

# Wonderful roots and tuber

## Starters

Cream soup of Jerusalem artichoke with white chocolate* and chilli	4,90 €
Rutabaga soup	4,50 €
Root salad	4,40 €

## Main dishes

Herb roles of pork loin with turnips and Duchess potatoes	13,90 €
Turkey breast on truffle* potato-celery-puree and violet carrots	14,80 €
Lamb roast with caramelized salsify and chestnut spaetzle	16,90 €
Gnocchi of parsnip and potatoes on rutabaga sauce and gorgonzola	9,90 €
Poached carp on parsnip-apple ragout with swung Bamberger squirrels	15,20 €

## Sweet final

Parsnip mousse with citrus fruit salad	4,90 €
Carrot-chocolate-mini cake on vanilla sauce	4,50 €

\* Conventional food

## Old vegetable Currently discovered

### How healthy is root vegetable?

Root vegetables contain few calories, but high in roughage. Therefore, it saturates well without fattening. The fiber contained substances that lie mainly in rutabaga, parsnips and Jerusalem artichokes stimulate the digestion and to prevent colon cancer. In addition, all varieties contain many phytochemicals that provide greater vitality, because they protect against premature skin aging and remove the internal organs.

In addition, all root vegetables are rich in potassium, phosphorus, magnesium and iron. These minerals strengthen nerves, heart and circulation.

Important: No matter how long the stored or cooked vegetables - the healthy minerals remain completely different, however, the vitamins, the decrease due to long storage, but also through cooking.



### Potatoes – The new tubers

They are known round and oval, with light or dark peel. Some are harvested in June, the other ones in October, the one disintegrate during cooking, while others remain firmly ... German farmers grow potatoes with a large selection of properties, so that all potato fans will find the right type - according to taste and use.