



ENRICO JENSCH COO International Operations and COO Helios Germany

“In addition to the best medicinal quality, we now also want to offer our patients the best service, thereby making their stay as pleasant as possible, while also accelerating the recovery process. We are now addressing the subject of top-level culinary art in addition to other service topics and are using the expertise of selected top chefs. Our goal is to establish service as both an attitude and new quality within our company. The plan is to make the new dishes accessible to anyone who works in a Helios hospital, is a patient there or is visiting a patient.”

THOMAS BÜHNER * * * Long-time 3-star chef · Consultant, guest chef and speaker

“Food does not only serve to satisfy our basic need to eat, but rather, also with sick patients in particular, an appropriate diet contributes to recovery and general well-being.”



CHRISTOPH RÜFFER * * Restaurant Haerlin

Hotel Vier Jahreszeiten, Hamburg “Fresh, tasty and balanced food is important, particularly during physical recovery. That is why I am so pleased to be able to contribute to that by developing some fantastic dishes for the Helios clinics.”

HENDRIK OTTO * * Lorenz Adlon Esszimmer

Kempinski Hotel Adlon, Berlin “The fact that Helios clinics also focus on health and sustainability in the area of nutrition convinced me to participate in this culinary concept. These are topics that are also very important to me in the kitchen of the Lorenz Adlon Esszimmer restaurant.”



JUAN AMADOR * * * Restaurant Amador, Vienna

“It is particularly important to serve hospital patients the best quality and creativity to their beds, despite their situations, because I believe that this really can support the healing process!”

NILS HENKEL * * Restaurant Bootshaus

Hotel Papa Rhein, Bingen “The two dishes for Helios, namely aubergine and beef cheek, really represent my cuisine – above all, they are soul food and thus contribute to recovery.”



MAIKE MENZEL * Restaurant Schwarzreiter

Kempinski Hotel Vier Jahreszeiten, Munich “This project is something that is close to my heart, as healthy eating is simply good for our body and should be on everybody’s daily menu. I am very happy to be able to support people on their road to recovery in this way.”

CARSTEN K. RATH Project initiator

Service excellence expert “Centuries ago Paracelsus said: Whoever heals is right. We all know that good, healthy nutrition has a significant impact on the recovery of a sick person. Helios is not only right with that, but through its commitment, it is mastering service quality in the hospital sector.”



6 CHEFS

12 ★ DISHES

Enjoy our excellent, new dishes – created for you by our star chefs.



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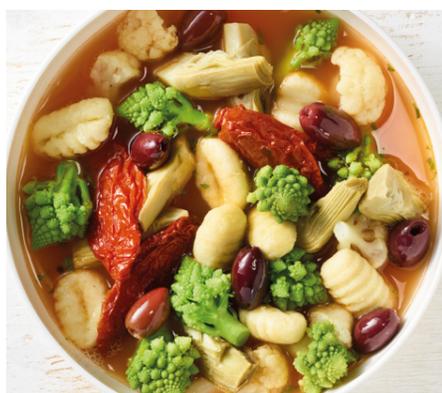
FILLET OF BLACK HALIBUT

(Thomas Bühner) on glass noodles, with spicy coconut milk and chili sauce, garnished with strips of carrot, celeriac, leek and wood ear mushrooms (11,11a,14,16,20)



EXQUISITE POULARD BREAST

(Juan Amador) grilled poulard breast with skin and wing bones, in spicy purple curry sauce, garnished with diced mango and pomegranate seeds, with wonderfully fragrant coconut basmati rice (17,18,21)



ARTICHOKE HEARTS IN SPICY VEGETABLE BROTH

(Hendrik Otto) with Kalamata olives, preserved tomatoes, romanesco florets, cauliflower and potato gnocchi (11,11a,13,20)



HOMEMADE 'BAVARIAN STYLE' TOMATO DUMPLINGS

(Christoph Rüffer) served on fine savoy cabbage with diced apple and creamy mushrooms (11,11a,11c,13,17,18)



BRAISED BEEF CHEEKS

(Nils Henkel) in savoury-fruity cranberry gravy, with carrots and homemade mashed potatoes (17,18,20)



SWEET POTATO GNOCCHI

(Maike Menzel) in a strong blue cheese sauce with diced sweet potatoes, peas and glazed balsamic mushrooms (1,11,11a,16,17,18,20)

ADDITIVES

- 1 with food colouring
- 2 with preservative
- 3 with antioxidant
- 4 with flavour enhancers
- 5 sulphurated
- 6 carbonised
- 7 waxed
- 8 with phosphate
- 9 with sweeteners

ALLERGENS

- 11 gluten a) wheat b) rye c) barley d) oats e) spelt f) kamut or g) hybrid strains
- 12 crustaceans
- 13 eggs
- 14 fish
- 15 peanuts
- 16 soybeans
- 17 milk
- 18 lactose
- 19 nuts a) almonds

- b) hazelnuts c) walnuts d) cashew nuts e) pecans f) Brazil nuts g) pistachios h) macadamia or Queensland nuts
- 20 celery
- 21 mustard
- 22 sesame seeds
- 23 sulphur dioxide and sulphite >10mg/kg (SO₂)
- 24 lupines
- 25 molluscs