

FOOD & DRINKS

FOR DIPPING

To start with, we'll serve you our dips

Hummus
Creamy chickpeas with Lebanese spices

Beetroot cream
Roasted beetroot dip with basil

Baba Ganoush
A cold, spicy purée made from grilled aubergines, served with an Arabic sesame sauce
and fresh mint

Pea and Avocado Purée
with spring onions, fresh coriander and sunflower seeds

Vegan olives
black olive paste with freshherbs

vegetarian vegan

BREAD

In our bread basket you will find
A variety of breads and crispbreads from our own on-board bakery.

Baguette
made from organic spelt flour

Green spelt and quinoa bread

Walnut Ciabatta

Artisan bread
with various seeds

Crackers



ENTRES

Wholemeal spaghetti
with cherry tomatoes, broccoli, asparagus and walnut pesto ..... ***included***

Hummus Superfood Wrap
Tortilla wrap with feta cheese, avocado,
hummus, grilled peppers and spinach ..... ***included***

Spicy chicken balls
with Mexican chipotle chilli and fresh
coriander in an aniseed broth, served with a tomato dip ..... ***included***

Malaysian curry laksa
with lobster*, limes, Thai basil,
sugar snap peas and rice noodles ..... ***9.90 €***

SOUPS

Oven-roasted tomatoes
in coconut milk, with cashew nuts,
kaffir lime leaves and Thai basil ..... ***included***

Tom Yam Gung
Spicy Thai soup with prawns..... ***included***

*Sobanudeln and strips of beef fillet**
in ginger and star anise broth with seaweed, oyster mushrooms and soya sprouts ..... ***10.90 €***

BOWLS

Garden
Spinach with feta cheese, red cabbage, beetroot, sugar snap peas,
cucumber, avocado, toasted seeds and a raspberry and mint dressing ..... ***included***

Asia
Glass noodle salad in a teriyaki-ginger dressing with sprouts,
diced mango, curried cauliflower, goji berries and toasted sesame seeds ..... ***included***

Italian
Herb salad in an olive oil and lime vinaigrette with honeydew melon,
dried tomatoes, peppers, courgette noodles and mozzarella ..... ***included***

Falafel
with Camargue rice, edamame beans, sweet potatoes,
pomegranate seeds, radishes and falafel balls ..... ***included***

Protein
with quinoa, Swiss chard, carrots, lentils, button mushrooms, cottage cheese,
celery, poached egg*, broccoli and roasted pumpkin seeds ..... ***included***

SIDE DISHES

Gently cooked chicken breast ..... ***included***

Salmon cubes* Raw and marinated ..... ***included***

Teriyaki tofu ..... ***included***

Strips of Pomeranian beef fillet* ..... ***7.90 €***

Tuna* sashimi ..... ***7.90 €***

4 fried red prawns ..... ***7.90 €***

MAIN COURSES

Oven-baked sweet potatoes
with roasted broccoli and black sesame couscous ..... ***included***

Spicy Thai curry
in coconut milk with tofu, Thai basil,
kaffir lime leaves and brown rice ..... ***included***

*Steamed salmon fillet**
with Japanese togarashi spice on millet,
with mixed vegetables, shiitake mushrooms and roasted potatoes ..... ***included***

Grilled red snapper
with pumpkin purée, roasted cauliflower,
seasoned with ras el-hanout and baby romaine lettuce ..... ***included***

Pork chop from Kleeschwein pork
marinated in harissa, served with purple potatoes,
beans, grilled spring onions and oyster mushrooms ..... ***included***

Sirloin steak
with sweet potato purée,
sweetcorn salsa and herb-roasted potatoes ..... ***included***

Low carb
200 g of dry-aged Pomeranian beef fillet*
served with sautéed leaf spinach and balsamic-glazed cherry tomatoes ..... ***23.50 €***

* These foods can be cooked to order. Public Health Advisory: Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for foodborne illness, especially if you have certain medical conditions.

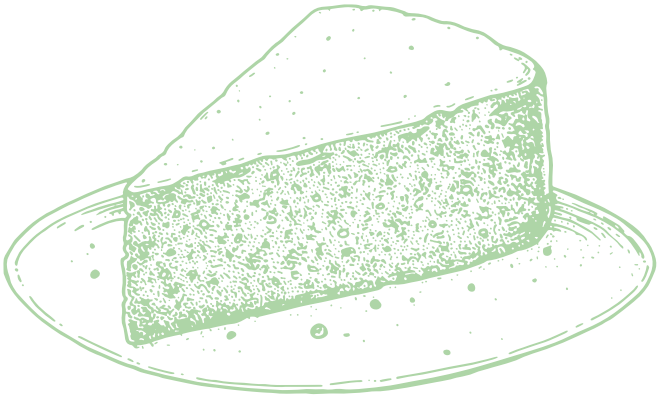
DESSERTS

A selection of lactose-free cheeses.....***included***

Buckwheat crêpes
with glazed cinnamon apples and cardamom espuma.....***included***

Guilt-free chocolate tart ***(gluten-free)***
with chocolate ganache and lemongrass-marinated fruit.....***included***

Tapioca and Coconut Pudding
with marinated mango cubes.....***included***



HOT DRINKS

We're happy to serve you all our hotdrinks, which can also be served with lactose-free milk, oat milk or soya milk

Coffee ..... *included*

Decaffeinated coffee ..... *included*

Espresso ..... *included*

Double Espresso ..... *included*

Cappuccino ..... *included*

Latte macchiato ..... *included*

White coffee ..... *included*

Cocoa ..... *included*

Organic Green Tea with Sea Buckthorn & Rose [1,2]

Our recommendation

Bright sea buckthorn and vibrant red rosehip, enhanced with enchantingly sweet rose petals ..... *included*

Organic Blueberry & Eldeflower Fruit Tea [1,2]

A wonderfully fruity flavour created by the combination of blueberry and elderflower ..... *included*

Organic White Tea: Peach & Apricot [1,2]

The aroma and flavour of delicate apricots and fresh peaches for a deliciously heavenly treat ..... *included*

Organic Herbal Tea: Verbena & Lemon Balm [1,2]

Verbena and lemon balm, with their fragrance and flavour, create a sense of calm and comfort ..... *Included*

1 Certified organic 2 Rainforest Alliance certified 3 Fairtrade certified

FRESHLY FROM THE SAFTWERFT UNTIL 18:00

Vitaminator Kiwi, Ginger, Apple, Strawberry ..... ***5.60 €***

Summer Body Blueberry, Apple, Mint, Lime ..... ***5.60 €***

Veggie Love Avocado, Banana, Carrot, Beetroot ..... ***5.60 €***

Green Cleanse Avocado, Kiwi, Spinach, Apple ..... ***5.60 €***

Red Booster Beetroot, apple, carrot, ginger, lime ..... ***5.60 €***

GINGER AND APPLE ELIXIR

Pure ginger and apple ..... included

Sweet & sour with honey and lime ..... included

Tart and spicy with lime and cayenne ..... included

SOFT DRINKS

Juices and fruit nectars RAUCH

Pineapple, apple, banana, cranberry, strawberry, grapefruit, cherry, mango, passion fruit, orange, peach, blackcurrant, tomato ..... 0.2 l ***included***

All fruit spritzers ..... 0.2 l ***included***

Thomas Henry Tonic Water, Bitter Lemon, Ginger Ale ..... 0.2 l ***included***

Waterkant

Kola, sugar-free Kola, orange, lemon, cloudy apple spritzer, rhubarb, elderflower ..... 0.33 l ***4.50 €***

WATER

Still water from the carafe

with a choice of mint, ginger or cucumber ..... ***included***

Mein Schiff® still or sparkling table water ..... 0.2 l ***included***

Waterkant Flut natural sparkling mineral water

..... 0.33 l ***2.10 €***

..... 0.75 l ***5.60 €***

Waterkant Ebbe still natural mineral water

..... 0.33 l ***2.10 €***

..... 0.75 l ***5.60 €***

BEER

Bitburger Premium Pils on tap	0.3 l	*included*
Bitburger Radler	0.3 l	*included*
Bitburger 0.0 % Pils, non-alcoholic	0.33 l	*included*
Paulaner Wheat Beer, naturally cloudy	0.5 l	*included*
Paulaner Wheat Beer, non-alcoholic	0.5 l	*included*
Paulaner Wheat Beer Shandy, non-alcoholic	0.33 l	*included*

WHITE WINE

Mein Schiff® White wine from Murcia, Spain	0.1 l	*included*
Pinot Blanc Benedikt Bimmerle, Baden, Germany	0.1 l	*5.50 €*

RED WINE

Mein Schiff® Red wine from Murcia, Spain	0.1 l	*included*
Pinot Noir Benedikt Bimmerle, Baden, Germany	0.1 l	*5.50 €*

ROSÉ WINE

Mein Schiff® Rosé wine from Murcia, Spain	0.1 l	*included*
Pinot Noir Rosé Benedikt Bimmerle, Baden, Germany	0.1 l	*6.90 €*

SPARKLING WINE

Brut Blanc Polz sparkling wine , Southern Styria, Austria	0.1 l	*6.50 €*