


Das Grüne am Stadtpark

URC
PARKRESTAURANT

Seasonal food offers „summer“

Starters

Ribbed celery salad ⁹ with leek and und fruity tomatoes ^{10,C,D} 7,50 € 

Upgrade your summer salad with following elements:

Fried tofu 3,50 € 

Lower Saxony fresh goat cheese 4,50 € 

From our selected butcher of Pattensen

Beef stripes ^A 6,50 €

From our appropriate organic farm

Stripes of chicken breast ^A 7,50 €

Freshly caught from sustainable fisheries

Oilfish ^{1,4,A,B} 6,50 €





Salmon filet ^{1,4,A,B} 7,50 €

Soups

Cream soup ⁷ of pea pod ¹³ with croûtons ^{1,7} 5,00 € 

*Please ask the waiter for more information concerning feed additives.

Main courses

Ragout of broad beans ^{13,A} , creamed soya sauce ^{6,9} , leeks and baked potatoes ^{C,D}	7,50 €	
Spicy curry ^{6,9} with vegetables and smoked tofu cubes ^{6,C,D}	7,50 €	
Stir-fried zucchini, bell peppers, aubergine, tomatoes, mushrooms with tomato sauce ⁹ and corn polenta	8,50 €	
Locally produced pasta ^{1,A} with ragout of kohlrabi in creamed soy sauce ^{6,C,D}	9,50 €	

Upgrade your main courses with following elements:

From our home slaughtering of Pattensen

Pork loin steak ^A	160	Gramm	4,50 €
Pork filet ^A	2x80	Gramm	6,50 €
Beef sirloin steak ^A	180	Gramm	7,00 €

From our appropriate farm

Chicken breast ^A	160	Gramm	7,50 €
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Our fish comes from sustainable fisheries

Oilfish ^{1,4,A,B}			6,50 €
Salmon filet ^{1,4,A,B}			7,50 €

Desserts

Seasonal dessert variation "Stadtpark" ^{1,3,5,6,7,8,11,A}			7,50 €
Scoop of ice cream	each		1,60 €

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Beverages

Non - alcoholic drinks

Carolinen Gourmet - sparkling mineral water ¹²	0,25 l	2,60 €
	0,75 l	7,50 €
Carolinen Gourmet - still mineral water ¹²	0,25 l	2,60 €
	0,75 l	7,50 €

Organic - non-alcoholic drinks

Lammsbräu now BlackCola ^c	0,33 l	3,00 €
Lammsbräu now FreshLemon	0,33 l	3,00 €
Bionade Holunder - elderberry soft drink	0,33 l	3,00 €
Bionade Kräuter - herbs soft drink	0,33 l	3,00 €
Voelkel sparkling apple juice	0,33 l	3,50 €
Voelkel BioZisch - rhubarb	0,33 l	3,50 €

Organic - juices

Voelkel apple juice	0,2 l	3,50 €
Voelkel orange juice	0,2 l	3,50 €
Voelkel fruit juice - red grapes	0,2 l	3,50 €

Organic - drafft beer

Gilde Ratskeller Premium Pils ^{1,A}	0,3 l	3,30 €
“Alster ^{1,A} ” - shandy	0,3 l	3,30 €

Organic - bottle beer

Lammsbräu - Weiße - wheat beer ¹	0,5 l	4,50 €
Lammsbräu - Weiße - non alcoholic wheat beer ¹	0,5 l	4,50 €
Lammsbräu non alcoholic ¹	0,33 l	3,00 €

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Organic - liquors

Sierra Molina Palido secco Sherry	5 cl	3,50 €
Cognac G&A – Domaine de Marais >> Fine Bois << 40%	4 cl	6,00 €
Cognac Selection 40%	4 cl	5,80 €
Highland Harvest Organic Scotch Whisky 40%	4 cl	6,00 €
Dwersteg Organic – Wheat Grains 32%	4 cl	4,00 €
Dwersteg Organic - Cassis Black Currant-Liqueur 20%	4 cl	4,00 €
Dwersteg Organic - Amaro Herbs-Liqueur 20%	4 cl	4,80 €
Papagayo – Organic White Rum-Fairtrade 37,5%	4 cl	5,00 €

Organic - Sekt & Secco

Landgraf Secco, dry	0,75 l	20,00 €
Landgraf, Rheinhessen ¹²	0,1 l	3,00 €
Riesling, dry	0,75 l	25,00 €
Landgraf, Rheinhessen ¹²	0,1 l	4,50 €

Organic - White wine

Riesling, dry	0,75 l	20,00 €
Landgraf, Rheinhessen ¹²	0,2 l	4,70 €
Grauburgunder, dry	0,75 l	20,00 €
Landgraf, Rheinhessen ¹²	0,2 l	4,70 €

Organic - Red wine

Dornfelder, dry	0,75 l	19,00 €
Landgraf, Rheinhessen ¹²	0,2 l	4,20 €
Spätburgunder, dry	0,75 l	20,00 €
Landgraf, Rheinhessen ¹²	0,2 l	4,70 €

Organic - Rosé wine

Cuveé rosé, dry	0,75 l	19,80 €
Landgraf, Rheinhessen ¹²	0,2 l	4,70 €

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Hot drinks

Hot organic milk with honey	pot	2,50 €
Organic chocolate drink	pot	3,50 €

Heimbs - Allegretto Fairtrade-Organic coffee selection

Coffee °	cup	2,60 €
Coffee °	pot	4,50 €
Espresso °	cup	1,60 €
Cappuccino °	cup	2,70 €
Latte Macchiato °	glass	3,80 €
White coffee °	cup	3,80 €
Decaffeinated coffee from Gepa	pot	3,50 €

Heimbs - Organic tea portions served in a pot


Assam	black leaves, northeast of India, spicy, malty, sweetish	
Ginger Limon	flavored green leaves, ginger, lemon bits, marigold	
Marigold	flavored green leaves, marigold, lemongrass	
Vanilla	Rooibos tea, natural vanilla taste	
Ayurveda Chai	oriental selection, fennel, anise, liquorice root, cardamom, pepper	
Morgenstern	fruity tea, hibiscus, rosehip, apple	
	pot	3,50 €



Labelling of allergens

 vegetarian

A_ conventional

 vegan

B_ from sustainable fishing (MSC certified)

C_ lactose free

D _gluten-free

1. Cereals containing gluten (i. e. wheat, rye, barley, oats, spelt, kamut or their hybridised strains) and products thereof
2. Crustaceans and products thereof
3. Eggs and products thereof
4. Fish and products thereof
5. Peanuts and products thereof
6. Sojabean and products thereof
7. Milk and products thereof (including lactose)
8. Nuts i.e. almond,(*Amygdalus communis* L.), hazelnut (*Corylus avellana*), walnut (*Juglans regia*), cashew (*Anacardium occidentale*), Pecan nut (*Carya illinoensis*), brazil nut (*Bertholletia excelsa*), pistachio nut (*Pistacia vera*), macadamia nut und Queensland nut (*Macadamia ternifolia*) and products thereof
9. Celery and products thereof
10. Mustard and products thereof
11. Sesame seeds and products thereof
12. Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/l, expressed as SO₂
13. Lupine and products thereof
14. Molluscs and products thereof

Food additive

- a. with colour
- b. with preservative
- c. with antioxidant
- d. with flavour enhancer
- e. sulfurated
- f. blackened
- g. waxed
- h. with phosphate
- i. with sweetener
- j. with sugar(s) or sweetener(s)
- k. contains a source of phenylalanine
- l. excessive consumption may produce laxative effects
- m. with caffeine
- n. with quinine