

| Speisen                           | Glutenhaltige Getreide | Krebstiere | Eier | Fisch | Erdnüsse | Soja (Erzeugnisse) | Milch (Laktose) | Schalenfrüchte | Sellerie | Senf | Sesam | Sulphite | Lupinen | Weichtiere |
|-----------------------------------|------------------------|------------|------|-------|----------|--------------------|-----------------|----------------|----------|------|-------|----------|---------|------------|
|                                   | A                      | B          | C    | D     | E        | F                  | G               | H              | L        | M    | N     | O        | P       | R          |
| <b>Salate</b>                     |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Limbecker Schatz                  |                        |            |      |       |          |                    | X               | X              |          |      |       | X        |         |            |
| Melonen Schaluppi                 |                        | X          |      |       |          |                    | X               |                |          |      |       |          |         |            |
| Dr. Scheppermann                  |                        |            |      |       |          |                    | X               |                |          |      |       |          |         |            |
| Superfood Ceaser                  | X                      |            |      |       |          |                    | X               |                |          |      |       |          |         |            |
| Fetanowski                        |                        |            |      |       |          |                    | X               |                |          |      | X     |          |         |            |
| Ananas Amigo                      |                        |            |      |       | X        | X                  |                 | X              |          |      |       |          |         |            |
| Käpt'n Krabbe                     |                        | X          |      |       |          | X                  |                 |                |          |      |       |          |         |            |
| <b>Bowls</b>                      |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Burrito Bowl                      | X                      |            |      |       |          |                    | X               |                |          |      |       |          |         |            |
| Pott-Pourri-Bowl                  | X                      |            |      |       |          |                    | X               | X              |          |      | X     |          |         |            |
| Lecko Mio Bowl                    | X                      |            |      |       | X        |                    |                 |                |          |      |       |          |         |            |
| <b>Brote</b>                      |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Superfood Stulle                  | *                      |            |      |       |          |                    |                 | X              |          |      |       |          |         |            |
| Scharfer Grieche                  | X                      |            |      |       |          |                    | X               |                |          |      |       | X        |         |            |
| <b>Dressings</b>                  |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Möhre-Ingwer                      |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Tomate-Paprika                    |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Mango-Chili                       | X                      |            |      |       |          | X                  |                 |                |          |      |       |          |         |            |
| Himbeer-Mohn                      |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Kräuter-Joghurt                   |                        |            | X    |       |          |                    |                 |                |          |      |       |          |         |            |
| Honig-Senf                        |                        |            |      |       |          |                    |                 |                | X        | X    |       |          |         |            |
| Caeser-Joghurt                    |                        |            | X    |       |          |                    |                 |                |          |      |       |          |         |            |
| <b>Extras</b>                     |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Avocado                           |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Feta-Käse                         |                        |            |      |       |          |                    | X               |                |          |      |       |          |         |            |
| Mozzarella                        |                        |            |      |       |          |                    | X               |                |          |      |       |          |         |            |
| Parmesan                          |                        |            |      |       |          |                    | X               |                |          |      |       |          |         |            |
| Hummus                            |                        |            |      |       |          |                    |                 | X              |          |      | X     |          |         |            |
| Quinoa                            |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Tomaten                           |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Gurke                             |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Garnelen                          |                        | X          |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Hähnchen                          |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| Arg. Sirlain Steak                |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| getrocknete Tomaten               |                        |            |      |       |          |                    |                 |                |          |      |       | X        |         |            |
| Kräuter Oliven                    |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |
| *kann Spuren von Gluten enthalten |                        |            |      |       |          |                    |                 |                |          |      |       |          |         |            |