



# FOOD SELECTION G7 INTERNATIONAL MEDIA CENTER

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## BREAKFAST

### BREAD STATION

Zugspitzbrot (Spelt and rye bread) A | C | G | H | K

Spelt bread A | C | G | H | K

Gluten-free bread C | G | H | K

Protein bread A | C | G | H | K | 8

„Zwiefach“ Organic-Rye bread A | F

Seeded multi-grain bread A | F | K

„Dinkelkruste“ spelt bread A | G

Rye rolls A | C | G | H | K

Pumpkin seed rolls A | K

Multi-grain rolls A | F

Whole-wheat rolls A

Danish pastries A | C | G | H | K | 1 | 7 | 8

### CHEESE SPECIALITIES

Cream cheese spread G | 8

Soft cheese G | 8

Hard cheese G | 8

Alpine cheeses G | 8

Topfen (curd) G | 8

A) Grains containing gluten | B) Crustaceans | C) Eggs | D) Fish | E) Peanuts | F) Soy | G) Milk | H) Nuts | I) Celery |  
J) Mustard | K) Sesame | L) Sulphur | M) Lupines | N) Molluscs  
1) Preservative | 2) Pigment | 3) Phosphate | 4) Flavor enhancer | 5) Nitrite pickling salt  
6) Antioxidant | 7) Sweeteners | 8) Acidifier | 9) Caffeine | 10) Quinine | 11) Phenylalanine | 12) Sulphured |  
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## HOMEMADE JAMS AND SPREADS

Forest berries

Plum

Pear | Apple

Regional honey

## VEGAN SPREADS

Curry spread | Pea E | F | H | J | K | M | 7

Bell pepper spread E | F | H | J | K | M | 7

Basil spread E | F | H | J | K | M | 7

Beetroot spread E | F | H | J | K | M | 7

Cashew spread E | F | H | J | K | M | 7

## VEGAN BAGELS

Pretzel bagel | Sesame | Cucumber | Radish | Cress A | K

Chia bagel | Carrot | Sweet potato | Cashew | Seeds A | E | H | K

Tomato bagel | Basil | Hummus | Antipasti A | K

Rye bagel | Beetroot | Chili | Peanut E | H | 7

## FRUIT STATION

Seasonal fruit

## MILK SELECTION

Milk 1,5 % G | 8

Lactose-free milk G | 8

Almond milk H | 1

Hazelnut milk H | 1

Oat milk 1

Soy milk F | 1

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## ORGANIC EGG STATION

Organic Scrambled egg c | G

### Topping station:

Cheese G | 8

Tomato

Herbs

Local bacon 1 | 3 | 5 | 6

Soft-boiled organic egg c

Hard-boiled organic egg c

## SIGNATURE PANCAKES

made from buckwheat flour

### Topping station:

Maple syrup

Peanut crunch E | H

Cheese G | 8

Tomato

Herbs

## LUKEWARM PORRIDGE

Pear porridge | Raisins | Nut crunch E | H | 1 | 7

Forest berry porridge | Lemon E | H | 1 | 7

Banana porridge | Cinnamon E | H | 1 | 7

## VEGAN MUESLI STATION

Happy millet muesli | Blueberry

Bircher Overnight Muesli | Strawberry 1

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# LUNCH DURING ALL DAYS

## BREAD STATION

- Zugspitzbrot (Spelt and rye bread) A | C | G | H | K
- Spelt bread A | C | G | H | K
- Gluten-free bread C | G | H | K
- Protein bread A | C | G | H | K | 8
- „Zwiefach“ Organic-Rye bread A | F
- Seeded multi-grain bread A | F | K
- „Dinkelkruste“ spelt bread A | G
- Rye rolls A | C | G | H | K
- Pumpkin seed rolls A | K
- Multi-grain rolls A | F
- Whole-wheat rolls A

## CHEESE SPECIALITIES

- Cream cheese spread G | 8
- Soft cheese G | 8
- Hard cheese G | 8
- Alpine cheeses G | 8
- Topfen (curd) G | 8

## VEGAN SPREADS

- Beetroot spread | Cashew | Cumin H
- Bell pepper spread | Sun dried tomato | Thyme
- Avocado spread | Chickpeas | Basil | Almond H

## OLIVE OIL & BUTTER G | 8

Salt, Pepper

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## SALAD BOWLS

Already mixed:

## RAW SALADS

Carrot and apple salad | Flaxseed oil 7

Tomato salad | Basil

Cucumber salad | Mint | Dill F | G | 8

Red & golden beet salad | Pumpkin | Walnut H

German coleslaw | Coriander | Caraway seed K | 7

Red cabbage salad | Apple | Honey 7

Potato salad | Arugula | Lamb's lettuce | Pumpkin seed oil | Onion broth H

## DRESSINGS

Yellow bell pepper dressing | Apricot | Lovage

Pumpkin seed oil dressing | Coconut | Apple H | I

Beetroot dressing | Honey | Balsamico 7

## LETTUCE VARIETIES

Lollo Rosso | Lollo Biondo | Oak leaf lettuce | Arugula | Romaine lettuce | Iceberg lettuce |

Baby leaf | Belgian endive | Radicchio | Wild herb salad

## TOPPINGS

Sheep milk cheese made by Sellthürner Käsküch G | 8

Mushrooms

Olives

Homemade herb croûtons made from „Garmischer Breznstangerl“ A

Shredded Alpine cheese G | 8

Mini mozzarella cheese G | 8

Sunflower seeds E | H

Flaxseeds

Herb nuts H

Vegetable chips A | 1 | 6 | 7

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## PASTA STATION | BUFFET

Wholemeal spelt pasta A

Protein pasta A | C

Flax seed pasta A

Spelt and buckwheat pasta A

Durum wheat pasta A

Vegan Bolognese I

Pasta Ragu | Heifer ground beef | Tomato I

Pesto specialities H

Tomato sugos

Alpine cheese G | 8

Parmesan G | 8

## LUNCH ON JUNE 25TH, 2022

### HOT FOOD

Sweet potato and lentil salad | Coriander | Apricot

Oriental pea balls A | F | H

-vegan-

Rye risotto | Golden beet | Zucchini | Arugula A | H

Add Ons:

Smoked tofu -vegan- F | 1 | 7

or

Pulled ox from Simmentaler beef

### DESSERT

Apricot dumpling | Apricot jam A | G | 1 | 7 | 8

Alpine cream curd | Berry jam G | 1 | 7 | 8

Vegan blueberry cheesecake F | 6 | 7

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## LUNCH ON JUNE 26TH, 2022

### HOT FOOD

Gruenkern roesti | Fried king oyster mushroom | Almond cream vegetables | Sesame | Thyme  
-vegan- F | H | I | K

Asian Fried noodles | Wok vegetables | Fried egg C | G | H | K | 1 | 4 | 7 | 8 | 14

Add on:

Spicy fish balls made from local fish A | C | D | G | H | N

### DESSERT

Walnut | Crumbled | Apricot A | C | G | H | 8

Strawberry cream | Joghurt | Lemon F | 7

Rhubarb | Lemon

## LUNCH ON JUNE 27TH, 2022

### HOT FOOD

Coconut curry | Chickpea | Lime | Sweet potato H | 1 | 6 | 7

Soy and coriander balls E | F | G | H | 1 | 6 | 7

-vegan-

Bavarian „Rötschupfnudeln“ (roasted finger-shaped potato dumplings) | Cabbage | Apple |  
Loverly | Arugula pesto A | C | G | 7 | 8

Add on:

Polpette made from local heifer 8

### DESSERT

Yeast pastry | Vanilla | Berries A | C | G | 1 | 7 | 8

Nougat | Nut | Plum G | H | 1 | 7 | 8

German rice pudding | Coconut | Plum A | H | 1 | 7

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## LUNCH ON JUNE 28TH, 2022

### HOT FOOD

Lentil Dal | Tomato | Carrot | Maple syrup H | 1 | 4 | 6 | 7

Herbal spiced silken tofu F | 1 | 6

-vegan-

Couscous from the Allgäu region | Apricot chutney A | G | 1 | 7 | 8 A | 1 | 7

Add on:

Organic chicken stripes

### DESSERT

„Almmuas“ Strawberry | Apple sauce A | G | H

Apple | Walnut | Vanilla H

Chia | Raspberry | Cream 1 | 7





## AFTERNOON SNACKS DURING ALL DAYS

### CAKE

Vegan organic apple-crumble cake A | H | 1 | VEGAN

Vegan nut spelt cake A | E | F | H | 1 | VEGAN

Vegan spelt poppyseed cake A | H | 1 | VEGAN

Vegan walnut energy cake A | E | F | H | 1 | VEGAN

Vegan buckwheat berry cake A | E | F | H | 1 | VEGAN

Vegan Bavarian cheesecake A | E | F | H | 1 | VEGAN

Plum cake | Almond A | C | E | G | H | 1 | 8

Sour cream cake | Fruit jam A | C | E | G | H | 1 | 8

Lemon spelt cake A | C | E | G | H | 1 | 8

Bavarian cream torte A | C | E | G | H | 1 | 8

Cherry streusel cake A | C | G | H | 8

Mandarin orange sour cream cake A | C | G | H | 1 | 8

Peanut cake A | C | E | G | H | 8

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# DINNER DURING ALL DAYS

## PASTA STATION | BUFFET

Wholemeal spelt pasta A

Protein pasta A | C

Flax seed pasta A

Spelt and buckwheat pasta A

Durum wheat pasta A

Vegan Bolognese I

Pasta Ragù | Heifer ground beef | Tomato I

Pesto specialities H

Tomato sugos

Alpine cheese G | 8

Parmesan G | 8

## DINNER ON JUNE 25TH, 2022

### HOT FOOD

Plant-based lasagna | Mushroom | Hazelnut | Roasted celery | Basil – vegan- F | H | I | 7

Bulgur | Pretzel falafel | Cucumber and mint yoghurt A | G | H

### DESSERT

Curd strudel | Blueberry sauce A | G

Apricot | Mango | Rosemary

Vegan semolina pudding | Berries A | 1 | 7

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## DINNER ON JUNE 26TH, 2022

### HOT FOOD

Green vegetable curry | Soy beans | Sprouts | Coriander F | G | H

Fried tempeh from the Allgäu region F

-vegan-

Moussaka | Potato | Alpine cheese G | H

Add on:

Ground beef „Grande Muh“ 5

### DESSERT

Fried dough pastry | Poppy seed | Vanilla ice cream A | C | G | 1 | 4 | 8

Curd cream | orange | fig F | G

Berry jelly | mint

## DINNER ON JUNE 27TH, 2022

### HOT FOOD

One-pot curry rice | Bavarian rice | Wild rice | Roasted nuts | Raisins E | H | K

Nut balls E | H | K | 1 | 7

-vegan-

Tomato | Roasted Vegetables | Spring leek | Herbal spring mix

Add on:

Salmon steak | apricot | coconut E | H | K | 1 | 7

### DESSERT

Coconut and lime cream | Mango F | H

Tiramisu | Cocoa F | H | 1 | 7

Chia pudding | Fruits H | K | 8

A) Grains containing gluten | B) Crustaceans | C) Eggs | D) Fish | E) Peanuts | F) Soy | G) Milk | H) Nuts | I) Celery | J) Mustard | K) Sesame | L) Sulphur | M) Lupines | N) Molluscs  
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## DINNER ON JUNE 28TH, 2022

### HOT FOOD

Nasi Goreng | Soy sprouts F | I

Tempeh satay E | F | H

-vegan-

Ratatouille vegetables | Spicy fried rice H | I | J

Add on:

Mini Bavarian Böfflamot (beef pot roast) from local beef

### DESSERT

Red berry jelly | Vanilla cream 1 | 7 | 8

Chocolate and almond cream | Plum purée F | H

Banana cream | Coconut | Nut crunch H | 1 | 7

A) Grains containing gluten | B) Crustaceans | C) Eggs | D) Fish | E) Peanuts | F) Soy | G) Milk | H) Nuts | I) Celery |  
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## SNACK STATIONS DURING ALL DAYS

### VEGAN SANDWICHES | LYE PASTRY

Whole wheat sandwiches | Tempeh | Silken tofu | arugula A | F | H | K

Spelt Bread Sandwich | Eggplant | Zucchini | Bell pepper | Tomato A | E | F | H | K

Gourmet whole wheat bread sandwich | Turmeric and curry salad | Carrot A | F | H | I | J

### VEGAN BAGELS

Pretzel bagel | Sesame | Cucumber | Radish | Cress A | K

Chia bagel | Carrot | Sweet potato | Cashew | Seeds A | E | H | K

Tomato bagel | Basil | Hummus | Antipasti A | K

Rye bagel | Beetroot | Chili | Peanut E | H | 7

### VEGAN DESSERTS

Seasonal fruit salad

Apple | Pear | Melon

Fruits

Detox fruit mix | Pineapple | Mango | Kiwi | Mint | Lime

Vitamin mix | Strawberry pulp | Blueberry | Blackberry | Raspberry | Currant

Tapioca pudding | Apricot 7 | 8

Blueberry cream | Almond crunch H | 7 | 8

Orange semolina pudding | Nectarine 7

Almond panna cotta | Strawberry pulp H | 7

### CEREAL BARS

Double Chocolate Superfood Bar | Dates | Coconut A | E | H

Chocolate Superfood Chia Bars | Goji | Cashew A | E | H

Baked Almond and Honey Bars | Peanut A | E | H

Tahini and Cranberry Flap Jacks | Oats | Vanilla A | E | H

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## VEGAN MIDNIGHT DISHES

Chili sin carne | Beans | Cumin | Cucumber yoghurt F | G

Green sweet potato curry | Coriander H

Spicy lentil dal | Cumin dip I | J | K

Hummus | Falafel | Coriander and cucumber dip G | H | K

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13) Blackened | 14) Waxed