



a&o MENUS | Lunch & Dinner

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 + gluten free
- Cherries without Seeds lactose free, gluten free
- Vanilla Sauce gluten free



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.

Menus can vary depending on availability



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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 9

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

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 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 10

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



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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*
Eggs *veget.*
Gouda & Peppers *veget.*
Turkey Ham
Salami & Emmental
- 0.5 L water
- 1 portion of fruit purée
- 1 granola bar

only
8,25€



PACKED LUNCH

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