



 Helios

Menu

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

Service & competence



Dear Patient,

we are delighted to offer you balanced and varied meals in addition to our medical assistance, professional care and individual attention. You will find a large selection of dishes for breakfast, lunch and dinner.

We are committed to ensuring that none of our lunch meals contain flavor enhancers, artificial colorants, aromas or preservatives (with the exception of nitrite salting mix).

Our suppliers produce the raw materials sustainably, and they are all harvested at optimum ripeness and processed immediately. All the meat we use is of verified origin.

Whether sweet, savoury, vegetarian or mixed, every day you can choose your meals to suit your taste and health condition. If your doctor has prescribed a specific diet for you, you must adhere to it. Our qualified nursing and service staff will be pleased to assist you in making your choices. Please do not hesitate to reach out to us.

Choose your meals for the next day with our nursing or service staff. If you are unable to order your meal on the day of admission, we will be pleased to serve you our chefs' carefully selected choice on the following day.

If you are unable to order your meal at the ward, please make a note of your choice in advance and leave it on the bedside table in your room. If that is also not possible, we will be pleased to serve you one of our standard dishes.

We wish you bon appétit and a speedy recovery,

Your Helios Catering Team



Breakfast

Please choose bread or bun and a bread spread for your breakfast.

If you are not choosing a menu, you are welcome to create your own breakfast from the range of bakery products, spreads, cold meats, cheeses and extras.

Breakfast arrangements

in the mood for ...

... Sweet breakfast

- Bread/bun of choice
- Butter or margarine
- 2 different jams
- Honey
- Nutella
- Curd (plain)
- Fruit yoghurt

... Cheese breakfast

- Bread/bun of choice
- Butter or margarine
- Cheese slices (Emmental, Gouda and herb cheese)
- Herb cream cheese
- Babybel cheese
- Jam
- Grapes

... Fitness breakfast

- Bun of choice
- Oat fitness bread/wholegrain bread
- Butter or margarine
- Turkey breast
- Gouda cheese middle aged
- Cream cheese with herbs
- Cherry tomatoes
- Grapes

... Gourmet breakfast

- Bread/bun of choice
- Butter or margarine
- Honey
- Emmental cheese
- Cream cheese
- Cooked ham
- Salami from poultry meat
- Bircher muesli (overnight oat)
- Orange juice

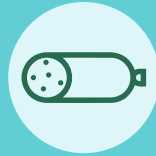


Our selection for you:



Bakery products

- Wheat bun
- Multigrain bun
- Pumpkin seed bun
- Laugen bun / lye roll
- Croissant
- Wholegrain bread
- White bread
- Brown bread
- Zwieback (rusk)
- Crispbread



Cold meats

- Poultry sausage
- Turkey breast
- Salami from poultry meat
- Cooked ham
- "Schwarzwälder" ham
- Serrano ham
- Liver sausage
- Sausage spread "Teewurst"



Extras

- Yoghurt (plain organic, fruit)
- Curd (plain, fruit, herb)
- Buttermilk
- Egg, hard-boiled, cold
- Cornflakes
- Wholegrain muesli with chocolate
- Wholegrain muesli with fruits
- Bircher muesli (overnight oat)
- One piece of fresh fruit
- Cherry tomatoes



Spreads

- Butter
- Margarine
- Strawberry jam
- Cherry jam
- Apricot jam
- Raspberry jam
- Plum jam
- Honey
- Nutella
- Vegetarian spreads
(mushroom, herbs, lightly smoked, mild and fine)



Cheese selection

- Butter cheese
- Gouda cheese middle aged
- Herb cheese
- Emmental
- Cream cheese
- Cream cheese with herbs
- Babybel
- Camembert



Drinks

- Tea selection "Ronnefeldt"
- Filtercoffee
- Coffee selection (latte macchiato, cappuccino, espresso, coffee with milk)
- Cocoa (hot or cold)
- Milk (hot or cold)
- Mineral water (still, medium)
- Juices (apple, orange)



Lunch

Our menu selection for you:

Starters

Tomato mozzarella with basil and cashew pesto and arugula

Mixed salad with tomato, cucumber and a dressing of your choice

Antipasti with parmesan, walnuts and olives

Dressings

Herb vinaigrette, Balsamic vinaigrette, french dressing

Soups

Pumpkin soup with coconut milk and ginger

Clear vegetable stock with semolina dumplings

Salad bowl with different toppings of your choice

Gouda cheese

Egg

Chicken strips





Desserts

- Tiramisu with fresh blueberries
- Two kinds of chocolate mousse with orange fillets
- Strawberry mascarpone cream with fresh raspberries
- Salted caramel cheesecake with fresh blueberries and raspberries

Coffee & cake — for a little treat in between

We offer various cakes every day.

Please contact our service staff.

Vegetarian / vegan

Organic

Oriental chickpea ragout with basmati rice

Organic

Tomato vegetable lentil stew with coconut milk and potatoes

Organic

Thai curry with tofu, stewed vegetables and rice

Organic

Penne a la creme, fermented soybeans, spinach leaves

Organic

Cheese spaetzle, fried onions

Polenta gnocchi, curry cream sauce, lemongrass, thai basil, cauliflower and romanesco

Pasta / Risotto

Organic

Tortellini with ricotta and spinach

Risotto with mushrooms, zucchini, sundried tomatoes, black olives and roasted pine nuts

Fish & Crustaceans

Marinated plaice, pepeonata, zucchini, red onions, peppers and creamy polenta

Limanda rolls, saffron tomato stock, celery, romanesco and diced potatoes

Steamed haddock with prawns, tomato sauce, romanesco, biaritz puree with onions, bacon and parsley

Meat

Chicken breast “napoli style” with tomato cream, peas, corn, peppers, farfalle pasta

Pot roast in gravy, romanesco vegetables, mashed potatoes

Veal shoulder, cream sauce with sage, thyme, parsley, steamed vegetables and boiled potatoes



Dinner

Please choose bread or bun and a spread for your evening meal.

If you have not chosen a menu, you are welcome to create your own dinner set from the following product groups: bakery products, cold meats, cheeses, spreads and extras. You also have an option to choose from our breakfast selection. If you would like to do so, please let us know.

Our evening menus:

Tomatoes with mozzarella cheese

- Small portion of tomatoes and mozzarella

Salad dish

Optionally with:

- Chicken strips
- Egg
- Cheese

Mini meatballs with mustard (cold)

- Potato salad

Cheese platter

- Cheese slices (Gouda, Emmental and herb cheese)
- Soft cheese
- Babybel cheese
- Cream cheese
- Grapes

Fish platter

- Smoked trout fillet
- Salmon and spinach terrine
- Smoked fish
- Horseradish cream

Savoury evening meal

- Cooked ham
- "Schwarzwälder" ham
- Serrano ham
- Salami from poultry meat
- Tomato
- Pickle



Our component selection for you:



Bakery products

- Wholegrain bread
- White bread
- Brown bread
- Fitness bread
- Zwieback (rusk)
- Crispbread



Cheese selection

- Butter cheese
- Gouda cheese middle aged
- Herb cheese
- Emmental
- Cream cheese
- Cream cheese with herbs
- Babybel cheese
- Camembert



Drinks

- Tea selection "Ronnefeldt"
- Filtercoffee
- Coffee selection (latte macchiato, cappuccino, espresso, coffee with milk)
- Cocoa (hot or cold)
- Milk (hot or cold)
- Mineral water (still, medium)
- Juices (apple, orange)



Spreads

- Butter
- Margarine
- Vegetarian spreads (mushrooms, herbs, lightly smoked, mild and fine)



Cold meats

- Poultry sausage
- Turkey breast
- Salami from poultry meat
- Cooked ham
- "Schwarzwälder" ham
- Serrano ham
- Liver sausage
- Sausage spread "Teewurst"





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.

Our food ingredient declaration

Breakfast/dinner:

Bread, bun	„contains: A,A1,A2,A3,A4,A5,F,G,G1,N,P“
Raw sausage	„contains: 2, 3“
Cooked sausage	„contains: 2, 3, 8“
Cheese selection	„contains:1,G“
Cheese spread	„contains:G,G1,L“
Soft cheese	„contains: G“
Meat spread	„contains: 2,3“
Cornflakes	„contains: A,A3“
Wholegrain muesli with chocolate	„ contains:A, A1, A3,A4“
Wholegrain muesli with fruits	„contains: 2, 5, A, A4,F“
Bircher muesli	„contains: 1A, A4, H,H1 ,H2,H6, G,G1“
Sweet breakfast	„contains: A, A1,A2,A3,A4,A5,F,G,G1,H,H2,N,P“
Cheese breakfast	„contains:1,A,A1,A2,A3,A4,A5,F,G,G1,N,P “
Fitness breakfast	„contains:1,A,A1,A2,A3,A4,A5,F,G,G1,N,P“
Gourmet breakfast	„contains:1,2,3, A, A1,A2,A3,A4,A5,F G,G1,N,P“

Lunch:

Semolina dumplings soup	„contains: C,G,G1“
Pumpkin soup	„contains: deklarationsfrei“
Mozzarella	„contains: 1,3,5,G,G1,23“
Salad	„contains:1,3,5,1C,G,G1,20,21“
Antipasti	„contains:G,H,H3“
Salad bowl	„contains:
Chickpea ragout	„contains:F,M“
Vegetable lentil stew	„contains:L“
Thai curry with tofu	„contains:F“
Penne a la Creme	„contains:A,A1,F,L“
Cheese spaetzle	„contains:A,A,G,G1“
Polenta gnocchi	„contains:A,a1,G,G1,L“
Tortellini with ricotta	„contains:A,A,G,G1,“
Risotto	„contains: G,G1;L“
Marinated plaice	„contains: D,G,G1,L“
Limanda rolls	„contains: D“
Steamed haddock	„contains:D,G,G1,L“
Chicken breast fillet	„contains:A,A1,G,G1,L“
Roast beef	„contains: G,G1,L“
Boiled veal shoulder	„contains: G,G1,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:

Dressing:	„contains: 1,3,5,C,G,G1,L,M“
Meatballs	„contains: 1,2,A,A1,C,G,G1,M“
Cheese plate	„contains: 1,G,G1 “
Fish plate	„contains: D,G,G1,O“
Savoury evening meal	„contains: 1, 2,3,8“

Legend:

Contains:

- 1 colorant
- 2 preservative
- 3 antioxidant
- 4 flavor enhancer
- 5 sulphurated
- 6 blackened
- 7 waxed
- 8 with phosphate
- 9 sweetener

Allergene:

- A gluten 1
wheat 2
rye 3
barley 4
oats 5
spelt 6
kamut or 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
cashews 5
pecans 6
brazil nuts 7
pistachios 8
macadamia
- L celery
- M mustard
- N sesame seeds
- O sulphur dioxide and
sulphite >10mg/Kg (SO₂)
- P lupins
- R molluscs

Please contact our staff for details of the nutritional values. Allergens are listed if the named substances or products created from them are used as ingredients in the end product. Despite the careful preparation of our dishes, the named ingredients may contain traces of other products, used in the preparation process in the kitchen.



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