

**To feel comfortable is more important than to abate!**

**On the next pages you will find meals which depend on the cognition that wellness is much more than a visit in a sauna. Because the decision about our well-being we also reach with knife and fork.**

**In our restaurant you can save calories with less fat, you can feast with vitamins for your beauty, you can activate your brain activity with carbohydrates or you can raise your body on highest degree with protein and minerals without to pass on the consumption.**

### Starters

**Gratinated scallop with sweet potato puree with pineapple-chili-ragout and chamomile** **14,50 €**

The scallop is one of the most tasty, eatable mussels. The nearly white scallop grows up to 15 cm and can be found mainly in the Mediterranean sea.

**Back of venison with currant salsa and herb salad** **12,00 €**

Game is very low-fat and rich with proteins. It is also stronger in its taste and color than our animals. Young game has very gentle meet.

### Soups

**Cold soup of apricot with kefir** **5,90 €**

Kefir, descend from the Turkish word *köpürmek* that means to foam. It is a viscous, mineral and a little alcoholic drink of milk.

**Soup of potato and carrots with banana-curry-salt** **5,80 €**

The content of carotin (mostly  $\alpha$ - and  $\beta$ -carotin) of the carrot is the most amongst all vegetables.

### Vegetarian Main Courses

**Herb gnocchis with sorrel and local goat cheese** **13,50 €**

The ingredients of the cheese are nearly the same like the ones made out of cow-milk. The share of the fat and of the lacto-protein is however a little bit lower. Therefore it is partly possible for persons with lacto-protein intolerance to eat this cheese.

**Buckwheat risotto with chanterelles and fennel** **14,50€**

Unripe is the partly mellon harvested and immediately dehydrated grain of the spelt. A part of the husk is used as padding for pillows. It promotes the healthy sleep

**Main Courses**

**Filet of tub gurnard backed with basil and lime  
with BIO-bell pepper vegetable and cous-cous** **22,50 €**

The tub gurnard has compact and tasty meet. It contains many potassium and calcium.

**BIO-salmon with pineapple sage, pepper cherries  
and saffron risotto** **23,00 €**

The protein of the BIO salmon contains the amino acid methionine which is needed at the construction of the fat living stress hormones adrenalin and noradrenalin.

**Breast of chicken cooked in herb hay  
with wholemeal-vegetable spaghetti** **19,50 €**

Hay-flowers are a traditional medicine.

**Filet of beef on truffled mashed celeriac  
with pickled cherry tomatoes** **29,50 €**

In the Western civilization anis will be used today in bread. Mainly it flavors spirits and liquor like Sambuca, Ouzo or Absinth. As tea it will be used against cough

**Steak of kangaroo marinated with herbs and yoghurt  
with crostini and summer salad** **23,00 €**

The meat of kangaroo contains high potential of conjugate linoleic acid. Humans need it because they can't produce it themselves.

**Dessert**

**Fair-trade BIO chocolate-chili-parfait with melon-mint-grits** **9,50 €**

Chocolate with a high proportion of cocoa like here with ca.60 % can increase the mirror of the heart protective antioxidants. Furthermore, cocoa acts against high blood pressure.

**Small raspberry cake with two kinds of peach and lavender** **8,00 €**

The blossoms of the lavender have a slight soothing and carminative qualities and are good for the gall. It is used for mitigation of following afflictions: restlessness, nervous exhaustion, problems with falling asleep, migraine as well as for nervous stomach-bowels and gall troubles. The soothing effect is as well used in the aromatherapy

**Our 4-Course-Vital-Menu**

**Gratinated scallop on mashed sweet potatoes  
with pineapple-chili-ragout and chamomile**

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**4 course 52,00 €**

**Before the meal we recommend:**

**Drink of oranges and carrots** **4,50 €**

The content of carotin (mostly  $\alpha$ - and  $\beta$ -carotin) of the carrot is the most amongst all vegetables.

**Smoothie of beetroot and raspberry** **4,60 €**

Due to the high content of vitamin B, potassium, iron and especially folacin is beetroot a healthy vegetable which is used for raw vegetable salads. The leafs can be consumed as well rare. They are rich in vitamins and minerals.

**Kiwi-lime milkshake** **4,90 €**

Kiwi have the same content of vitamin C like oranges. They have a high amount of acid and provide with sugar and other acids an incomparable taste.

**"Mango-Lassi" - yogurt drink with palm tree sugar** **4,90 €**

Lassi is the name for a mainly Indian yoghurt drink. It is preferred with spicy dishes because due to its fat content it mitigate the sting of the food and raise its digestibility.

**Coconut shake** **4,60 €**

Coconut is rich in saturated fatty acids.

**Herb Tee** **4,90 €**

Assam tea is flavoured with herbs like ginger and cardamom. A powerful, mostly malty and partial commemorative of honey flavour are making a black Assam tea.