

Menu: Mensa Kulmbach



Monday, 27.03.2023

main course:	Stud.	Serv.	Gues.	Spec.	
Sweet potato dish with pumpkin seeds and pea guacamole ^(3, 14, 15, 16)	€ 3,50	€ 4,10	€ 4,80	€ 3,70	
Beefsteak with fresh herbs, mango-avocado cream and bell pepper and rocket leaves salad ^(1, 3, 14, 15, 16, 18, c, f, g, j, k, a1, a3)	€ 4,00	€ 4,60	€ 5,30	€ 4,20	
side dish:	Stud.	Serv.	Gues.	Spec.	
Cucumber salad (3,l)Tomato dressing (1,3,9,14,15,c,f,g,i,l,a1)Peanut and lemon marinade (e)Dumpling salad with mozzarella (3,6,14,15,16,c,g,i,j,l,a1)Boiled bean salad (3,14,15,j,l)with sweetcornCabbage salad (3,l) ^(3, l)	€ 0,75	€ 0,80	€ 0,95	€ 0,75	
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dessert:	Stud.	Serv.	Gues.	Spec.	
Chocolate marshmallow cream ^(9, 14, 16, c, f, g, a1)	€ 1,15	€ 1,20	€ 1,40	€ 1,15	

Legend

Changes reserved

Pork	Poultry	vegetarian	homemade
beef	fish	Animal-derived	regional
Lamb	Shellfish	vegan	Kräuterküche
game	sustainably fished	BIO	

AOK Healthy through the week



Mensa-Vital a brand of the Studentenwerke

1) with colouring agent 2) with preserving agent 3) with antioxidant 4) with flavour enhancer 5) sulphured 6) blackened 7) waxed 8) with phosphate 9) with sweetener 10) contains a source of phenylalanine 11) may have a laxative effect if consumed in excess 12) contains caffeine 13) contains quinine 14) with acidifier 15) with thickener 16) Stabiliser 17) with alcohol 18) Acidity regulator a1) Wheat gluten a2) Rye gluten a3) Barley gluten a4) Oat gluten a5) Spelt gluten h1) Almonds h2) Hazelnuts h3) Walnuts h4) Cashew nuts h5) Pecan nuts h6) Brazil nuts h7) Pistachios h8) Macadamia nuts a) Cereals containing gluten b) Crustaceans and derived products c) Eggs and derived products d) Fish and derived products e) Peanuts and derived products f) Soya beans and derived products g) Milk and derived products h) Nuts i) Celery and derived products j) Mustard and derived products k) Sesame seeds and derived products l) Sulphur dioxide and sulphites m) Lupin beans and derived products n) Molluscs and derived products