

The menu



Still winter

Breakfast

A good day starts with a good breakfast!

Enjoy your breakfast in a nice atmosphere and let us take care of you throughout the whole day.

Our full breakfast buffet includes coffee, tea, orange juice, rolls from the organic *Schedel* bakery, homemade fruit salad, homemade Bircher muesli, yoghurt, boiled eggs and more.

We are delighted to welcome you as our guest.

Breakfast buffet:

Mon–Fri 7.00–10.30 h
Sat, Sun, holidays 8.00–10.30 h

Adults 9,00 €
Children (aged 10 and over) 9,00 €
children 4–9 years 5,00 €
(children under the age of 4 eat for free)

Table bookings tel. +49 6226 960 2410



Cake

Treat yourself to a break!

Indulge in our delicious cakes and enjoy our speciality teas and coffees.

Selection of cakes:

Mon–Fri 7.00–23.00 h
Sat, Sun, holidays 8.00–23.00 h

Cake 2,60 €
Fancy cake (not always available) 3,20 €



Our bread we get from the organic bakery Schedel based in Ebenfeld, Germany.

Soups, tarte flambée & salads

✓	White onion soup with croutons	5,60 €	1
	Beef broth with small farina dumplings	5,60 €	2
	Tarte flambée "Classic" with ham cubes and onions	6,70 €	3
✓	"Mediterranean", with soft cheese, paprika and pepperoni.....	6,70 €	4
	Fitness salad variation of lettuce with grated carrots, tomatoes, cress, French-dressing and a choice of		
	strips of roast beef.....	11,90 €	5
	strips of chicken breast.....	10,90 €	6
✓	cubes of sheep's cheese and pickled olives	10,90 €	7



Appetizers

- ✓ **Quinoa salad**
with grapefruit.....7,20 € 8
- ✓ **Mache**
with potato dressing5,50 € 9
with potato dressing and ham croutons5,90 € 10
- ✓ **Various leaf salads**
with house dressing4,20 € 11
- Goose rillettes**
with sourdough bread and a small salad8,50 € 12
- Smoked mackrele**
with baby spinach salad in vinaigrette served with crostini8,90 € 13
- ✓ **Pumpkin quiche Lorraine**
with fried mushrooms and parmesan sauce.....7,80 € 14



3 chefs and one prospective chef do their very best.

Klassiker Rind

Our beef has been dried on the bone for 4 weeks.

Onion roast (180 g)

with fried potatoes and salad 19,70 € 15

"The Classic"

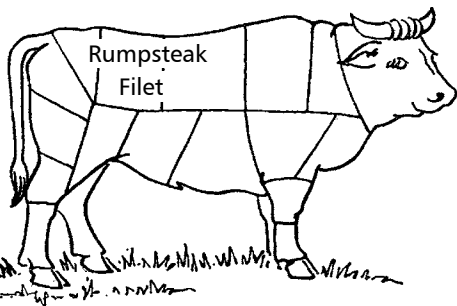
Angus rump steak 200 g,
with herb butter and steakhouse French fries..... 19,50 € 16

Cut from the ridge. Due to the profuse marbling it becomes especially tender while roasting and hence ranks among the most popular parts.

Traditional Wiener Schnitzel

veal (160 g), with French fries "steak house" style,
lemon and cranberries 17,50 € 17

veal (80 g), with French fries "steak house" style,
lemon and cranberries..... 14,50 €



More sides to go with our main dishes:

Lukewarm potato cucumber salad 3,00 € 18

French fries "steak house" style..... 3,00 € 19

Housemade spaetzle..... 3,00 € 20

Stir fried vegetables 3,50 € 21

Herb butter extra 1,50 € 22

Red wine jus..... 1,50 € 23

... How would you like it; rare or medium?

Our dishes may contain allergens, which are listed by dish number (on the right hand side of the price) on pages 14 and 15



A Royal Visit: Prince Charles consulting with his administrator about the concept of the association of farmers.

The association of farmers consists of a group of farms in the *Hohenlohe* region. In 1988 the association started producing healthy foods, taking responsibility for nature and wildlife and allowing for the benefit of our local consumers.

By using stress-resistant local country breeds – the pig of *Schwäbisch Hall* – pork with a high value of health is produced. The pigs are reared appropriate for the species; medication, growth-enhancers, carcass meal and other doubtful substances are prohibited.

The farmers bring the pigs at slaughter age to the producer's own slaughterhouse so that the animals do not suffer during transportation unfamiliar to

them. There they are slaughtered and processed in accordance with animal welfare and under veterinary supervision.

Subsequently every single pig is checked for its meat quality and only if it fulfils all criteria for healthy meat, it receives the control stamp of the association of farmers *Schwäbisch Hall*. In order to avoid a black sheep from intruding the association, the association of farmers *Schwäbisch Hall* undergoes a neutral inspection by the institute for food *Lacon Offenburg* that covers the entire production from rearing to slaughtering. This manner of production and the various steps of inspection are established in the guidelines of the producer.



Main courses

Boiled veal fillet (Tafelspitz)

on bouillon vegetables and horseradish sauce 14,80 € 24

Braised breast of duck

with vegetables, barolo sauce and mashed potatoes 18,30 € 25

Cheese cutlet

of Schwäbisch-Hällisches Landschwein (pork)

with fried potatoes and mache 16,20 € 26

Lamb loin

with ratatouille, balsamic vinegar reduction

and rosemary potatoes 21,50 € 27

Fry of dumplings

and ham vegetables and garlic, served in a pan, side: mache . 13,90 € 28



Fried dumpling

with goat cheese and leek in a butter lemon sauce 13,00 € 29



Chestnut-spinach-strudel

with goat cheese and leek in a butter lemon sauce 15,20 € 30

Our dishes may contain allergens, which are listed by dish number (on the right hand side of the price) on pages 14 and 15

Fish

As a rule we offer farmed fish, which means that they are not caught with fishing rods in rivers or drags in the oceans. Thus the wildlife population in the oceans shouldn't be endangered.



Freshwater fish are being farmed in special pools, ponds and lakes like the trout or carp ponds in the German region of Franconia. Depending on the fish needs the ponds are built differently, e. g. trouts need running oxygen high water, carps like a still, flat water body.

Fish farms for salt water fish are basically the same as fenced meadows on land. Close to the shores huge baskets are being put in the water, depending on the species within the quickwaters or not.



No matter where they are being farmed, the fish need to be fed and in case of diseases treated medicinally. None can say that fish farming is ecologically harmless, but if done in adequate sizes it is definitely better than emptying the rivers and oceans.

Fish



65 – 70 cm

Fried filet of salmon trout

on mashed celeriac and caramelized vanilla carrots..... 18,50 € 31

The name „salmon trout“ comes from the orange-red meat of the fish that is reminiscent of that of a salmon. Salmon trouts are dark grey in color, stomach and flanks are much lighter and silvery. Head, body, back and tail fin are covered in dark dots. The meat gets its color from the food the trout eats. Salmon trouts are bred in aquaculture, for it is the only way to influence the meat color directly.

Please consider our recommendation of the day

Our dishes may contain allergens, which are listed by dish number (on the right hand side of the price) on pages 14 and 15



The ABC of Cooking

Crostini

(Italian: plural of crostion = crosta „crust“) is an Italian dish. The basic recipe is slices of bread rubbed with garlic and served with olive oil.

Farina dumplings

Are made of wheat farina, milk, eggs and mutter. They are served in soups or au gratin. When sweetened farina dumplings make a delicious dessert.

Loins

The loin comes from the back of the animal. Sliced it is also known as cutlet. The relatively high amount of connective tissue make it especially juice and popular.

Parfait

Parfaits (French: perfect, great) is the name of both spicy pies, terrines and aspics and sweet semifreddos. For the preparation there are special forms in different shapes and sizes. Sweet parfaits are frozen – unlike ice cream – without being stirred.

Quiche

French specialty originating in the eastern French region of Lorraine. It is a pie filled with a spicy mixture of meats and/or vegetables and a topping of eggs and milk.

Quinoa

Quinoa is not a cereal like wheat, oat and rye but is a pseudocereal and part of the flowering plant family Amaranthaceae like beets and spinach. Quinoa (pronounces ki nwa) is free of gluten. Its content of protein and some minerals (especially potassium and iron) is higher than that of most cereals.

Ratatouille

Vegetable stew from the southern French region of Provence that is served warm or cold. Main ingredients are eggplant, onion, zucchini, tomatoes, bell pepper and garlic that are cut into small pieces and are fried and stewed. High quality olive oil, salt and pepper are a must in preparation.

Rillettes

French specialty: minced, spiced meat is boiled in lard first with then without bones.

Tafelspitz

Specialty from Vienna consisting of meat (Tafelspitz) boiled in water or broth that then is sliced. It is usually served with horseradish and the broth it is boiled in.

Desserts, coffee and cake

Apricot dumplings with vanilla ice cream 6,50 € 32

Lime parfait

with marinated plums..... 5,90 € 33

We recommend our delicious cakes. Try for yourself!

Cake 2,60 €

Fancy cake (not always available) 3,20 €

... with

Coffee..... cup..... 2,00 € 34

Espresso cup..... 1,90 € 35

Cappuccino..... cup..... 2,30 € 36

As well as further coffee and tea specialities.

... or for afterwards

a digestif – Please ask your waiter or waitress.



Children's menu

6 chicken nuggets, with French fries	6,50 €	37
Spaetzle with sauce	4,90 €	38
French fries with ketchup and/or mayonnaise	3,50 €	39



Mövenpick ice cream

Enjoy our delicious ice cream – with or without cream

Strawberry cream

Amarena cream

Lemon sorbet

Vanilla cream

Chocolate chip

Stracciatella

Walnut

Crème caramel

Scoop 1,30 € 40

Whipped cream..... 0,60 € 41

Laced with

Amaretto 2 cl 2,70 € 42

Advocaat 2 cl 1,40 € 43

Iced coffee..... 4,70 € 44



As from now *indication of allergens*

Dear guests,

Since the 13th Dec. 2014 a European law stipulates that natural allergens contained in foods must be indicated.

What are allergens?

Allergens are foods or food components which trigger an allergic reaction in the body with some people. An allergy is a reaction of the body to certain usually harmless substances as allergens are totally unproblematic and well tolerated for the largest part of the population.

How can you find out about the main allergens in our menus and co?

We have listed the 14 main allergens according to the EU Food Information Regulation (No. 1169/2011) for

you below. By indicating the main allergens we would like to facilitate everyday life for the allergy sufferers affected. Non-allergic people should therefore not be alarmed and can choose their food without paying special attention to this additional information.

Please find the allergens listed under no. 6 and 12–24, and the additives listed under no. 1–5 and 7–11.

Please approach our team if you have further questions!

No.	Indications	No.	Indications	No.	Indications
1	with colouring agents with caffeine	9	with sweeteners contains a source of phenylalanine	17	soy
2	with preservatives	10	with phosphate	18	milk
3	with nitrates with nitrite curing salt and nitrates	11	contains quinine	19	edible nuts
4	with antioxidants	12	grains containing gluten	20	celery
5	with flavour enhancers	13	crustaceans	21	mustard
6	sulphurated	14	eggs	22	sesame seeds
7	blackened	15	fish	23	lupin
8	waxed	16	peanuts	24	molluscs

Allergens and additives included in our food

Dish number	Contained allergens and additives
1	18, 20
2	12, 14
3	3, 6, 12, 18
4	12, 18
5	14, 18, 20, 21
6	14, 18, 20, 21
7	14, 18, 20, 21
8	20, 21
9	20, 21
10	20, 21
11	20, 21
12	12
13	12, 15, 20, 21
14	12, 14, 18
15	2, 4, 20, 21
16	18, 21
17	12, 14, 18
18	20, 21
19	–
20	12, 14
21	20
22	18, 21

Dish number	Contained allergens and additives
23	12, 20
24	18, 20
25	12, 18
26	2, 4, 12, 14, 18, 20, 21
27	12
28	2, 4, 12, 14, 18, 20, 21
29	12, 14, 18, 20, 21
30	12, 14, 18
31	12, 15, 20
32	12, 14, 18
33	14, 18
34	1
35	1
36	1, 18
37	2, 5, 12, 14, 18
38	12, 14, 20
39	2, 4, 5
40	14, 18, 19
41	18
42	16
43	14, 18
44	1, 14, 18



MANFRED-SAUER-STIFTUNG

Impulse für bewusstes Leben



'Die Küche' the restaurant at the *Manfred-Sauer-Stiftung*

Neurott 20
74931 Lobbach

www.manfred-sauer-stiftung.de

Table bookings Tel. +49 6226 960 2410

Opening hours

Mon – Fri

7.00–23.00 h

7.00–10.30 h

breakfast buffet

12.00–13.30 h

lunch menu

14.00–22.00 h

tarte flambée

18.00–22.00 h

cooking à la carte

Sat – Sun and holidays 8.00–23.00 Uhr

8.00–10.30 h

breakfast buffet

12.00–14.00 h

lunch menu

14.00–22.00 h

tarte flambée

18.00–22.00 h

cooking à la carte

Daily all-day coffee and cake