

# LIST OF ALLERGENS



**LA MANUFACTURE**

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MAKE YOUR DAY TASTY

FOOD HERO															
	SELLERIE	GLUTEN	SCHALENTIERE	EIER	FISCH	LUPIN	MILCH LACTOSE	WEICHTIERE	SENF	NÜSSE & CO	ERDÜSSE	SESAME	SOJA	SULFIT	VEGAN
LA MANUFACTURE															
Klassischer	✓	✓	x	✓	✓	x	✓	x	✓	x	✓	x	✓	x	x
BBQ	✓	✓	x	✓	✓	x	✓	x	✓	x	✓	x	✓	x	x
Mexican	✓	✓	x	✓	x	x	✓	x	✓	x	✓	x	✓	x	x
Le Forestier	✓	✓	x	✓	x	x	✓	x	✓	x	✓	x	✓	✓	x
Le Français	✓	✓	x	✓	x	x	✓	x	✓	x	✓	x	✓	x	x
Pulled Pork	✓	✓	x	✓	✓	x	✓	x	✓	x	✓	x	✓	x	x
Hot Fury	x	✓	x	✓	✓	x	✓	x	✓	✓	✓	x	✓	x	x
Le Vegan	✓	✓	x	x	x	x	x	x	✓	✓	✓	x	✓	x	✓

# FOOD HERO / LA MANUFACTURE SPRING SPECIAL

FOOD HERO  LA MANUFACTURE															-VEGAN- 100%
	SELLERIE	GLUTEN	SCHALENTIERE	EIER	FISCH	LUPIN	MILCH LACTOSE	WEICHTIERE	SENF	NÜSSE & CO	ERDÜSSE	SESAME	SOJA	SULFIT	VEGAN
Buffalo Burger	✓	✓	x	✓	✓	x	✓	x	✓	x	x	x	✓	✓	x
Indiana Burger	x	✓	x	✓	✓	x	✓	x	✓	x	x	x	✓	✓	x
Fada Vegan Burger	✓	✓	x	x	x	x	x	x	✓	✓	x	x	✓	✓	✓
Buffalo-Sauce	✓	x	x	x	✓	x	✓	x	x	x	x	x	x	✓	x
Ranch-Sauce	x	x	x	x	✓	x	✓	x	✓	x	x	x	✓	x	x
Tahini	x	x	x	x	x	x	x	x	x	x	x	x	✓	✓	x
Veganes Falafel-Patty	✓	✓	x	x	x	x	x	x	✓	x	x	x	✓	x	✓



The logo features the word "WILD" in a purple, hand-painted brushstroke font above the word "GARDEN" in a large, bold, teal sans-serif font. Below "GARDEN" is the word "SALAD KITCHEN" in a smaller, purple, sans-serif font.

WILD

GARDEN

SALAD KITCHEN

FOOD HERO															
	SELLERIE	GLUTEN	SCHALENTIERE	EIER	FISCH	LUPIN	MILCH LACTOSE	WEICHTIERE	SENF	NÜSSE & CO	ERDÜSSE	SESAME	SOJA	SULFIT	VEGAN
Japan Blossom	✓	x	x	x	✓	x	x	x	x	x	x	✓	x	x	x
Summer Feeling	✓	✓	x	x	x	✓	✓	x	x	x	x	x	✓	x	x
Chicken Power	✓	✓	x	x	x	✓	x	x	x	x	x	✓	✓	✓	x
Frida	✓	✓	x	x	x	x	x	x	x	x	x	x	x	✓	x
Yes Vegan Baby	✓	✓	x	x	x	✓	x	x	x	✓	x	x	✓	✓	✓
Avocado & Salmon	✓	x	x	x	✓	✓	x	x	x	x	x	x	✓	✓	x
Crispy Chicken Salat	x✓	✓	x	✓	x	x	✓	x	✓	x	x	x	✓	✓	x
Moa Poke	✓	x	x	x	x	x	x	x	x	✓	x	✓	x	✓	x
Maui Poke	✓	x	x	x	✓	x	x	x	x	x	x	✓	✓	✓	x
Omao Poke	✓	x	x	x	x	✓	x	x	x	✓	x	x	✓	x	✓

Ahi Poke	✓	x	x	x	✓	x	x	x	x	✓	✓	✓	✓	x	x
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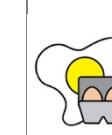
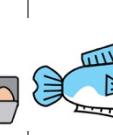
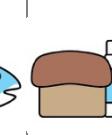
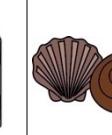
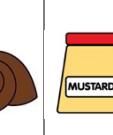
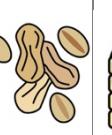
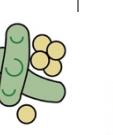
**HEY**  
**BUDDY**  
SMASH BURGER

FOOD HERO															
	HEY BUDDY	SELLERIE	GLUTEN	SCHALENTIERE	EIER	FISCH	LUPIN	MILCH LACTOSE	WEICHTIERE	SENF	NÜSSE & CO	ERDÜSSE	SESAME	SOJA	SULFIT
Grizzly Buddy	✓	✓	x	✓	x	✓	✓	x	✓	✓	✓	x	✓	✓	x
Classic Buddy	✓	✓	x	✓	x	✓	✓	x	✓	✓	✓	x	✓	✓	x
Bacon Buddy	✓	✓	x	✓	x	✓	✓	x	✓	✓	✓	x	✓	✓	x
Hot Buddy	✓	✓	x	✓	x	✓	✓	x	✓	✓	✓	x	✓	x	x
Onion Buddy	✓	✓	x	✓	x	✓	✓	x	✓	✓	✓	x	✓	x	x
Chicken Buddy	✓	✓	x	✓	x	✓	✓	x	✓	✓	✓	x	✓	x	x
Cheeseburger	✓	✓	x	✓	x	✓	✓	x	✓	✓	✓	x	✓	✓	x



# GRINGOS

MEXICAN TAQUERIA

FOOD HERO															
															
GRINGOS	SELLERIE	GLUTEN	SCHALENTIERE	EIER	FISCH	LUPIN	MILCH LACTOSE	WEICHTIERE	SENF	NÜSSE & CO	ERDÜSSE	SESAME	SOJA	SULFIT	VEGAN
Tinga de Pollo Burritos	x	✓	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Ranchero Burritos	x	✓	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Pollo Mango Burritos	x	✓	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Pollo Loco Burritos	x	✓	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Barbacoa Burritos	x	✓	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Barbacoa & Avocado Burritos	x	✓	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Verduras Burritos	x	✓	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Chile Verde Burritos	x	✓	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x

FOOD HERO															
	SELLERIE	GLUTEN	SCHALENTIERE	EIER	FISCH	LUPIN	MILCH LACTOSE	WEICHTIERE	SENF	NÜSSE & CO	ERDÜSSE	SESAME	SOJA	SULFIT	VEGAN
Tinga de Pollo Bowl	x	x	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Ranchero Bowl	x	x	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Pollo Mango Bowl	x	x	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Barbacoa Bowl	x	x	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Barbacoa & Avocado Bowl	x	x	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Verduras Bowl	x	x	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Chile Verde Bowl	x	x	x	✓	x	x	✓	x	✓	✓	✓	x	✓	✓	x
Barbacoa Quesadillas	x	✓	x	x	x	x	✓	x	✓	✓	x	x	x	✓	x
Pollo Quesadillas	x	✓	x	x	x	x	✓	x	✓	✓	x	x	x	✓	x
Verduras Quesadillas	x	✓	x	x	x	x	✓	x	✓	✓	x	x	x	✓	x



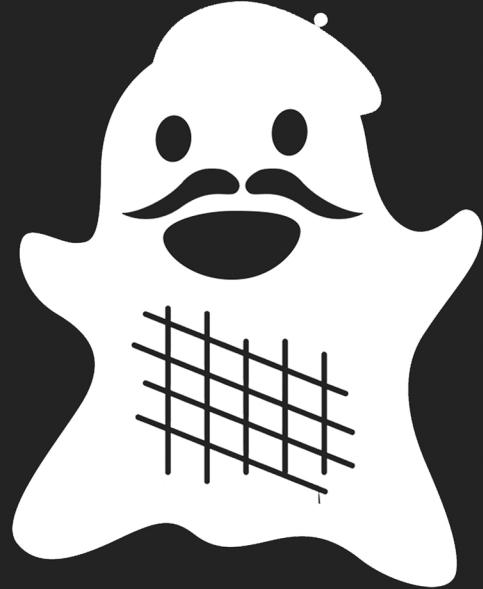
JAPANESE STYLE

寿司ブリトー & サンド

FOOD HERO															
	SELLERIE	GLUTEN	SCHALENTIERE	EIER	FISCH	LUPIN	MILCH LACTOSE	WEICHTIERE	SENF	NÜSSE & CO	ERDÜSSE	SESAME	SOJA	SULFIT	VEGAN
Shrimp Tempura	✓	✓	✓	✓	✓	x	✓	x	✓	✓	✓	x	x	x	x
Torikatsu Burger	✓	✓	x	✓	x	x	✓	x	x	✓	✓	x	x	✓	x
Waku Coleslaw	✓	x	x	x	x	x	x	x	✓	x	x	x	✓	x	✓
Classic Godzilla Roll	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x
Teriyaki Godzilla Roll	✓	✓	x	✓	x	x	x	x	✓	✓	✓	✓	✓	x	x
Ebifurai Godzilla Roll	✓	✓	✓	✓	✓	x	✓	x	✓	✓	✓	✓	✓	✓	x
Veggie Godzilla Roll	✓	x	x	x	x	x	x	x	✓	x	x	✓	✓	✓	✓
Chicken Godzilla Roll	✓	x	x	x	x	x	x	x	✓	✓	✓	✓	✓	x	x
Maguro Godzilla Roll	✓	x	x	x	✓	x	x	x	✓	✓	✓	✓	✓	x	x

FOOD HERO															
	SELLERIE	GLUTEN	SCHALENTIERE	EIER	FISCH	LUPIN	MILCH LACTOSE	WEICHTIERE	SENF	NÜSSE & CO	ERDÜSSE	SESAME	SOJA	SULFIT	VEGAN
WAKU WAKU															
Classic Sushi Roll	✓	✗	x	x	✓	x	✓	x	✓	✓	✓	✓	✓	x	x
Teriyaki Sushi Roll	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x
Ebfurai Sushi Roll	✓	✓	✓	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x
Veggie Sushi Roll	✓	x	x	x	x	x	x	x	✓	✓	✓	✓	✓	x	x
Chicken Sushi Roll	✓	x	x	x	x	x	x	x	✓	✓	✓	✓	✓	x	x
Maguro Sushi Roll	✓	x	x	x	✓	x	x	x	✓	✓	✓	✓	✓	x	x
Chicken Crispy Sando	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x
Chicken Katsu Sando	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x
Saku Saku Sando	✓	✓	✓	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x
Veggie Sando	✓	✓	x	✓	x	x	✓	x	✓	x	✓	✓	✓	x	x

C&B Sando	✓	✓	x	✓	x	x	✓	x	✓	x	✓	✓	✓	✓	x
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# GHOSTACOS

FRENCH TACOS

FOOD HERO															
	SELLERIE	GLUTEN	SCHALENTIERE	EIER	FISCH	LUPIN	MILCH LACTOSE	WEICHTIERE	SENF	NÜSSE & CO	ERDÜSSE	SESAME	SOJA	SULFIT	VEGAN
Everest	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x
Frenchy	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x
American	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x
French Bastard	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x
El Mexicano	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	✓	x
Cordon Bleu	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x
New Delhi	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x
Veggie Falafel	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x
Veggie Nuggets	✓	✓	x	✓	x	✓	✓	x	✓	✓	✓	✓	✓	x	x
Chikenito Crispy	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	x	x

Ghost Fury	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	✓	✓	x
Magic Mushroom	✓	✓	x	✓	x	x	✓	x	✓	✓	✓	✓	✓	✓	✓	x
Tac'0'Fish	✓	✓	x	✓	✓	x	✓	x	✓	✓	✓	✓	✓	✓	x	x



# SAUCES GHOSTACOS



<b>Algerische Sauce</b>	x	x	x	✓	x	x	x	x	x	x	x	x	x	x	x	x
<b>Hot Fury Mayo</b>	✓	✓	x	x	✓	x	x	x	✓	✓	✓	x	✓	✓	x	
<b>Pilzrahmsauce</b>	✓	✓	x	x	x	x	✓	x	x	x	x	x	x	✓	x	



Italian nonnas make the best pasta

FOOD HERO															
	NONNA	SELLERIE	GLUTEN	SCHALENTIERE	EIER	FISCH	LUPIN	MILCH LACTOSE	WEICHTIERE	SENF	NÜSSE & CO	ERDÜSSE	SESAME	SOJA	SULFIT
Supplì	✓	✓	x	✓	x	x	✓	x	x	✓	✓	x		✓	x
Meat balls Tosacana	✓	✓	x	✓	x	x	✓	x	x	✓	✓	x	x	✓	x
Mozzarella di Amore	x	x	x	x	x	x	✓	x	x	x	x	x	x	✓	✓
Auberginen Parmigiana	✓	x	x	x	x	x	✓	x	x	✓	✓	x	x	✓	x
Tagliolini Bolognese	✓	✓	x	✓	x	x	✓	x	x	x	x	x	x	✓	x
Tagliolini Lachs	✓	✓	x	✓	✓	x	✓	x	x	x	x	x	x	✓	x
Garganelli Arrabiata	✓	✓	x	✓	x	x	x	x	x	x	x	x	x	✓	x
Garganelli Al Pollo Limone	✓	✓	x	✓	x	x	✓	x	x	x	x	x	x	✓	x
Ravioli della Nonna	✓	✓	x	✓	x	x	✓	x	x	x	x	x	x	✓	x
Tagliolini Carbonara	✓	✓	x	✓	x	x	✓	x	x	x	✓	x	x	✓	x

Ravioli al funghi porcini	✓	✓	x	✓	x	x	✓	x	x	x	x	x	x	✓	x
Garganelli Spargel	✓	✓	x	✓	x	x	✓	x	x	✓	x	x	x	✓	x
Alpen Garganelli	✓	✓	x	✓	x	x	✓	x	✓	✓	x	x	✓	✓	x

# KINDER MENU



FOOD HERO															
	NONNA	SELLERIE	GLUTEN	SCHALENTIERE	EIER	FISCH	LUPIN	MILCH LACTOSE	WEICHTIERE	SENF	NÜSSE & CO	ERDÜSSE	SESAME	SOJA	SULFIT
Kinder Burger	✓	✓	x	✓	x	x	✓	x	✓	✓	x	x	✓	✓	x
Kinder Pommes	x	✓	x	x	x	x	x	x	✓	x	✓	x	✓	x	✓
Kirschtomaten	x	x	x	x	x	x	x	x	x	x	x	x	x	x	✓
Chicken Nuggets	✓	✓	x	✓	x	✓	✓	x	✓	✓	✓	x	x	x	x
Vegan Nuggets	x	✓	x	x	x	x	x	x	x	x	x	x	✓	x	✓
Falafel mit Tartarsauce	x	x	x	x	x	x	x	x	✓	✓	x	x	✓	x	✓
Mac and Cheese Balls	✓	✓	x	✓	x	x	✓	x	x	✓	✓	x	x	x	x
Meat Balls Toscana	✓	✓	x	✓	x	x	✓	x	x	✓	✓	x	x	✓	x
Schnipo	x	✓	x	✓	x	x	✓	x	✓	✓	x	x	✓	x	x

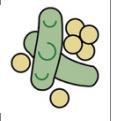
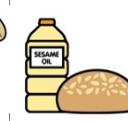
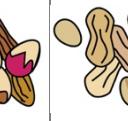
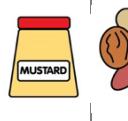
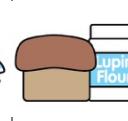
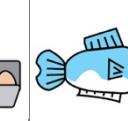
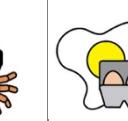
Tagliolini Carbonara	✓	✓	x	✓	x	x	✓	x	x	x	✓	x	x	✓	x
Tagliolini Bolognese	✓	✓	x	✓	x	x	✓	x	x	x	x	x	x	✓	x



**SIDES**



# **VORSPEIS & BEILAGE**



# **VORSPEISE & BEILAGE**

**SELLERIE**   **GLUTEN**   **SCHALEMENTIERE**   **EIER**   **FISCH**   **LUPIN**   **MILCH**   **WEICHTIERE**   **SENF**   **NÜSSE**   **ERDÜSSE**   **SESAME**   **SOJA**   **SULFIT**   **VEGAN**





# SAUCES



# SAUCES GHOSTACOS



<b>Algerische Sauce</b>	x	x	x	✓	x	x	x	x	x	x	x	x	x	x	x	x
<b>Hot Fury Mayo</b>	✓	✓	x	x	✓	x	x	x	✓	✓	✓	x	✓	✓	x	
<b>Pilzrahmsauce</b>	✓	✓	x	x	x	x	✓	x	x	x	x	x	x	✓	x	

A close-up photograph of a woman's hands holding two small, round pastries. The pastries have a golden-brown, flaky crust and are topped with fresh strawberries and a white cream filling. The woman has long dark hair and is smiling slightly. The background is blurred, showing an outdoor setting with trees and a road.

**DESSERT**



<b>Wassermelon Würfel</b>	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	✓
<b>Zitonencake</b>	x	✓	x	✓	x	x	✓	x	x	✓	x	x	x	x	x	
<b>Apfel-Gyoza- Teigtaschen</b>	✓	✓	✓	✓	x	x	x	x	x	x	✓	✓	x	x	x	