



a&o MENU | Lunch and Dinner

Monday Lunch

- Pasta Bolognese
- Tomato Pasta vegan, lactose-free
- Broccoli vegan, gluten-free
- Chocolate Cake vegetarian

Monday Dinner

- Beef Goulash with Potatoes gluten-free, lactose-free
- Cauliflower vegan, lactose-free, gluten-free
- Carrots vegan, lactose-free, gluten-free
- Cannelloni Ricotta & Spinach vegetarian
- Lemon Cake vegetarian

Tuesday Lunch

- Meatballs with Sauce
- Country-style Potatoes with Herbs lactose-free, vegetarian
- Vegetable Cutlets vegetarian
- Carrots vegan, gluten-free
- Cherry Cake vegetarian

Tuesday Dinner

- Lasagne Bolognese
- Lasagne with vegetables
- Mixed Vegetables vegan, lactose-free, gluten-free
- Lemon Cake

Wednesday Lunch

- Chicken Cordon Bleu
- Potato Wedges vegetarian, lactose-free
- Green Beans vegan, lactose-free, gluten-free
- Mushroom Cream Sauce vegetarian
- Savoury Cake vegetarian
- Black Cake vegetarian

Wednesday Dinner

- Beef Stew with Potatoes
- White Rice vegan, lactose-free, gluten-free
- Cauliflower vegan, lactose-free, gluten-free
- Cannelloni Ricotta & Spinach vegetarian
- Black Cake vegetarian



Menus can vary depending on availability.

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 and various drinks. a&o reserves the right to choose the menu. If the whole group asks for a vegetarian menu, please write to us: groups@aohostels.com



a&o MENU | Lunch and Dinner

Thursday Lunch

- Beef Goulash with Potatoes gluten-free, lactose-free
- Cauliflower vegan, lactose-free, gluten-free
- Carrots vegan, lactose-free, gluten-free
- Cannelloni Ricotta & Spinach vegetariano
- Lemon Cake vegetarian

Friday Lunch

- Lasagne Bolognese
- Lasagne with vegetables vegetarian
- Mixed Vegetables vegan, lactose-free, gluten-free
- Lemon Cake vegetarian

Saturday Lunch

- Beef Stew with Potatoes
- White Rice vegan, lactose-free, gluten-free
- Cauliflower vegan, lactose-free, gluten-free
- Cannelloni Ricotta & Spinach vegetarian
- Black Cake vegetarian

Sunday Lunch

- Chicken Cutlets
- Potato Wedges vegan, lactose-free
- Cauliflower vegan, lactose-free, gluten-free
- Mushroom Cream Sauce vegetarian
- Vegetable Medallions vegetarian
- Chocolate Cake vegetarian

Thursday Dinner

- Chicken Cutlets
- Potato Wedges vegan, lactose-free
- Cauliflower vegan, lactose-free, gluten-free
- Mushroom Cream Sauce vegetarian
- Vegetable Medallions vegetarian
- Chocolate Cake vegetarian

Friday Dinner

- Pasta Bolognese
- Tomato Pasta vegan, lactose-free
- Broccoli vegan, gluten-free
- Chocolate Cake vegetarian

Saturday Dinner

- Meatballs with Sauce lactose-free, gluten-free
- Country-style Potatoes with Herbs lactose-free, vegetarian
- Vegetable Cutlets vegetarian
- Carrots vegan, gluten-free
- Cherry Cake vegetarian

Sunday Dinner

- Chicken Cordon Bleu
- Potato Wedges vegetarian, lactose-free
- Green Beans vegan, lactose-free, gluten-free
- Mushroom Cream Sauce vegetarian
- Savoury Cake vegetarian
- Black Cake vegetarian

Menus can vary depending on availability.

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 and various drinks. a&o reserves the right to choose the menu. If the whole group asks for a vegetarian menu, please write to us: groups@aohostels.com



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*
Tomato & Mozzarella ^{veget.}
Prosciutto Cotto & Provola
(Ham & Cheese)
- 0.5 L water
- 1 portion of fruit purée
- 1 granola bar



only
8,50€



PACKED LUNCH

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