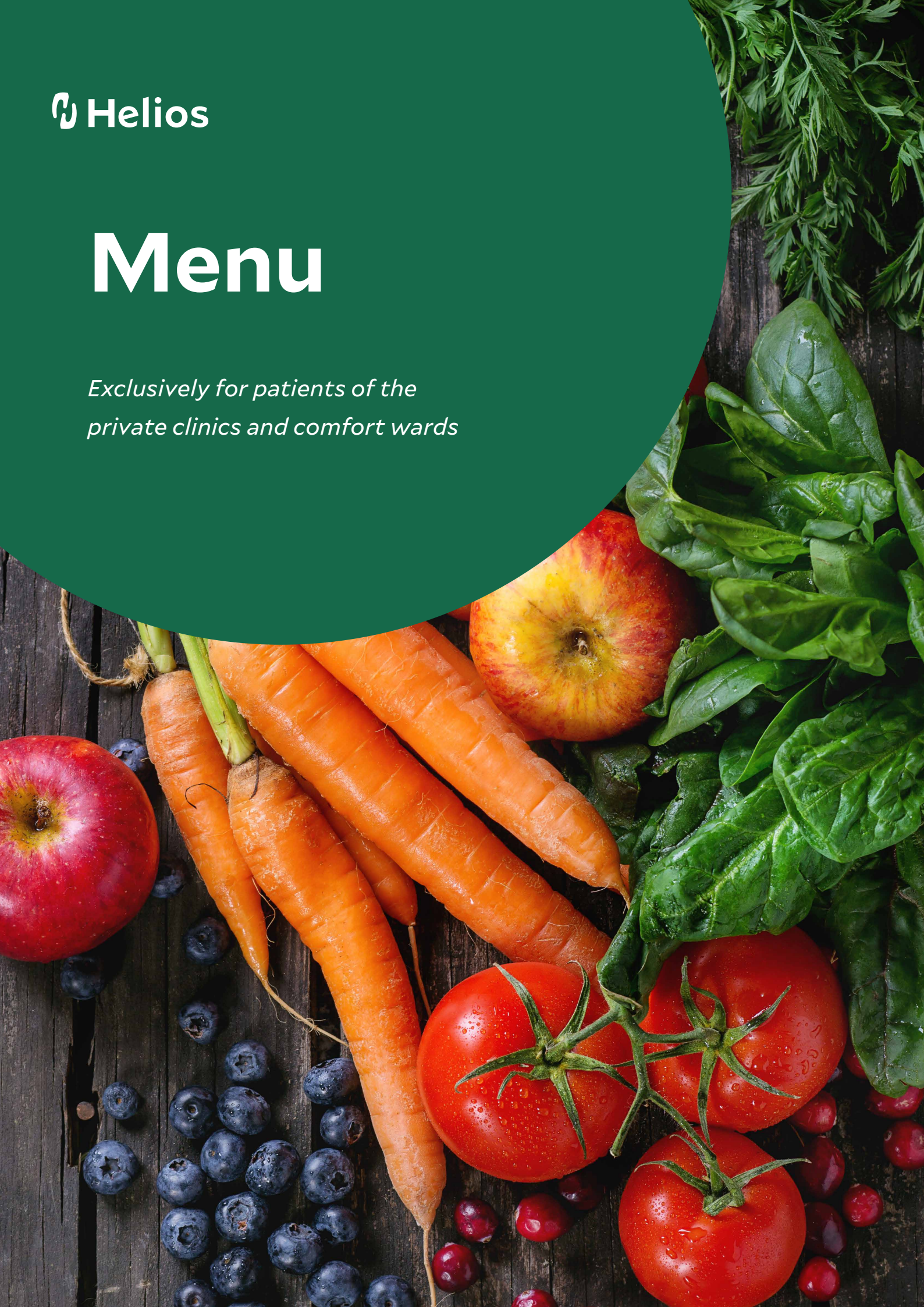


Menu

*Exclusively for patients of the
private clinics and comfort wards*



Service & competence



Dear Patient,

In addition to medical quality, expert care and personalised attention, we are also pleased to offer you a balanced and varied cuisine. Our carefully selected offerings are intended to promote your well-being and contribute to your recovery process.

When preparing our dishes, we attach great importance to fresh ingredients and gentle processing. Some of the meals we serve are of organic quality. We are committed to not using any flavour enhancers, preservatives (with the exception of nitrite curing salt), artificial colourings or flavourings in our lunch menu.

Sustainability is very important to us. That's why we make sure that our food has a low carbon and water footprint and that we use regional and seasonal ingredients. Our raw ingredients are sustainably harvested by our suppliers when optimally ripened and processed immediately. We also only use meat and fish of proven origin.

For breakfast, lunch and dinner, we offer you a tasty variety of diverse dishes. Whether savoury or sweet, vegetarian or vegan: Choose your own individual meals from this menu for each day, according to your own preferences and requirements.

If your doctor has prescribed a certain diet, you must stick to it. Our trained nursing and service staff will help you make the right choice. Please let us know if you require any assistance.

Please let our nursing or service staff know what you would like to eat the next day. If you did not have the opportunity to place your order on the day of admission, we will also serve you a meal carefully prepared by our chefs on the following day.

If you are unable to be in the ward to place your order, we recommend that you note down your selection in advance and leave it on the bedside table in your room. A note sheet is available from the ward. If this is also not possible, we will serve you our recommended meal of the day.

*Bon appétit and get well soon,
the Helios Clinics.*



Breakfast

Please choose bread or rolls and spreadable fat for your breakfast menu.

If you have not chosen a menu, you are welcome to compile your own breakfast from the categories of baked goods, spreads, cold meats, cheese and extras.

Breakfast options:

An appetite for ...

... Something sweet

- Choice of bread/rolls
- Butter or margarine
- 2 types of jam
- Honey
- Nutella
- Natural quark
- Fruit yoghurt

... Cheese breakfast

- Choice of bread/rolls
- Butter or margarine
- Sliced cheese (Emmental, Gouda and herb cheese)
- Herb cream cheese
- Camembert
- Jam
- Grapes

... Vegan

- Choice of bread/rolls
- Margarine
- Vegan Gouda
- Vegetable spread, tomato-basil
- Jam
- Grapes

... Fitness breakfast

- Choice of bread/rolls
- Butter or margarine
- Turkey breast
- Gouda, medium aged
- Herb quark
- Cherry tomato
- Grapes
- Bircher muesli
- Orange juice

... Gourmet breakfast

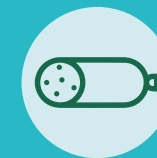
- Choice of bread/rolls
- Butter or margarine
- Apricot jam
- Emmental
- Brie
- Poultry salami
- Egg salad
- Tomato and mozzarella with basil and cashew pesto

Our selection of components for you:



Baked goods

- Wheat roll
- Multi-grain roll
- Pumpkin seed roll
- Pretzel pastries
- Croissant
- Wholemeal bread
- Multi-grain bread
- White bread
- Brown bread
- Rusks
- Crispbread



Selection of cold meats

- Poultry sausage
- Turkey breast
- Poultry salami
- Cooked ham
- Black Forest ham
- Serrano ham
- Liver sausage
- Smoked sausage spread



Extras

- Yoghurt (natural organic, fruit)
- Curd cheese (natural, fruit, herb)
- Buttermilk
- Egg, hard-boiled, chilled
- Cornflakes
- Wholegrain muesli with chocolate
- Wholegrain muesli with fruit
- Bircher muesli
- Some fresh fruit



Bread spread

- Butter
- Margarine
- Strawberry jam
- Cherry jam
- Apricot jam
- Raspberry jam
- Plum jam
- Honey
- Nutella



Cheese selection

- Butter cheese
- Gouda, medium aged
- Herb cheese
- Emmental
- Cream cheese
- Herb cream cheese
- Camembert
- Brie



Vegan

- Vegan polony
- Vegan Gouda
- Vegan meat salad
- Vegetable spread (tomato-basil, pepper trio)

Beverages



- Ronnefeldt tea selection
- Filter coffee
- Coffee specialties (latte macchiato, cappuccino, espresso, latte)

- Cocoa (hot or cold)
- Milk (hot or cold)
- Mineral water (still, sparkling)
- Juice (apple, orange)



Lunch

Desserts

- Tiramisu with fresh blueberries
- Two kinds of chocolate mousse with orange fillets
- Strawberry mascarpone cream with fresh raspberries
- Cheesecake with salted caramel served with fresh blueberries and raspberries

Coffee & cake – a treat between meals

There is a daily changing selection of cakes.

Please ask our service assistants.

Our menu selection for you:

Starters

- Tomato and mozzarella with basil-cashew pesto
- Antipasti, peppers, olives, sun-dried tomatoes
- Salad of buckwheat, spinach, peas, broad beans
- Mixed leaf salad with tomato, cucumber and dressing of your choice

Dressings

- Herb dressing
- Balsamic dressing

Starter soups

- Pumpkin soup with coconut milk and ginger
- Clear vegetable broth with semolina dumplings

Salad bowl with different toppings of your choice

- Gouda cheese
- Egg
- Chicken breast strips

ORGANIC vegan

- Tomato-infused vegetable and lentil stew with coconut milk and potatoes
- Oriental chickpea ragout with basmati rice
- Thai curry with tofu, braised vegetables and rice
- Penne a la creme, fermented soya beans, spinach leaves

Vegetarian

- Mediterranean stuffed cannelloni with vegetable, peppers and herb sauce
- Polenta gnocchi, curry cream sauce, lemongrass, Thai basil, cauliflower and romanescos
- Pasta shells in a fennel cream sauce with beluga lentils, kohlrabi and carrots

Fish & shellfish

- Steamed haddock, tomato sauce, romanescos, Biarritz puree with onions, bacon and parsley
- Steamed prawns, wavy ribbon noodles, courgette, sun-dried tomatoes, Italian herb mix

Meat dishes

- Chicken breast fillet 'Napoli style' tomato cream, peas, sweetcorn, peppers, farfalle
- Tender roast beef, romanescos vegetables, mashed potatoes
- Delicate venison ragout with chanterelles, sheathed woodtuft mushrooms, Brussels sprouts and steamed potatoes





Dinner

Please choose bread or rolls and spreadable fat for your evening meal.
If you have not chosen a menu, you are welcome to compile your own dinner from the categories of baked goods, spreads, cold meats, cheese and extras.
You also have the option of choosing additional breakfast components. If you would like to do so, please let us know.

Our evening menus:

Tomato with mozzarella

- Small portion of tomato mozzarella with basil-cashew pesto

Salad platter

- optionally with:
- Gouda cheese
 - Egg
 - Chicken breast strips

Cheese platter

- Sliced cheese (Gouda, Emmental and herb cheese)
- Camembert
- Brie
- Cream cheese
- Grapes

Fish platter

- Smoked trout fillet
- Salmon and spinach terrine
- Smoked fish
- Creamed horseradish

Ham platter

- Cooked ham
- Black Forest ham
- Serrano ham
- Tomato
- Gherkin

Vegan

- Vegan polony
- Vegan Gouda
- Vegan meat salad
- Tomato
- Cucumber

Our selection of components for you:



Baked goods

- Wholemeal bread
- Multi-grain bread
- White bread
- Brown bread
- Rusk



Cheese selection

- Butter cheese
- Gouda, medium aged
- Herb cheese
- Emmental
- Cream cheese
- Herb cream cheese
- Camembert
- Brie



Extras

- Gherkin
- Tomato
- Egg, hard-boiled, chilled
- Mini meatballs



Bread spread

- Butter
- Margarine



Selection of cold meats

- Poultry sausage
- Turkey breast
- Poultry salami
- Cooked ham
- Black Forest ham
- Serrano ham
- Liver sausage
- Smoked sausage spread



Vegan

- Vegan polony
- Vegan Gouda
- Vegan meat salad
- Vegan spread (tomato-basil, pepper trio)

Beverages



- Ronnefeldt tea selection
- Filter coffee
- Coffee specialties (latte macchiato, cappuccino, espresso, latte)

- Cocoa (hot or cold)
- Milk (hot or cold)
- Mineral water (still, sparkling)
- Juice (apple, orange)

Special comfort & individual service

With this menu, we are pleased to offer you a special selection of meals in our Helios private clinics and comfort wards.

The choice of your meals as well as our culinary extras, which you will find in the lounge or can also be delivered to your room, are included in your room rate.

Please feel free to contact us - our comfort ward service personnel is there for you to assist.

Declaration of ingredients

Breakfast/dinner components:

Bread, rolls	contains A, A1, A2, A3, A4, A5, F, G, G1, N, P
Spreadable fat	contains 1, G, G1
Raw sausage	contains 2, 3
Boiled sausage	contains 2, 3, 8
Cheese selection	contains 1, G, G1
Cheese spread	contains G, G1
Soft cheese	contains G
Sausage spread	contains 2, 3
Cornflakes	contains A, A3
Vegan sausage	contains 1, 3
Vegan cheese	contains 1
Vegan spread	contains F
Vegan meat salad	contains M
Wholegrain muesli chocolate	contains A, A1, A3, A4, F, G, G1
Wholegrain muesli with fruit	contains A, A1, A3, A4, G, G1, H, H2
Bircher muesli	contains A, A1, A4, H, H2, G, G1
Tomato-mozzarella	contains G, G1, H, H4
Egg salad	contains C, F, M
Meatballs	contains A, A1, C
An appetite for something sweet	contains 1, A, A1, A2, A3, A4, A5, F, G, G1, N, P
... a cheese breakfast	contains 1, A, A1, A2, A3, A4, A5, F, G, G1, N, P
... a fitness breakfast	contains 1, 2, 3, 8, A, A1, A2, A3, A4, A5, F, G, G1, H, H2, N, P
... a gourmet breakfast	contains 1, 2, 3, A, A1, A2, A3, A4, A5, C, F, G, G1, H, H4, N, M, P
... something vegan	contains 1, A, A1, A2, A3, A4, A5, F, N, P

Lunch menus:

Tomato-mozzarella	contains G, G1, H, H4
Antipasti	contains 1, 2, 3, 6, G, G1, O
Buckwheat salad	contains M
Dressing:	contains 1, 3, G, G1, L, M, O
Vegetable broth with semolina dumplings	contains C, G, G1
Cream of pumpkin soup	declaration-free
Salad bowl	contains A, A1
Vegetable-lentil stew	contains L
Chickpea ragout	contains F, M
Thai curry with tofu	contains F
Penne a la creme	contains A, A1, F, L
Cannelloni	contains A, A1, G, G1
Polenta gnocchi	contains A, A1, G, G1, L
Pasta shells	contains A, A1, G, G1
Mediterranean haddock	contains D, G, G1
Prawns	contains A, A1, B, C, D, G, G1, H, H4
Chicken breast fillet	contains A, A1, G, G1, L
Roast beef	contains G, L
Venison ragout	contains L

Dessert:

Tiramisu	contains A, A1, C, G, G1
Two kinds of chocolate mousse	contains C, F, G, G1
Strawberry mascarpone cream	contains A, A1, C, G, G1
Cheesecake	contains A, A1, C, F, G, G1

Dinner menus:

Cheese platter	contains 1, G, G1
Fish platter	contains 3, D, G, G1, N, M, O
Ham platter	contains 2, 3, 8
Vegan	contains 1, 3, M

Legend:

- Additives:**
- 1 with colouring
 - 2 with preservative
 - 3 with antioxidant
 - 4 with flavour enhancer
 - 5 sulphurised
 - 6 blackened
 - 7 waxed
 - 8 with phosphate
 - 9 with sweetener
- Allergens:**
- A Gluten 1) wheat 2) rye 3) barley 4) oats 5) spelt (a type of wheat) 6) kamut or 7) hybrid strains
 - B Crustaceans
 - C Eggs
 - D Fish
 - E Peanuts
 - F Soya beans
 - G Milk
 - G1 Lactose
 - H Nuts 1) almonds 2) hazelnuts 3) walnuts 4) cashew nuts 5) pecan nuts 6) Brazil nuts 7) pistachios 8) macadamia nuts
 - L Celery
 - M Mustard
 - N Sesame seeds
 - O Sulphur dioxide and sulphite >10mg/kg (SO2)
 - P Lupins
 - R Molluscs



For nutritional values, please ask our staff. Allergens are listed if the specified substances or products made from them are contained as an ingredient in the final product. While we take great care in the preparation of our dishes, they may contain traces of other substances used in the production process in the kitchen in addition to the labelled ingredients.



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