

FIT & ORGANIC

TOMATO SOUP 🗘

with basil, feta cheese and croutons 5, 13, 14

BAKED POTATO 🗘 🔀

with sour cream dip and salad variation 13, 14, 15

WHOLE WHEAT PASTA 🗘

with diced vegetables of zucchini, carrots, peppers and tomato 1, 8, 15

SMOKED SALMON ×

with baked potato, salad variation and sour cream dip ^{13, 14, 15}

PASTA & BASTA

BOLOGNESE with minced meat sauce 1,8

POMODORO with tomato sauce and fresh basil ^{8, 13}

ARRABIATA with spicy tomato sauce ³

RUCOLA with rocket and pesto ^{13, 14}

CARBONARA with bacon cream sauce 1,5,8,13,15

MARE Shrimp in garlic and herb marinade 8, 13, 15

CARIBBEAN & SEA

COCONUT CHILI SOUP 2 😂

ASIA WOK PAN "SWEET CHILI"

with chicken strips, Mie noodles and Asian vegetables 14

RED THAI CHICKEN CURRY (spicy) ×

with basmati rice 13, 14

IRAWADI ×

roasted turkey strips in red tikka masala sauce and Asian vegetables with basmati rice $^{5,\,14,\,15}$

SOUTHERN PRAWNS ×

with mangetout, mung beans, bamboo strips, pineapple and carrots with pasta 13, 14, 15

GRILL & CLASSICS

CHICKEN BREAST FILET (180 g) ×

with baked potato and sour cream 13, 14, 15

BEEF STEAK (200 g) ×

with fine herb butter, baked potato and sour cream ^{13, 14, 15}

PALMGARDEN SANDWICH

roasted chicken breast with bacon, rocket, tacos and salsa dip 1, 5, 14, 15

FRIED SCHNITZEL "VIENNESE STYLE"

with spaetzle and cream sauce 5, 13, 14

VEAL CREAM GOULASH

with spaetzle 2, 8, 13, 14





SALADS

CLASSIC **

Small salad with leaf and raw vegetable salad 1,15

CAPRESE×

Mozzarella with tomatoes on arugula with balsamic dressing 5,13,14,15

SAUSAGE SALAD

hearty with onions 1,2,5,6,8,9

ITALIAN ×

Crispy leaf and raw vegetable salad with cherry tomatoes and mozzarella on a skewer 5,13,14,15

GRECO

with marinated feta cheese, olives, stuffed pepper and melon 1,2,5,13,14,15

CAESAR

Romaine lettuce with shaved parmesan, pan fried chicken and croutons ^{1,13}

NIZZA

with tuna, tomatoes, onions and egg $\,^{1,5,13,14}$

PALMGARDEN

with grilled chicken breast 5,14,15

SOUTH SEA

prawn aioli salad in a coat of tortillas 1,5,13,14,15

YOUR CHOICE OF DRESSING: yoghurt, fitness or balsamic dressing (× balsamic and olive oil) In addition baguette or fitness bread with herbs. As topping for your salad: croutons and fried onions.

Explanation of symbols: 1) with preservative 2) with colouring agent 3) sulphurised 4) blackened 5) with antioxodants 11) with quinine 12) with taurine 13) with milk protein 14) acidifier 15) stabilizers 16) sulfites 6) with sweetener 7) contains a source of phenylalanine 8) with flavour enhancer 9) with phosphate 10) with caffeine