

news



February, 20th 2019



Good things come from the heart!

People who are herzensgut are noted for their high levels of empathy, good humour and selflessness.

But as well as being herzensgut, there are plenty of things we can do for our hearts. If we listen to our innermost selves, we know what's good for our hearts – from sport to food, fun or family, or simply taking it easy. The important thing is that it reaches deep into your heart, kindly a warm feeling throughout your body.

Herzensgut may be not everything, but it's certainly a big deal -

like good good

Eating helps us to strengthen our bodies and keep our vital functions running properly. But that's not the only reason we eat- we also eat for pleasure.

Good food and genuine enjoyment have a real impact on our physical, spiritual and social well-being. So do yourself a good deed and indulge regularly in eating good, delicious food.

Our „herzensgut“ offer (lunchtime in all serveries):

Wed, 20th: „Krautfleckerl“ with piquant sesame roastbeef stripes

Thu, 21st: White mousse with fruit salad (3)

Fri, 22nd: Potato soup with gorgonzola and walnut

Mon, 25th: Semolina pudding with blueberries

Tue, 26th: Beetroot soup „Thai style“

Wed, 27th: Homemade beef goulash with fusilli and salad

Thu, 28th: Green jelly with vanilla flavored sauce

Fri, 01st: „Hamburger Pannfisch“ with boiled potatoes and Dijon mustard sauce

