


7.00 a.m. to 11.30 a.m.

FITNESS BREAKFAST

Two wholemeal rolls, butter, jam, honey, fresh-grain porridge, fruit salad, a choice of hot drink and a fresh orange juice 14.00

12:00 – 8:30 p.m.


LITTLE DELICACIES

Minestrone  Vegan 7.00
Italian vegetable soup with herb and olive pesto
Champagne Bits 14.00
Toasted slices of baguette with smoked salmon, brie, roast beef and parma ham


FRISCH UND VITAMINREICH

Niçoise salad 11.50
Leaf salads with tuna, egg, mushrooms, cucumber, tomatoes, olives and vinaigrette of white Balsamic vinegar and olive oil
Turkey salad 14.50
Leaf salads with tender turkey breast medallions, mushrooms, cucumber, tomatoes and vinaigrette of white Balsamic vinegar and olive oil
Caesar salad 18.00
Romaine and rucola lettuce, croûtons, French dressing and parmesan served with grilled scampi

LIGHT TREATS

Pasta mushrooms  Vegetarisch 13.00
Linguine Pasta with creamed mushrooms, cherry tomatoes and chives
Beefburger 200 g 15.00
100 % Beef, grilled with tomatoes, roasted baguette, herbal butter and romaine lettuce served with French fries
Elysée Club sandwich 16.50
Grilled corn-fed chicken breast with green lettuce, avocado tartare, crispy bacon and egg, served on whole-grain toast
Spaghetti Scampi 17.00
Tagliatelle with grilled scampi, melted cherry tomatoes and garlic

LIGHT & HEALTHY SNACKS

Fruit salad garnished with mint 6.00
Superfood Balls  gluten free 3.90
(various flavours)
Power Bar 3.90
(various flavours)
Coco-sesame-crisps 3.90

NON-ALCOHOLIC DRINKS

San Pellegrino / Acqua Panna	0.25 l	3.50
San Pellegrino / Acqua Panna	0.75 l	7.50
Granini juice / juice Spritzer	0.20 l	3.50
Coca-Cola, Coca-Cola light	0.33 l	4.00
Fanta, Sprite, Mezzo Mix	0.33 l	4.00
Vitamalz malt drink	0.33 l	4.00
Isolite-, L-Carnitin drink	0.50 l	4.00
Protein shake (various flavours)	0.25 l	4.50

CUCUMIS – LIFESTYLE TO DRINK Vegan

Carbonated soft drink, various flavours	0,33 l	4.90
Cucumber-basil, lavender-bergamot, chamomile-honey		

FRESH JUICE / FRESH SMOOTHIES

Freshly squeezed orange or grapefruit juice	0.25 l	6.00
Green smoothie with rucola, kiwi, lemon and apple juice	0.25 l	6.50
Red smoothie with coconut milk, mixed forest berries, orange juice and fresh mint	0.25 l	6.50
White smoothie with coconut milk, pineapple, banana and honey	0.25 l	6.50

TEA SELECTION

Hand-picked teas of the Ronnefeldt company | per pot 4,90

- Morning Dew (Green Tea)
- Ayurveda Herbs & Ginger
- Lemon Fresh
- Green Dragon
- Mountain herb tea
- Darjeeling tea
- Moroccan Mint
- Wellness

FAIRTRADE BIO KAFFEE J. J. DARBOVEN

Espresso, Espresso macchiato		3.20
Café Crème		3.50
Cappuccino, Latte macchiato, Café latte		4.00
Espresso double shot		4.20
Hot chocolate		4.00

WINE / SPARKLING WINE / CHAMPAGNE

White wine, Pinot blanc, dry, Weingut Wittmann	0.375 l	9.50
Mumm Sekt Piccolo	0.20 l	10.00
Red wine, Côtes du Rhône A.C., dry	0.375 l	10.50
Champagne	0.375 l	49.00

BEER

König Pilsener draught	0.30 l	4.00
König Pilsener alcohol-free (bottle)	0.33 l	4.00
Shandy	0.30 l	4.00
Erdinger wheat beer (bottle)	0.50 l	5.50
Erdinger alcohol-free (bottle)	0.50 l	5.50