

# Flammkuchen

## **Der "Würzige" Flammkuchen 13,50**

Schmand | Schalotten | Salsiccia | Rucolapesto | Grana Padano  
*sour cream | shallots | salsiccia | rocket pesto | grana Padano*

## **Der "Milde" Flammkuchen 12,50**

Schmand | Camembert | Gartenkresse | Rotes Zwiebel Chutney  
*sour cream | camembert | garden cress | red onion chutney*

# Vorspeisen

## **Lila Aubergine 10,50**

Feta | Olive | Kirschtomate | Walnussöl | Gartenkresse  
*feta | olive | cherry tomato | walnut oil | garden cress*

## **Sardinen in Basilikum-Citrus-Marinade 13,50**

Mascarpone | Edamame | Schalotten  
*mascarpone | edamame | shallots*

## **Blumenkohl in Miso Kruste 11,90**

Hummus | frittierte Kichererbsen | Sumach | Kräuteröl | Granatapfel  
*hummus | fried chickpeas | sumac | herbal oil | pomegranate*

## **Feta in Kataifi 12,50**

Rosmarin | Honig | Schmortomaten  
*rosemary | honey | braised tomatoes*

## **Brotkorb 3,00**

bread basket

# Salate

## **Ingelheimer Gartensalat 12,50**

Blattsalat | Balsamico-Zwiebeln | eingelegte Karotten | Kirschtomaten | Landgurken | Granatapfel | Honig-Senf-Dressing  
*green salad | balsamic onions | pickled carrots | cherry tomatoes | cucumbers | pomegranate | honey mustard dressing*

## **mit gebackenem Ziegenkäse 17,50**

*with backed goat cheese*

## **mit rosa gebratenen Rinderstreifen 19,50**

*with fried beef strips*

## **kleiner Gartensalat 5,50**

Blattsalat | eingelegte Karotte | Kirschtomate | Landgurke | Saatmix  
*leaf lettuce | pickled carrot | cherry tomato | country cucumber | seed mix*

# Hauptspeisen

## **Fregola Sarda (sardische Nudelsorte) 25,90**

Tomatensoße | Fenchel | Pulpo | Chorizo | Limette  
*tomato sauce | fennel | octopus | chorizo | lime*

## **Kikok Hähnchen 26,90**

Pfifferlinge | Citrus-Polenta | Grana Padano | Geflügeljus  
*chanterelles | citrus polenta | grana padano | poultry jus*

## **Mapo Tofu 18,50**

Gebratener Tofu | Knoblauch | Frühlingszwiebeln | Schalotten |  
Szechuan Pfeffer | Wildreis  
*fried tofu | garlic | spring onions | shallots | szechuan pepper | wild rice*

## **Kräutergnocchi 21,90**

Ochsenherztomaten | Wurzelgemüse | Wingert Pesto | Burrata  
*oxheart tomatoes | root vegetables | wingert pesto | burrata*

## **Wingert Fish & Chips 18,90**

Bierteig | Erbsen-Minz Püree | Kartoffelchips | Remoulade  
*beer batter | pea-mint puree | potato chips | remoulade*

## **Rumpsteak 26,00**

250 g Rohgewicht Portweinjus | Sellerieschaum | Röstzwiebeln  
*250 g raw weight port wine jus | celery foam | fried onions*

## **Schnitzel aus dem Kalbsrücken 22,50**

Zitrone | Preiselbeeren | Kapern  
*lemon | cranberries | capers*

## **Beilagen**

Pommes + 5,00 | Bratkartoffeln + 5,50 | Grillgemüse + 5,50  
*french fries + 5.00 | fried potatoes + 5.50 | grilled vegetables + 5.50*

