



# Menu

Inspired by our  
Michelin-starred chefs



# Enjoy our excellent new dishes



## Creamy green spelt risotto

by Paul Ivic

with edamame, goat cream cheese and Parmesan, delicately flavoured with verbena leaves, lime and wakame (11, 11e, 16, 17, 20)



## Stuffed red pepper

by Nils Henkel

with orientally spiced bulgur, served with pine nuts and romanesco (11, 11a, 20)



## Polenta gnocchi in a creamy curry sauce

by Hendrik Otto

Mixed vegetables featuring chickpeas, cauliflower, romanesco and sun-dried tomatoes (11, 11a, 17, 18, 20)



## Chickpea ragout

by Sophia Rudolph

with roast broccoli florets, served with a yoghurt and sesame sauce, topped with fruity barberries (17, 18, 22)



## Braised ox cheeks

by Thomas Bühner

in a hoisin jus, with red lentil curry garnished with aniseed prunes (11, 11a, 16, 20, 22)



## Fillet of Greenland halibut

by Christoph Ruffer

served with a lemon and thyme sauce, accompanied by a curried pumpkin purée, spinach tagliatelle and delicate romanesco florets (11, 11a, 13, 14, 17, 18, 20)



Want to try out some of our Michelin-starred chefs' healthy meals at home, too? Then why not order our cookbook? Go to [www.helios-kochbuch.de](http://www.helios-kochbuch.de)

### Additives

- 1 with colouring
- 2 with preservatives
- 3 with antioxidant
- 4 with flavour enhancer
- 5 sulphured
- 6 blackened
- 7 waxed
- 8 with phosphate
- 9 with sweetener

### Allergens

- 11 gluten
  - a)wheat b) rye c) barley
  - d) oats e) spelt f) Khorasan wheat or
  - g) their hybridised strains
- 12 crustaceans
- 13 egg
- 14 fish
- 15 peanuts
- 16 soy beans
- 17 milk
- 18 lactose
- 19 nuts
  - a) almonds b) hazelnuts
  - c) walnuts d) cashew nuts
  - e) pecannuts f) Brazil nuts
  - g) pistachios h) macadamia or Queensland nuts
- 20 celery
- 21 mustard
- 22 sesame seeds
- 23 sulphur dioxide and sulphites  
10 mg/kg (SO<sub>2</sub>)
- 24 lupins
- 25 molluscs



**Henrik Otto**  
*2 stars, Lorenz Adlon Esszimmer,  
 Hotel Adlon Kempinski, Berlin*

“What I really love about the project with Helios is that I have the chance to put the expertise I’ve gained in the restaurant business into practice in another field, and pass it on. I think it’s extremely important to make patients and hospitals even more aware of healthy, sustainable food; something I believe is essential to people’s recovery and their health in general.”



**Sophia Rudolph**  
*LOVIS restaurant*

“What got me interested was the challenge of making hospital food tasty and interesting, and providing as many people as possible with high-quality food combining wonderful flavours. It is an honour to be able to work on a project that makes hospital food healthier and better, while at the same time offering something really special to both patients and staff.”



**Christoph Ruffer**  
*2 stars, Haerlin restaurant,  
 Hotel Vier Jahreszeiten, Hamburg*

“I am delighted at this opportunity to take part again as a chef this year, especially as the focus has shifted even further towards sustainable, vegetarian recipes. What makes this project so appealing to me is taking nature’s works of art and turning them into marvelous meals that are bursting with taste.”



**Nils Henkel**  
*2 stars, Bootshaus restaurant,  
 Papa Rhein Hotel, Bingen*

“It is a great pleasure to be invited to take part in this Helios project. In my view, during a stay in hospital, healthy, tasty food is an important element contributing to a speedy recovery. On top of that, meals are a high point of a patients’ daily routine, so they should be something that cheers them up. And if I can play a personal part in that by coming up with ideas, it makes me happy too.”



**Thomas Bühner**  
*Long-standing 3-star chef, consultant,  
 guest chef and public speaker*

“In a hospital, a good, varied diet is particularly important for a patient’s recovery and well-being, as it can support the healing process. I am pleased and gratified to see that Helios has chosen to focus on this aspect of patient satisfaction.”



**Paul Ivic**  
*1 star, TIAN Restaurant, Vienna*

“Food is one of the foundations of our health. Personally speaking, I think it’s great that Helios is taking responsibility for its patients in this field, and I am glad to be part of this project. It’s simply great.”



**Enrico Jensch**  
*COO, international operations and  
 COO, Helios Germany*

“As well as giving our patients top-quality medical treatment, we now also want to give them a service to match; one that will make their stay as pleasant as possible, while also speeding up the recovery process. One of the services we are now addressing is a high-class culinary experience, drawing upon the skills of a select group of top chefs. Our goal is to carve out a place in our company for service, both as an attitude and as a new level of quality.”



**Carsten K. Rath**  
*Project initiator,  
 expert in service excellence*

“There are many sides to service excellence, and one of them is the culinary aspect. As a result, I am enormously proud to have worked with the Helios hospitals for three years now, using culinary excellence for the good of the patients while also providing interested readers with fresh inspiration.”