



a&o MENUS | Lunch & Dinner

Monday Lunch

- Red Lentil Curry vegan, LF, GF
- Rice vegan, LF, GF
- Summer Vegetables vegan, LF, GF
- Bulgur Pan vegan
- Oat Dessert vegan, LF

Monday Dinner

- Penne vegan, LF
- Sauce Bolognese LF, GF
- Tomato Sauce vegan, LF, GF
- Mediterranean Grilled Vegetables vegan
- Panna Cotta Pudding veget., GF
- Strawberry Sauce vegan, LF, GF

Tuesday Lunch

- Kebab LF, GF
- Rice vegan, LF, GF
- Ratatouille vegan, LF, GF
- Tomato Sauce vegan, LF, GF
- Couscous Pan vegan, LF
- Baklava

Tuesday Dinner

- Burger Patty Beef GF, LF
- Burger Patty Chicken LF
- Burger Patty vegan vegan, LF
- Burger Bun vegan, LF
- Burger Bun (GF) vegan, GF, LF
- Cheddar Cheese veget., GF
- Potato Wedges vegan, GF, LF



Wednesday Lunch

- Beef Meatballs LF
- Roasted Potatoes vegan, LF, GF
- Mixed Vegetables vegan, LF, GF
- Tomato Sauce with Basil vegan, LF, GF
- Asian Fried Noodles vegan, LF
- Mixed Berry Mini Pancakes veget.
- Vanilla Sauce veget., GF

Wednesday Dinner

- Crispy Chicken Schnitzel LF
- Country Wedges vegan, LF, GF
- Sliced Carrots vegan, LF, GF
- Sauce Hollandaise veget., GF
- Vegetable Schnitzel vegan, LF
- Kaiserschmarrn veget.
- Applesauce veget., LF, GF



OUR STANDARDS

We prepare one of these tasty menus every day; always with a vegetarian option. In addition, our guests enjoy a varied salad buffet, a daily dessert or fruits and various drinks. a&o reserves the right to choose the menu. If the whole group asks for a vegetarian menu, please write to groups@aohostels.com



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Thursday Lunch

- Roast Chicken
- Steamed Potatoes vegan, LF, GF
- Piri-Piri-Sauce vegan, LF
- Steakhouse Pan vegan
- Apricot Dumplings veget.
- Vanilla Sauce veget., GF

Thursday Dinner

- Beef Goulash LF, GF
- Spaetzle veget., LF
- Red Cabbage vegan, LF, GF
- Swabian-Style Dumplings vegan, LF
- Chocolate Pudding veget., GF

Friday Lunch

- Chicken Cordon Bleu with Turkey Ham
- Mashed Potatoes veget., GF
- Summer Vegetables vegan, LF, GF
- Tomato Sauce vegan, LF, GF
- Bami Goreng vegan
- Semolina Pudding veget.
- Applesauce vegan, GF

Friday Dinner

- Beef Meatroll Filled with Cream Cheese
- Rice vegan, LF, GF
- Balkan Vegetable Mix vegan, LF, GF
- Sugo Pomodoro vegan, LF, GF
- Chili sin Carne vegan
- Cheesecake veget.
- Strawberry Sauce vegan, LF, GF

Saturday Lunch

- Potato Gratin veget., GF
- Mixed Vegetables vegan, LF, GF
- Cannelloni vegan, LF
- Oat Dessert vegan, LF
- Vanilla Sauce veget., GF

Saturday Dinner

- Meatballs in in Tomato Sauce GF
- Fusilli vegan
- Retro Vegetable Mix vegan, LF, GF
- Tomato Sauce with Basil vegan, LF, GF
- Falafel vegan, LF, GF
- Caramel Pudding veget., GF

Sunday Lunch

- Potato Pockets with Herb Filling veget.
- Gnocchi Mediterraneo veget., LF
- Farmhouse Vegetables vegan, LF, GF
- Tomato Sauce vegan, LF, GF
- Rice Pudding veget., GF
- Applesauce veget., LF, GF

Sunday Dinner

- Chicken Skewers LF, GF
- Rice vegan, LF, GF
- Asian-Style Stir-Fried Vegetables with Pak Choi vegan
- Bulgur Pan vegan
- Chocolate Oat Dessert vegan, GF

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Menus can vary depending on availability.

LF=lactose-free, GF=gluten-free



a&o | Packed Lunch To Go

Our packed lunch can conveniently be ordered online or at the reception desk (please order one day in advance). Ideal for excursions, trips or a long day in the city.

A packed lunch contains:

- 1 Sandwich of your choice*
Chili Chicken
Premium Gouda *veget.*
Tomato & Mozzarella *veget.*
Hummus & Falafel *vegan*
- 0.5 L water
- 1 portion of fruit purée
- 1 granola bar



8,25€

CZ: 190 Kč

DK: 65 kr.



PACKED LUNCH

* Varieties depending on availability. Our lunch package is also available gluten- and/or lactose-free upon request.