

Food & Drinks

vegan & gluten-free



Vrohstoff

**„To eat is human,
to eat well is divine.“**

**All dishes in our restaurant
are vegan & gluten-free.**



To start into the day

till 12 o'clock

Açaí bowl ^(1, D)

Bananas mixed with strawberry puree, Açaí & almond milk **7,50€**
with granola nut mix & cocoa nibs ^(1, A, B, C, D, E) **10,90€**

Oat Protein bowl ⁽²⁾

Oats, carrots, apple, hemp seeds, flax seeds, agave syrup, soy yoghurt, Coconut yoghurt **7,50€**
with Granola nut mix & cocoa nibs ^(1, A, B, C, D, E) **10,90€**

Hazelnut smoothie bowl ^(1, C, D)

with bananas, hazelnuts, cocoa, almond drink, dates & cocoa nibs **8,90€**



Breakfast

till 12 o'clock

Swap your scrambled tofu & vegan cheese with raw milk cheese & a scrambled egg (extra charge 2,50€)

Vrohtastic ^(1, C, D)

Jam, chocolate and nut spread, chia pudding, coconut yoghurt with fresh fruit, vegan butter, bread & braed roll **10,90€**

Vielversprechend ^(1, A, B)

Cherry tomatoes, cucumber, carrots, bell peppers, vegetable spread, avocado with sesame seeds, vegan cheese & cold cuts, butterine, bread & bread roll **12,90€**

Wahre Freude ^(1, A, 2, 8)

Cheery tomatoes, cucumber, carrots, bell peppers, vegetable spread, avocado with sesame seeds, vegan cheese & cold cuts, roasted tomato, scrambled tofu & soy bacon, bread & bread roll **14,50€**

Verrückt ^(1, A, D, 2, 8)

Cherry tomatoes, cucumber, carrots, bell peppers, vegetable spread, vegan cheese & cold cuts, scrambled tofu & soy bacon, avocado with sesame seeds, fruit salad, jam, avocado with sesame seeds, chia pudding bread & bread roll **16,90€**

Englisch Vastbreak ^(2, 5)

Scrambled tofu & soy bacon, roasted tomato, baked beans, vegan sausage, mushrooms, bread, with Bircher muesli & berry compote **16,90€**

Tofu-Omelett ^(2, 6)

Fried scrambled tofu with dried tomatoes, mushrooms, pesto, salad & bread **14,90€**

Extras

Vegan butter **0,60€**

Bread per slice **1,00€**

Roll **2,10€**

Scrambled tofu ⁽²⁾ **2,50€**

Cold Cuts (2 slices) **3,00€**

Soy bacon ⁽²⁾ **1,00€**

vegan Cheese (2 slices) **3,00€**

Chocolate nut cream ^(1, C) **2,50€**

Jam **1,50€**

- vegetarian -

Raw milk cheese ⁽⁴⁾ (slices) **3,00€**

Fried egg ⁽³⁾ (2 eggs) **3,60€**

Scrambled eggs ⁽³⁾ (2 eggs) **3,60€**

Boiled egg ⁽³⁾ **1,80€**

Pancakes

all day

Beerenpancakes

Pancakes layered with berry compote & coconut yoghurt, coconut blossom sugar
1 pc. **3,90€** 2 pcs. **6,90€** 3 pcs. **9,90€**

Pancakes mit Ahornsirup

1 pc. **3,40€** 2 pcs. **5,90€** 3 pcs. **7,90€**

Pancakes mit Puderzucker

1 pc. **2,90€** 2 pcs. **4,90€** 3 pcs. **6,90€**

Savory pancakes ⁽⁶⁾

Pancakes layered with zucchini, eggplant, bell peppers, tomatoes, artichokes, olives, caper berries, basil pesto & salad **14,90€**

Chefs hint

Our dishes are vegan and gluten-free



Small dishes

from 12 o'clock

Soup of the day
with a slice of bread **5,90€**

Ratatouille ⁽²⁾
Mediterranean vegetable
casserole in tomato sauce,
with scrambled tofu & bread
13,90€

**2 fried eggs of
scrambled tofu instead** ⁽³⁾
17,50€

Sweet potato pancakes ⁽⁶⁾
with mango apple puree and
salad arrangement **12,90€**

Brotzeit – Vrohzeit ^(2, 6)
Mushroom ragout with smoky
mayonnaise on two slices of
brown bread, parsley, with rocket
salad & cherry tomatoes **13,50€**

Crisp & Fresh ^(1, A, B, C, D, E, 6)
Mixed salad with tomatoes,
cucumber, radish, bell pepper,
carrots, fruits, granola & mixed
sprouts **6,80€**

Vrohstoff-Salad ^(1, A, B, C, D, E, 5, 6)
Mixed salad with tomatoes,
cucumber, radish, bell
pepper, carrots, fruits, roasted
mushrooms, granola & home-
made dressing **15,50€**

Finest Food

from 12 o'clock

Spicy Chunks ^(2, 5)
Soy chunks, buttered peas & corn,
gravy, mashed potatoes flavoured
with truffle **16,50€**

Vleischkäse ^(5, 6)
vegan german meat loaf with
fried potatoes & gravy **14,90€**

Currywurst ^(1, 6)
Beyond-Meat-Sausage,
curry ketchup sauce & grid
potatoes **15,50€**

Lasagna ^(2, 6)
Eggplant, zucchini, bell peppers
and tomatoes layered
between pasta plates, soy
bolognese, coconut sour cream &
vegan cheese, topped with
red chard salad **15,90€**

Baked sweet potato ^(5, 6)
Sweet potato, eggplant,
zucchini, bell peppers,
artichokes, caper berries, olives,
tomatoes, gravy & vegan cream
cheese **16,90€**

Chefs
hint



Focaccia

from 12 o'clock

Focaccia Avocado ^(6, 8)
Freshly baked olive flat bread
topped with avocado, sesame
seeds, tomato pesto, olives,
cherry tomatoes & salad **13,50€**

Spaghetti

Spaghetti & Zoodles ⁽²⁾
with soy bolognese & vegan
parmesan cheese **13,90€**

Raw vegan gems

**Mixed
raw food platter** ^(1, A, B, C, D, E, 8, 9)
Mixed salad, cucumber, carrots,
bell peppers, cherry tomatoes,
fruits, mixed nuts, beetroot
peanut dip, basil pesto, tomato
pesto, mixed herbs, sprouts,
cress, dried onions & homemade
raw vegan bread **19,50€**

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Burger

from 12 o'clock

We serve grid chips & ketchup with every burger

extra vegan cheese slice +1,50€

Greek 'n' Freak ^(1, B, 2, 6)

Bean-thyme-patty, caramelized onions, tomato, cucumber, tzatziki, walnut-mint pesto, lettuce, olives, mayonnaise & blue potato chips

In a bun **16,90€**

In a mushroom **16,40€**

Besto Pesto ^(2, 6)

Potato-basil-patty, onions, zucchini, eggplant, bell pepper, vegan cheese, lettuce, mayonnaise, tomato, basil pesto & tomato pesto

In a bun **16,90€**

In a mushroom **16,40€**

Viva la Mexica ^(2, 6)

Beetroot-bean-patty, onions, cucumber relish, corn, lettuce, mayonnaise, vegan cheese, tomato, salsa & corn chips

In a bun **16,90€**

In a mushroom **16,40€**

Sweet 'n' Beet ^(6, 9)

Sweet-potato-amaranth-patty baby spinach, lettuce, mayonnaise, beetroot-peanut-dip, apple-onion-chutney & blue potato chips

In a bun **16,90€**

In a mushroom **16,40€**



Dukaten-Chips

The good old BBQ ^(2, 6)

Bean-patty, caramelized onions, vegan cheese, BBQ sauce, soy bacon, lettuce, mayonnaise, tomato & cucumber.

In a bun **16,90€**

In a mushroom **16,40€**

Jack Attack ⁽⁶⁾

Jackfruit-patty, BBQ sauce, corn, caramelized onions, mayonnaise, lettuce, cocktail sauce, coleslaw, tomato

In a bun **16,90€**

In a mushroom **16,40€**

New Haven 1895 ⁽⁶⁾

Beyond-meat-patty, lettuce, vegan cheese, caramelized onions, mayonnaise, pickles & tomato

In a bun **19,90€**

In a mushroom **19,40€**

Chefs hint

Homemade Dips & Sossen

Avocado cream **2,50€**

Cashew cheese sauce ^(1, A) **2,50€**

Smoky mayonnaise ⁽⁶⁾ **2,50€**

Yoghurt cucumber dip ^(2, 6) **2,00€**

Beetroot and peanut dip ⁽⁹⁾ **2,00€**

Tomato salsa **2,00€**

Mayonnaise ⁽⁶⁾ **2,00€**

Ketchup **1,00€**

Exchange your
Chips
for a side
dish of your choice
(with extra charge)

Corn in herb butterine + 1,60€

Coleslaw salad ⁽⁶⁾ + 1,60€

Sweet potato fries + 2,00€

Vegetable handsticks + 3,00€

Extras

Butterd corn with herb 4,50€

Coleslaw salad ⁽⁶⁾ 4,50€

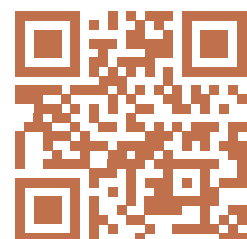
Sweet potato Fries 4,90€

Fried vegetable-hemp-sticks 5,90€



Info for all dishes

You have intolerances and want to know it exactly? Then simply scan this QR code:





Vrohstoff

Drinks



Tea Time

In a cup of 0,3l

Black tea ⁽⁶⁾ Darjeeling 3,20€

Green tea ⁽⁶⁾ 3,20€

In a pot of 0,5l

Mint tea fresh 4,90€

Ginger tea fresh 4,90€

Mint ginger tea fresh 4,90€

Spicy pomegrana ^(1,2)

pomegranate, orange slices, cardamon, green tea 5,50€

Anti-headache tea

Bay leaf, orange juice, orange slices, cinnamon 5,50€

Bottle of happiness 0,5l

sugar free

Water, sparkling or still with:

Raspberry, mango & mint 4,90€

Cucumber, apple & mint 4,90€

Thyme, grapefruit & blueberries 4,90€

Lemon, lime & orange 4,90€

Bottled water

Vöslauer still (0,25l) 2,50€

Vöslauer sparkling (0,25l) 2,50€

Table water

Still (bottle 1,0l) 5,90€

Sparkling (bottle 1,0l) 5,90€

Warm & cold

Extra vegan whipped cream + 1,80€

Choose your milk!

Oat milk (gluten-free), **soy milk** ⁽²⁾, **almond milk** ^(1,D), **coconut milk** ⁽²⁾, **cow milk** ⁽⁴⁾ (laktosefrei)

Hot chocolate (0,3l)

Oat milk, cocoa powder 3,90€

Chococcino ⁽⁶⁾ (0,3l)

Oat milk, cocoa powder, espresso 4,50€

Turmeric Latte (0,3l)

Oat milk, turmeric, ginger, cardamom, apple, cinnamon, 4,90€

Matcha Latte (0,3l)

Oat milk, cinnamon, matcha 4,90€

chefs hint

Maya cocoa (0,3l)

Oat milk, dark chocolate, maca powder, red chilli, pepper 4,90€

Chai Matcha Latte ⁽⁶⁾ (0,3l)

with oat milk 4,90€

Urohstoff

Coffee

Espresso ⁽⁶⁾ 2,60€

Espresso Doppio ⁽⁶⁾ 3,60€

Espresso Macchiato ⁽⁶⁾ 2,90€

Espresso Doppio Macchiato ⁽⁶⁾ 3,90€

Americano Cup ⁽⁶⁾ 2,90€

Americano Pot ⁽⁶⁾ 3,90€

Cappuccino Cup ⁽⁶⁾ 3,60€

Cappuccino Pot ⁽⁶⁾ 4,60€

Latte Macchiato ⁽⁶⁾ 3,90€

Latte ⁽⁶⁾ 3,90€

Our coffee roast is a 50:50 blend of Arrabica & Robusta, strong & full-bodied in taste.





Detox juices

With vegan protein powder on request: + 2,00€

Green Karma (0,4l)

Apple juice, orange juice, baby spinach, coconut milk, dates, zucchini, banana & apple 6,50€

Blue Angel ^(1, D) (0,4l)

Blueberries, mango, figs, almond drink, orange juice 6,50€

Purple Unicorn (0,4l)

Raspberries, apple, banana, coconut milk, apple juice, mint 6,50€

Freshly squeezed

Orange juice (0,25l) 4,20€

Immune Booster

Freshly squeezed (5cl)

Ginger, apple, turmeric 3,50€

Ginger, orange, cinnamon 3,50€

Spritzers & Soft drinks

0,33 l

Proviant Spritzer

Orange & passion fruit 3,50€

Proviant Spritzer

Cherry & pomegranate 3,50€

Proviant Spritzer

Apple 3,50€

Proviant Lemonade

Proviant Lemonade 3,50€

Proviant Lemonade

Rhubarb 3,50€

Proviant ^(1, 6)

Coke 3,50€

Proviant ^(1, 6)

Coke sugar free 3,50€

Homemade Lemonade

0,4 l

With sugar

Lemon & thyme 5,50€

Basil & Lemon 5,50€

Wild Berries & thyme 5,50€

Cherry & banana 5,50€

Apricot 5,50€



Sprizz

Cassis Sprizz ^(G)

Cassis, rosé wine, soda, berries 7,50€

Aperol Sprizz ^(1, 7)

Aperol, secco, soda, orange 7,50€

Vrohgin ^(7, 4)

Gin Rosé, tonic water, berries, lime 7,50€

Chefs hint

Hugo ^(G)

Secco, soda, mint, lime, elderflower sirup 7,50€

Lillet Vroh ^(G)

Lillet Blanc, Wild Berry, raspberries, cucumber, mint 7,50€

Rosato Basil ^(G)

Secco, Aperitivo Rosato, soda, basil 7,50€

Longdrinks

Cuba Libre ^(1, 4, 6, 9)

Havana rum, coke, lime 8,50€

Bacardi Razz ^(3, 10)

Bacardi rum, raspberry, sprite 8,50€

Gin Tonic ^(7, 4)

Gin, tonic water, cucumber 8,50€

Secco

Secco - fine fruity ^(G)

Schenk family (Randersacker).
The perfect start to a successful evening!

The fruitiest grape varieties united in a cuvée and gently pearled. Not dry, not sweet. This tastes good to everyone!

0,1l 3,50€ 0,75l 22,50€

White wines

Silvaner - dry ^(G)

Schenk Winery (Randersacker).
The classic wine in Franconia: fresh, spicy and full-bodied. A real all-rounder when it comes to food accompaniment.

0,25l 6,50€ 0,75l 19,50€

„Vom Ewig-Leben“ - dry ^(G)

Schenk Winery (Randersacker).
A cuvee of grapes from the oldest vineyards. Dry, juicy and refreshing at the same time.

0,25l 6,80€ 0,75l 20,50€

Scheurebe - fine fruity ^(G)

Schenk Winery (Randersacker).
Intense scent of gooseberry and green apple, vibrant acidity on the tongue.

0,25l 6,50€ 0,75l 19,50€

Rotling

Rotling/Rosé - fine fruity ^(G)

Schenk Winery (Randersacker).
A cuvée of fruity red and white grapes. Sensational aroma of strawberry and cherry.

0,25l 6,50€ 0,75l 19,50€



Red wine

Pinot Noir HANDWERK - dry ^(G)

Schenk Winery (Randersacker).
Fine and elegant Pinot Noir. Gentle tannin and clear cherry and blackberry fruit. Matured in old wooden barrels, resulting in a subtle spiciness of clove and vanilla.

0,25l 6,90€ 0,75l 20,70€

Wine spritzers

Red, White, Rosé

Sour or sweet ^(G) 0,25l 4,90€



Bottled wines

Pinot Noir

HANDVERLESEN - dry ^(G)

Schenk Winery (Randersacker).
The best vineyard, consistently reduced in yield and selected several times. Very nice balance between dark fruit, discreet wood and ripe tannins. Bottled unfiltered and unadulterated.

Bottle 0,75l 36,00€

Chef's hint

ETHOS No.3

Silvaner - dry ^(G)

13 friendly winemakers supply some of their best grapes for this joint project. The grapes are fermented on the skins in amphora and wooden vat and remain untouched for six months. This gives the wine a hearty, salty bitterness that is extremely refreshing. An exciting wine that leaves borders and conventions behind.

Bottle 0,75l 42,00€





Bottled Beer

Kesselring Steini ^(1, 11)
Pils (0,33l) **3,50€**

Kesselring Steini ^(1, 11)
Radler (0,33l) **3,50€**

Neumarkter Lammsbräu ⁽¹¹⁾
Pils gluten-free (0,33l) **3,90€**

Distelhäuser Pils ⁽¹¹⁾
non-alcoholic (0,33l) **3,50€**

Keiler Hefeweizen ^(11, 13)
Lager (0,5l) **3,90€**

Kapuziner Hefeweizen ^(11, 13)
non-alcoholic (0,5l) **3,90€**

Liquor

by Fam. Wenninger, Felshof,
Sommerhausen franconian
fruit brandy

Apple Brandy (2cl) Noble brandy,
matured in wooden barrels **3,90€**

Plum (2cl) Full-fruity sweetness,
soft tickle on the palate **3,50€**

Apple Topaz (2cl)
Pleasant, mild sweetness **3,50€**

Mirabelle (2cl) Fine body,
refreshing fruitiness **3,50€**

Sour cherry (2cl) distilled from
fully ripe sour cherries **3,50€**

Reneklode (2cl) full-bodied,
sweet noble plum **3,50€**

Shots

Vodka ⁽¹¹⁾ 2cl **2,90€**

Jägermeister 2cl **2,90€**

Tequila silver 2cl **2,90€**

Tequila gold 2cl **2,90€**

Ramazzotti 2cl **2,90€**

Infos for all drinks

You have intolerances and want to
know it exactly? Then simply scan
this QR code:



I'm glad to have you here!



Vrohstoff is a restaurant run
with passion. Translated it
means vegan-vegetarian raw
material.

Many years ago I dreamed of
opening my own restaurant, and
I knew it would be called Vroh-
stoff. I love making my guests
happy and sharing my passion
with others. It's very important
to me that you all feel com-
fortable and that you are able
to enjoy your time. Over the
years, I have built a great team
that actively contributes to my
vision. We work for you every
day to introduce your tastebuds
to new horizons.

Whether you're eating a pure
plant-based diet, looking for
variety, or simply curious about
culinary experiences.

Then Vrohstoff is the right place!

Yours, Gina Schäflein

Cooking classes

In my cooking classes I introduce you to the world of plant-based cuisine. You will learn all the important basics, so you can prepare super delicious vegan dishes at home - without any great effort.

You can find more information on

www.vrohstoff.de/kochkurse

Vouchers

Are you looking for a suitable gift for one of your dear friends? Feel free to contact us, or take a look at our Vrohshop.

www.vrohstoff.de/vrohshop

Social Media

Link us in your story or follow us on

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instagram.com/vrohstoff





Did you like it?
We are very happy about a positive
rating on Google.



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