | | | X | | X | | | | |
| Falafel Burger | | | X | | X | X | | | | | X | | X | | | | |
| Veganer Burger | | | X | | | | | | | | X | | X | | | | |
| | | | | | | | | | | | | | | | | | |
| Rumpsteak v. Lande | 3 | X | X | | X | X | | | | | X | | X | | | | |
| Rumpsteak Klassisch | 3 | X | X | | X | X | | | | | X | | X | | | | |
| Feurig gegrillte Garnelen | 3 | X | X | | X | X | | X | | | X | | X | | | | |
| Zarte Kikok - Hähnchenbrust | 3 | X | X | | X | X | | | | | X | | X | | | | |

| Gericht | Zusatzstoffe (Nummern) | Eier | Getreide (Gluten) | Erdnüsse | Milch | Sellerie | Lupinen | Krebstiere | Fische | Schalen-früchte | Senf | Weichtiere | Schwefel und Sulfite | Sesam | Soja | Vegan | Vegetarisch |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Dessert** | | | | | | | | | | | | | | | | | |
| Himbeer Brownie | | X | | | X | | | | | X | | | | | X | | |
| Bananabread | | | X | | | | | | | X | | | | | | | |
| Mousse au Chocolat | | | | | X | | | | | | | | | | | | |
| Creme Brüllee | | X | | | X | | | | | | | | | | | | |
| Milchreis (vegan) | | | | | | | | | | | | | | | | | |

| | | |
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| Getränk | Zusatzstoffe (Nummern) | Eier | Getreide (Gluten) | Erdnüsse | Milch | Sellerie | Lupinen | Krebstiere | Fische | Schalen-früchte | Senf | Weichtiere | Schwefel und Sulfite | Sesam | Soja | Vegan | Vegetarisch |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | | |
| Fritz Kola | 1, 14 | | | | | | | | | | | | | | | | |
| Fritz Kola zuckerfrei | 1 , 10 , 14 | | | | | | | | | | | | | | | | |
| Firt Mischmasch | 1, 14 | | | | | | | | | | | | | | | | |
| Fritz Apfel-Kirsch-Holunder | | | | | | | | | | | | | | | | | |
| Fritz Melone | | | | | | | | | | | | | | | | | |
| Fritz Orange | 1, 3 | | | | | | | | | | | | | | | | |
| Fritz Zitrone | 3 | | | | | | | | | | | | | | | | |
| Fritz Bio Rhabarberschorle | | | | | | | | | | | | | | | | | |
| Fritz Bio Apfelschorle | | | | | | | | | | | | | | | | | |
| Fritz Bio Traubenschorle | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| Hausgemachte Eistees | | | | | | | | | | | | | | | | | |
| Yuzu Zitrone | | | | | | | | | | | | | | | | | |
| Himbeer Thymian | | | | | | | | | | | | | | | | | |
| Pfirsich Ingwer | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| Granini Maracuja | | | | | | | | | | | | | | | | | |
| Granini Rhabarber | | | | | | | | | | | | | | | | | |
| Granini Kirsch | | | | | | | | | | | | | | | | | |
| Granini Orange | | | | | | | | | | | | | | | | | |
| Granini Apfel (naturtrüb) | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| Viva con Agua Laut | | | | | | | | | | | | | | | | | |
| Viva con Agua Leise | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| Ratsherrn Pilsener 0,33 ltr | | | | | | | | | | | | | | | | | |
| Ratsherrn Organic Ale 0,33 ltr | | | | | | | | | | | | | | | | | |
| Ratsherrn Organic Ale alk frei 0,33 ltr | | | | | | | | | | | | | | | | | |
| Ratsherrn Radler 0,33 ltr | | | | | | | | | | | | | | | | | |
| Ratsherrn Moby Wit 0,33 ltr | | | | | | | | | | | | | | | | | |
| Dithmarscher Pilsener 0,3 und 0,5 ltr | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| Maisel´s weiss 0,5 ltr | | | X | | | | | | | | | | | | | | |
| Maisel´s dunkel 0,5 ltr | | | X | | | | | | | | | | | | | | |
| Maisel´s alkoholfrei 0,5 ltr | | | X | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| Cafe Crema | 14 | | | | x | | | | | | | | | | | | |
| Cappuccino | 14 | | | | x | | | | | | | | | | | | |
| Milchcafe | 14 | | | | x | | | | | | | | | | | | |
| Latte Macchiatto | 14 | | | | x | | | | | | | | | | | | |
| Espresso | 14 | | | | x | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | |
| Chai Latte | 14 | | | | x | | | | | | | | | | | | |
| Kurkuma Latte | 14 | | | | x | | | | | | | | | | | | |
| Matcha Latte | 14 | | | | x | | | | | | | | | | | | |