



Lunch / Dinner

MENUS

Daily with vegetarian option. We are happy to provide vegan menus on request.
We are also happy to cater for lactose intolerance and gluten allergy.

MENU 1

- Spaghetti lactose free
- Bolognese sauce lactose free, gluten free
- Tomato sauce lactose free, gluten free
- Pan-fried vegetables „Italian style“ lactose free, gluten free
- Kaiserschmarrn
- Apple Puree lactose free, gluten free

MENU 2

- Beef patty lactose free
- Potatoes lactose free, gluten free
- Princess beans lactose free, gluten free
- Tender wheat vegetable pan vegan, lactose free
- Semolina Pudding
- Cherries without Seeds lactose free, gluten free

MENU 3

- Chicken „Cordon Bleu“
- Wedges seasoned lactose free, gluten free
- Kaiser vegetables lactose free, gluten free
- Steakhouse pan vegan, lactose free, gluten free
- Chocolate Pudding gluten free
- Vanilla Sauce gluten free

MENU 4

- Beef goulash gluten free
- Egg noodles lactose free
- Red cabbage lactose free, gluten free
- Bami Goreng pan vegan, lactose free
- Sheet Apple Cake with Crumble Topping

MENU 5

- Stuffed peppers
- Saffron vegetable rice
- Summer vegetables
- Gravy
- Primo pasta pan
- Rice Pudding
- Stewed Plums

MENU 6

- Mini chicken escalope breaded
- Mashed potatoes gluten free
- Cauliflower lactose free, gluten free
- Tender wheat vegetable pan vegan, lactose free, gluten free
- Cherries without Seeds lactose free, gluten free
- Vanilla Sauce gluten free



MENU 7

Chik'n Wings Crispy lactose free
 Ducat chips lactose free, gluten free
 Carrot slices lactose free, gluten free
 Vegetable bulgur vegan, lactose free
 Vanilla Pudding gluten free

MENU 8

Plant Based Chilli sin Carne vegan, lactose free, gluten free
 Saffron vegetable rice
 Broccoli florets lactose free, gluten free
 Steakhouse pan vegan, lactose free, gluten free
 Semolina Pudding
 Cherries without Seeds lactose free, gluten free

MENU 9

Vegetable patties
 Roasted cream cheese pockets gluten free
 Chopped spinach
 Hollandaise sauce
 Vegetable pan with chicken
 Kaiserschmarrn
 Apple Puree

MENU 10

Broccoli gratin
 Cream & Cheese Gratin
 Broccoli florets
 Hollandaise sauce
 Vegetable pan with chicken
 Chocolate Pudding gluten free
 Vanilla Sauce gluten free

MENU 11

Chicken nuggets lactose free, gluten free
 Falafel balls
 Pan-fried vegetables Asian style with pak choi lactose free
 Ducat chips lactose free, gluten free
 Tender wheat vegan vegetable vegan, lactose free
 Vanilla Pudding gluten free

MENU 12

Plant Based Chilli sin Carne vegan, lactose free, gluten free
 Meatballs cevapcici style (pork) lactose free
 Long grain rice
 Wok vegetables lactose free, gluten free
 Bami goreng pan lactose free
 Sheet Chocolate Cake

Menus can vary depending on availability

OUR STANDARDS

We prepare one of these delicious menus every day - always with a vegetarian option. Our guests also receive a varied salad buffet, a dessert of the day and various drinks. various drinks. a&o reserves the right to choose the menu.

If the entire group would like a vegetarian menu, please send us an e-mail to groups@aohostels.com.