

# ALLERGEN LIST

## TO DECLARE ALLERGENS BASED ON EU-REGULATION

(attachment III a guideline 2000/13/EG and guideline 2006/142/EG determined 22.December 2006)

C=Cereals containing gluten as well as products derived therefrom

C-S=Cereals containing gluten (spelt) as well as products derived therefrom

C-B=Cereals containing gluten (barley) as well as products derived therefrom

C-O=Cereals containing gluten (oats) as well as products derived therefrom

C-K=Cereals containing gluten (kamut) as well as products derived therefrom

C-R=Cereals containing gluten (rye) as well as products derived therefrom

C-W=Cereals containing gluten (wheat) as well as products derived therefrom

E = eggs as well as products derived therefrom

F = fish as well as products derived therefrom

CA = crab as well as products derived therefrom

M = milk as well as products derived therefrom (including lactose)

L = lupin as well as products derived therefrom (belonging to pulses)

MO = molluscs as well as products derived therefrom (snails, shells, squids)

P = peanuts as well as products derived therefrom

S = soya as well as products derived therefrom

MU = mustard as well as products derived therefrom

SES = sesame as well as products derived therefrom

CE = celery as well as products derived therefrom

SUL= sulphur dioxide and sulphite in a concentration of more than 10mg/kg (or 10mg/l), indicated as SO<sub>2</sub>

### N=nuts

N-A = almond as well as products derived therefrom

N-H = hazelnut as well as products derived therefrom

N-W = walnut as well as products derived therefrom

N-C = cashew as well as products derived therefrom

N-P = pecan as well as products derived therefrom

N-B = brazil nut as well as products derived therefrom

N-PI = pistachio as well as products derived therefrom

N-Q = Queensland nut as well as products derived therefrom

N-M = macadamia as well as products derived therefrom

Please be advised that all our processed food may contain traces of allergens.

## OH, SCRAMBLED EGGS!

Eggs „Benedict & Wilma“	C-S, C-B, C-O, C-R, E, M, S, MU, CE, SES, SUL
Poached egg	E, SUL
Bread (1000-Sassa/spelt-sweet potato)	C-R, C-B, C-O, C-S, S, SES
Hollandaise sauce	E, M, CE
Balsamic vinaigrette	MU, CE
<b>Benedict with avocado-cream cheese</b>	<b>M</b>
<b>Benedict with salmon</b>	<b>F</b>
<b>Strammer Max</b>	<b>E, M, CE, MU</b> <b>SES, S, C-R, C-B, C-O, C-S</b>
Bread (1000-Sassa/spelt-sweet potato)	C-R, C-B, C-O, C-S, S, SES
Leerdammer cheese	M
Balsamic vinaigrette	CE, MU
Gherkin	MU
Free-range egg	E
<b>Stramme Wilma</b>	<b>C-W, E, M, CE, MU</b>
Butter croissant	C-W, E, M
Leerdammer cheese	M
Balsamic vinaigrette	CE, MU
Gherkin	MU
Free-range egg	E
<b>Wilma &amp; the Orient</b>	<b>C-S, C-B, C-O, C-R, S, SES, E, SUL</b>
Poached egg	E, SUL
Bread (1000-Sassa/spelt-sweet potato)	C-S, C-B, C-O, C-R, S, SES
<b>Scrambled eggs</b>	<b>C-W, E, M</b>
Pancake	C-W, E, M
Egg	E
Avocado-cream cheese	M
...optionally with Leerdammer cheese	<b>M</b>
...optionally with smoked salmon	<b>F</b>

## MÜESLI-MORNING

<b>Apple Müesli</b>	<b>C-W, C-R, C-B, C-O, M, N-H, N-W</b>
Bircher Müesli	C-W, C-R, C-B, C-O, M, N-H
Walnuts	N-W
<b>Apricot tree</b>	<b>C-W, C-R, C-B, C-O, M, N-H, N-W</b>
Bircher Müesli	C-W, C-R, C-B, C-O, M, N-H
Walnuts	N-W
<b>Oat dream</b>	<b>C-O, M</b>
Porridge apple / cinnamon blue	C-O, M

## WILMAS BREAKFAST MIRACLE

<b>Kickstarter</b>	<b>C-W, C-S, C-B, C-O, C-R, E, M, S, MU, CE, SES, SUL, N-H</b>
Butter croissant	C-W, E, M
Bircher Müesli	C-W, C-R, C-B, C-O, M, N-H
Bread (1000-Sassa/spelt-sweet potato)	C-R, C-B, C-O, C-S, S, SES
Butter	M
Poached egg	E, SUL
Avocado-cream cheese	M
Balsamic vinaigrette	MU, CE
<b>Berry smoothie bowl</b>	<b>C-O, N-A</b>
Almond milk	N-A
Oat flakes	C-O
<b>Big &amp; Hearty</b>	<b>C-R, C-B, C-O, C-S, E, M, S, MU, SES, CE</b>
Free-range egg	E
Butter	M
Leerdammer cheese	M
Bread (1000-Sassa/spelt-sweet potato)	C-R, C-B, C-O, C-S, S, SES
Balsamic vinaigrette	MU, CE
<b>Salmon &amp; Yummy</b>	<b>C-B, C-R, CE, F, M, MU, SUL</b>
Pumpernickel	C-B, C-R
Smoked salmon	F
Horseradish	SUL
Apricot-rosemary-cream cheese	M, SUL
Balsamic vinaigrette	MU, CE
<b>Canada morning</b>	<b>C-W, E, M</b>
Pancake	C-W, E, M
Free-range egg	E
<b>„Berry dream“ pancakes</b>	<b>C-W, E, M</b>
Pancake	C-W, E, M
Whipped cream	M
<b>Plant lover</b>	<b>C-B, C-O, C-R, C-S, N-A, N-W, S, SES</b>
Almond yogurt 500g	S, N-A
Walnuts	N-W
Beetroot Hummus	SES
Bread (1000-Sassa/spelt-sweet potato)	C-S, C-B, C-O, C-R, S, SES

## AND MORE

<b>Cheese</b>	C-S, C-B, C-O, C-R, M, S, SES, N-W
Bread (1000-Sassa/spelt-sweet potato)	C-S, C-B, C-O, C-R, S, SES
Walnuts	N-W
Goat's cheese	M
Avocado-cream cheese	M
Leerdammer cheese	M
Brie	M
Butter	M
<b>Sausage</b>	C-S, C-B, C-O, C-R, M, S, CE, MU, SES
Bread (1000-Sassa/spelt-sweet potato)	C-S, C-B, C-O, C-R, S, SES
Balsamic vinaigrette	CE, MU
Butter	M
<b>Croissant</b>	C-W, E, M
<b>Butter</b>	M
<b>Wilma's small bread selection</b>	C-S, C-B, C-O, C-R, S, SES, C-W
Bread (1000-Sassa/spelt-sweet potato)	C-S, C-B, C-O, C-R, S, SES
Baguette	C-W, C-R
<b>Portion of Spianata Romana Salami</b>	CE, MU
Balsamic vinaigrette	CE, MU
<b>Portion of honey ham</b>	CE, MU
Balsamic vinaigrette	CE, MU
<b>Portion of avocado-cream cheese</b>	M
<b>Portion of apricot-rosemary-cream cheese</b>	M, SUL
<b>Portion Leerdammer cheese</b>	CE, MU, M
Balsamic vinaigrette	CE, MU
Leerdammer cheese	M
<b>Hard boiled free-range egg</b>	E
<b>Poached free-range egg Wilma style</b>	E, SUL

## SALAD & SO

<b>Burrata salad</b>	C-S, C-B, C-O, C-R, M, S, MU, CE, SES, SUL
Burrata	M
Bread (1000-Sassa/spelt-sweet potato)	C-S, C-B, C-O, C-R, S, SES
Balsamic dressing	MU, CE
Balsamic cream	SUL
<b>Goat's cheese &amp; avocado salatissimo</b>	N-W, M, C-W, MU, CE
Walnuts	N-W
Goat's cheese	M
Tarte flambée bread sticks	C-W
Beetroot marinated	CE, MU
Balsamic vinaigrette	CE, MU
<b>Caesar Salad</b>	C-W, E, M, F, MU
Hard cheese	M
Tarte flambée bread sticks	C-W
Caesar dressing	E, F, M, MU
<b>Small, yet satisfying</b>	C-W, CE, MU
Tarte flambée bread sticks	C-W
Balsamic vinaigrette	CE, MU

## STARTERS

<b>Chickens soup for the soul</b>	M, C-W, E, C-S, C-B, C-O, C-R, S, SES
Chicken broth	M
Noodles	C-W, E
Bread (1000-Sassa/spelt-sweet potato)	C-S, C-B, C-O, C-R, S, SES
<b>Soup love</b>	CE, C-B, C-O, C-S, C-R, S, SES
Wilma's soup	CE
bread (1000-Sassa/spelt-sweet potato)	C-S, C-B, C-O, C-R, S, SES
<b>Classy salad</b>	C, C-S, C-B, C-O, C-R, S, SES, C-W, C, M, CE
Lobster-soup-paste	C-W, C, M, CE
Crayfish	C
bread (1000-Sassa/spelt-sweet potato)	C-S, C-B, C-O, C-R, S, SES
<b>Truffle fries</b>	C-W, E, M
Truffle mayonnaise	C-W, E
Hard cheese	M
<b>Tartare of apples, fennel and lentil</b>	C-B, C-W, C-R, M, MU, CE, SUL
Tatara of apples and fennel	M
Lentils with curry	C-B, CE
Pumpernickel	C-B, C-R
Balsamic vinaigrette	CE, MU
Balsamic creme	SUL
<b>Three with bread</b>	M, SUL, C-S, C-B, C-O, C-R, S, SES
Avocado-cream cheese	M
Hummus	SES
Apricot-rosemary cream cheese	M, SUL
Bread (1000-Sassa/spelt-sweet potato)	C-S, C-B, C-O, C-R, S, SES

## WARM & WONDERFUL

<b>Zoodles</b>	CE, M
Wilmas soup	CE
Hard cheese	M
<b>...optionally with goat's cheese</b>	M
<b>Bread dumplings</b>	M, E, C-R, C-W, C-S, C-B, C-O, SES, S
Wilma's bread dumpling	M, E, C-R, C-W, C-S, C-B, C-O, SES, S
Mushroom cream sauce	M, S
<b>Cheese spaetzle</b>	C-S, C-W, E, M
Spaetzle	C-S, C-W, E
Eggs	E
Leerdammer cheese	M
<b>Salmon and spinach noodles</b>	C-W, M, S, F
Whole grain pasta	C-W
Velouté	M, S
Smoked salmon	F
<b>Crayfish lobster pasta</b>	C-W, C, M, CE, SUL, S
Whole grain pasta	C-W
Crayfish	C
Lobster-soup-paste	C-W, C, M, CE, S
White wine	SUL
<b>Escalope Vienna style</b>	C-W, E, MU, CE
Pork cutlet	C-W, E
Potato salad	MU
Balsamic vinaigrette	CE, MU

<b>Original „Vienna Schnitzel“</b>	C-W, E, MU, CE, F
Escalope of veal	C-W, E
Potato salad	MU
Balsamic vinaigrette	CE, MU
Anchovy filet	F
<b>Beef roulade</b>	C-S, C-W, CE, E, MU, S
Roulade	S, CE, MU
Red cabbage	S, CE
Spaetzle	C-S, C-W, E
Gherkin	MU
<b>Königsberger Klopse</b>	C-W, CE, M, S, MU
Dumplings	C-W, M, S
Beetroot	CE, MU
Potato mash	M
<b>Himmel und Ääd (Düsseldorf &amp; Köln)</b>	CE, MU, C-W, M
Blood sausage	CE, MU
Flour	C-W
Potato mash	M
Mustard	MU
<b>Sauerbraten (Dresden &amp; Düsseldorf)</b>	CE, C-B, S
Braised beef	CE, C-B
Red cabbage	S, CE
<b>Meenzer Teller (Mainz)</b>	M, C-S, C-B, C-O, C-R, S, MU, SES
„Hand cheese“	M
„Spundekäse“	M
Bread (1000-Sassa/spelt-sweet potato)	C-S, C-B, C-O, C-R, S, SES
Gherkin	MU
Mustard	MU
<b>Schwäbische Maultäschle (Stuttgart)</b>	E, C-W, M, MU, C-B, CE, S
Swabian ravioli	E, C-W, M
Eggs	E
Potato salad	MU
Veal jus	C-B, S, CE

## TARTE FLAMBÉE

<b>Classic tarte flambée</b>	C-W, M
Tarte flambée	C-W
Sour cream	M
<b>Ziegenpeter</b>	C-W, M, N-W
Tarte flambée	C-W
Sour cream	M
Goat´s cheese	M
Walnuts	N-W
<b>Green salmon</b>	C-W, F, M, SUL
Tarte flambée	C-W
Sour cream	M
Smoked salmon	F
Horseradish	SUL
<b>Topsy-turvey House</b>	C-W, CE, SES, MU, N-W
Tarte flambée	C-W
Beetroot hummus	SES
Beetroot cubes	CE, MU
Balsamic dressing	MU, CE
Walnuts	N-W
<b>...optionally with Leerdammer cheese</b>	<b>M</b>
<b>Tarte flambée rolls</b>	C-W, M
Tarte flambée	C-W
Leerdammer cheese	M
Sour cream	M

## WILMA WUNDER SIDEORDERS

Portion of bread dumplings	M, E, C-R, C-W, C-S, C-B, C-O, SES, S
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## FOR WILMA'S LITTLE ONES

Vegetable patch	M
Sour cream	M
<b>Golden fries</b>	C-W, E, CE
Mayonnaise	C-W, E
Ketchup	CE
<b>Schlawiner Schnitzel</b>	C-W, E, CE
Schnitzel pork	C-W, E
Ketchup	CE
Mayonnaise	C-W, E
<b>Nonsense with sauce</b>	C-S, C-W, E, M, S
Spaetzle	C-S, C-W, E
Mushroom cream sauce	M, S
<b>Fried fish</b>	C-W, F, M
Fish fingers	C-W, F
Potato mash	M
<b>Jar of Happiness</b>	Please note the manufacturer's information on the jar.

## SWEET SEDUCTION

<b>Wilma's soft skillet cookie</b>	C-W, E, M, S
Scoop&Bake Cookie Dough	C-W, E, M
Chocolate chips	S
<b>Ovenwarm apple strudel</b>	C-W, E, M
Apple strudel	C-W, E
Vanilla sauce	E, M
Whipped cream	M
<b>Sweet pancake</b>	C-W, E, M
Pancake	C-W, E, M
Vanilla sauce	E, M
Whipped cream	M
<b>Berry dream</b>	C-B, C-O, C-W, S, N-A
Almond yoghurt	S, N-A
Muesli crunch vegan	C-B, C-O, C-W, N-A
<b>„Beery dream“ pancakes</b>	C-W, E, M
Pancake	C-W, E, M
Whipped cream	M

## SMOOTHIES & BOWLS

Green pick-me-up	M
Natural yogurt	M
...optionally with almond yogurt	S, N-A
Berry power	M
Natural yogurt	M
...optionally with almond yogurt	S, N-A
Good mood	M
Natural yogurt	M
...optionally with almond yogurt	S, N-A
Tropical dream	M
Natural yogurt	M
...optionally with almond yogurt	S, N-A

## ICE-COLD TREATS

Iced coffee	M, C-O, C-W, E
Whipped cream	M
Oat cookie	C-O, C-W, E
Iced chocolate	M, S, N-A, C-O, C-W, E
Giovanni L. Belgian icecream	M, S, N-A
Whipped cream	M
Milk	M
Oat cookie	C-O, C-W, E

## COFFE & HOT DRINKS

Cappuccino	M
Milk	M
Café au lait	M
Milk	M
Latte macchiato	M
Milk	M
Hot chocolate	M
Milk	M
Babyccino	M
Milk	M
...optionally with oat milk	C-O
...optionally with almond milk	N-A

## WILMA'S MAGIC DRINKS

Black Milk	N-A
Almond milk	N-A
... optionally with oat milk	C-O
... optionally with cow's milk	M
Palm bloom	N-A
Almond milk	N-A
... optionally with oat milk	C-O
... optionally with cow's milk	M
Pink love	N-A
Almond milk	N-A
... optionally with oat milk	C-O
... optionally with cow's milk	M

## HOMEMADE

Woodruff-Peach Lemonade	N-A
Woodruff syrup	N-A

## WINE AND SPARKLING WINE

All wines and sparkling wines	SUL
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## BEER

All beers	C-B
All wheat beers	C-W, C-B

## SPARKLING

Wilmas Hugo	SUL
Secco	SUL
Rhubarb Elderflower Spritz	SUL
Secco	SUL
Aperol Spritz	SUL
Secco	SUL
Lillet Wild Berry	SUL
Lillet	SUL
Balis Spritz (Dresden)	SUL
Secco	SUL
Detox Spritz	SUL
Secco	SUL
Rosy Red	SUL
Lillet	SUL
Secco	SUL

## WILMA'S HOMEMADE EGG LIQUEUR

Homemade egg liqueur	E, M
Egg	E
Cream	M
„Damengedeck“	SUL, E, M
Secco	SUL
Homemade egg liqueur	E, M

## FRUIT BRANDY

Prinz Old apricot	N-A, N-W
Prinz Old forrest raspberry	N-A, N-W
Prinz Old williams pear	N-A, N-W

## COCKTAILS

Peach Caipi	SUL
June Gin Likör	SUL
Pina Colada	M
Cream	M