

# 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 <sup>(1, D)</sup>

Bananas mixed with strawberry puree, Açaí & almond milk **8,50€**  
with granola nut mix & cocoa nibs <sup>(1, A, B, C, D, E)</sup> **11,50€**

### Oat Protein bowl <sup>(2)</sup>

Oats, carrots, apple, hemp seeds, flax seeds, agave syrup, soy yoghurt, Coconut yoghurt **8,50€**  
with Granola nut mix & cocoa nibs <sup>(1, A, B, C, D, E)</sup> **11,50€**

### Hazelnut smoothie bowl <sup>(1, C, D)</sup>

with bananas, hazelnuts, cocoa, almond drink, dates & cocoa nibs **9,50€**



## Breakfast

till 12 o'clock

Swap your scrambled tofu & vegan cheese with raw milk cheese & a scrambled egg (extra charge 2,90€)

### Vrohtastic <sup>(1, C, D)</sup>

Jam, chocolate and nut spread, chia pudding, coconut yoghurt with fresh fruit, vegan butter, bread & braed roll **11,50€**

### Vielversprechend <sup>(1, A, B)</sup>

Cherry tomatoes, cucumber, carrots, bell peppers, vegetable spread, avocado with sesame seeds, vegan cheese & cold cuts, butterine, bread & bread roll **13,50€**

### Wahre Freude <sup>(1, A, 2, 8)</sup>

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 **15,50€**

### Verrückt <sup>(1, A, D, 2, 8)</sup>

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 **17,50€**

### Englisch Vastbreak <sup>(2, 5)</sup>

Scrambled tofu & soy bacon, roasted tomato, baked beans, vegan sausage, mushrooms, bread, with Bircher muesli & berry compote **17,50€**

### Tofu-Omelett <sup>(2, 6)</sup>

Fried scrambled tofu with dried tomatoes, mushrooms, pesto, salad & bread **15,50€**

## Extras

Vegan butter **0,80€**

Bread per slice **1,50€**

Roll **2,90€**

Scrambled tofu <sup>(2)</sup> **2,90€**

Cold Cuts (2 slices) **3,50€**

Soy bacon <sup>(2)</sup> **1,50€**

vegan Cheese (2 slices) **3,50€**

Chocolate nut cream <sup>(1, C)</sup> **3,50€**

Jam **1,90€**

- vegetarian -

Raw milk cheese <sup>(4)</sup> (slices) **3,50€**

Fried egg <sup>(3)</sup> (2 eggs) **4,10€**

Scrambled eggs <sup>(3)</sup> (2 eggs) **4,10€**

Boiled egg <sup>(3)</sup> **2,50€**

## Pancakes

all day

### Beerenpancakes

Pancakes layered with berry compote & coconut yoghurt, coconut blossom sugar  
1 pc. **4,40€** 2 pcs. **7,40€** 3 pcs. **10,60€**

### Pancakes mit Ahornsirup

1 pc. **3,90€** 2 pcs. **6,40€** 3 pcs. **8,40€**

### Pancakes mit Puderzucker

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

### Savory pancakes <sup>(6)</sup>

Pancakes layered with zucchini, eggplant, bell peppers, tomatoes, artichokes, olives, caper berries, basil pesto & salad **15,90€**

Chefs hint

Our dishes are vegan and gluten-free



## Small dishes

from 12 o'clock

**Soup of the day**  
with a slice of bread **6,50€**

**Ratatouille** <sup>(2)</sup>  
Mediterranean vegetable  
casserole in tomato sauce,  
with scrambled tofu & bread  
**14,90€**

**2 fried eggs of  
scrambled tofu instead** <sup>(3)</sup>  
**19,00€**

**Sweet potato pancakes** <sup>(6)</sup>  
with mango apple puree and  
salad arrangement **14,10€**

**Brotzeit – Vrohzeit** <sup>(2, 6)</sup>  
Mushroom ragout with smoky  
mayonnaise on two slices of  
brown bread, parsley, with rocket  
salad & cherry tomatoes **14,50€**

**Crisp & Fresh** <sup>(1, A, B, C, D, E, 6)</sup>  
Mixed salad with tomatoes,  
cucumber, radish, bell pepper,  
carrots, fruits, granola & mixed  
sprouts **7,90€**

**Vrohstoff-Salad** <sup>(1, A, B, C, D, E, 5, 6)</sup>  
Mixed salad with tomatoes,  
cucumber, radish, bell  
pepper, carrots, fruits, roasted  
mushrooms, granola & home-  
made dressing **17,40€**

## Finest Food

from 12 o'clock

**Spicy Chunks** <sup>(2, 5)</sup>  
Soy chunks, buttered peas & corn,  
gravy, mashed potatoes flavoured  
with truffle **17,90€**

**Vleischkäse** <sup>(5, 6)</sup>  
vegan german meat loaf with  
fried potatoes & gravy **15,90€**

**Currywurst** <sup>(1, 6)</sup>  
Beyond-Meat-Sausage,  
curry ketchup sauce & grid  
potatoes **16,50€**

**Lasagna** <sup>(2, 6)</sup>  
Eggplant, zucchini, bell peppers  
and tomatoes layered  
between pasta plates, soy  
bolognese, coconut sour cream &  
vegan cheese, topped with  
red chard salad **16,90€**

**Baked sweet potato** <sup>(5, 6)</sup>  
Sweet potato, eggplant,  
zucchini, bell peppers,  
artichokes, caper berries, olives,  
tomatoes, gravy & vegan cream  
cheese **17,90€**

Chefs  
hint



## Focaccia

from 12 o'clock

**Focaccia Avocado** <sup>(6, 8)</sup>  
Freshly baked olive flat bread  
topped with avocado, sesame  
seeds, tomato pesto, olives,  
cherry tomatoes & salad **14,50€**

## Spaghetti

**Spaghetti & Zoodles** <sup>(2)</sup>  
with soy bolognese & vegan  
parmesan cheese **14,90€**

## Raw vegan gems

**Mixed  
raw food platter** <sup>(1, A, B, C, D, E, 8, 9)</sup>  
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 **21,50€**

Our dishes  
are vegan and  
gluten-free

# Burger

from 12 o'clock

We serve grid chips & ketchup with every burger

extra vegan cheese slice +1,90€

## Greek 'n' Freak <sup>(1, B, 2, 6)</sup>

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

In a bun 18,50€

In a mushroom 18,10€

## Besto Pesto <sup>(2, 6)</sup>

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

In a bun 18,50€

In a mushroom 18,10€

## Viva la Mexica <sup>(2, 6)</sup>

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

In a bun 18,50€

In a mushroom 18,10€

## Sweet 'n' Beet <sup>(6, 9)</sup>

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

In a bun 18,50€

In a mushroom 18,10€



Dukaten-Chips

## The good old BBQ <sup>(2, 6)</sup>

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

In a bun 18,50€

In a mushroom 18,10€

## Jack Attack <sup>(6)</sup>

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

In a bun 18,50€

In a mushroom 18,10€

## New Haven 1895 <sup>(6)</sup>

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

In a bun 21,50€

In a mushroom 21,10€

Chefs hint

# Homemade Dips & Sosen

Avocado cream 2,90€

Cashew cheese sauce <sup>(1, A)</sup> 2,90€

Smoky mayonnaise <sup>(6)</sup> 2,90€

Yoghurt cucumber dip <sup>(2, 6)</sup> 2,40€

Beetroot and peanut dip <sup>(9)</sup> 2,40€

Tomato salsa 2,40€

Mayonnaise <sup>(6)</sup> 2,40€

Ketchup 1,50€

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

Corn in herb butterine + 2,60€

Coleslaw salad <sup>(6)</sup> + 2,60€

Sweet potato fries + 3,00€

Vegetable Hemp Balls (5 pcs) + 3,60€

# Extras

Butterd corn with herb 5,50€

Coleslaw salad <sup>(6)</sup> 5,50€

Sweet potato Fries 5,90€

Vegetable Hemp Balls (5 pcs) + 6,50€



# 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** <sup>(6)</sup> Darjeeling 3,90€

**Green tea** <sup>(6)</sup> 3,90€

### In a pot of 0,5l

**Mint tea** fresh 5,90€

**Ginger tea** fresh 5,90€

**Mint ginger tea** fresh 5,90€

### Spicy pomegrana <sup>(1,2)</sup>

pomegranate, orange slices, cardamon, green tea 6,50€

### Anti-headache tea

Bay leaf, orange juice, orange slices, cinnamon 6,50€

## Bottle of happiness 0,5 l

sugar free

### Water, sparkling or still with:

Raspberry, mango & mint 5,40€

Cucumber, apple & mint 5,40€

Thyme, grapefruit & blueberries 5,40€

Lemon, lime & orange 5,40€

## Bottled water

Vöslauer still (0,25l) 2,90€

Vöslauer sparkling (0,25l) 2,90€

## Water

Still (bottle 1,0l) 6,90€

Sparkling (bottle 1,0l) 6,90€

## Warm & cold

Extra vegan whipped cream + 2,50€

### Choose your milk!

**Oat milk** (gluten-free), **soy milk** <sup>(2)</sup>, **almond milk** <sup>(1,D)</sup>, **coconut milk** <sup>(2)</sup>, **cow milk** <sup>(4)</sup> (laktosefrei)

### Hot chocolate (0,3l)

Oat milk, cocoa powder 4,90€

### Chococcino <sup>(6)</sup> (0,3l)

Oat milk, cocoa powder, espresso 5,50€

### Turmeric Latte (0,3l)

Oat milk, turmeric, ginger, cardamom, apple, cinnamon, 5,90€

### Matcha Latte (0,3l)

Oat milk, cinnamon, matcha 5,90€

chefs hint

### Maya cocoa (0,3l)

Oat milk, dark chocolate, maca powder, red chilli, pepper 5,90€

### Chai Matcha Latte <sup>(6)</sup> (0,3l)

with oat milk 5,90€

Urohstoff

## Coffee

**Espresso** <sup>(6)</sup> 2,90€

**Espresso Doppio** <sup>(6)</sup> 4,20€

**Espresso Macchiato** <sup>(6)</sup> 3,20€

**Espresso Doppio Macchiato** <sup>(6)</sup> 4,50€

**Americano Cup** <sup>(6)</sup> 3,60€

**Americano Pot** <sup>(6)</sup> 4,50€

**Cappuccino Cup** <sup>(6)</sup> 4,20€

**Cappuccino Pot** <sup>(6)</sup> 5,50€

**Latte Macchiato** <sup>(6)</sup> 4,50€

**Latte** <sup>(6)</sup> 4,50€

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





## Detox juices

With vegan protein powder on request: + 2,50€

### Green Karma (0,4l)

Apple juice, orange juice, baby spinach, coconut milk, dates, zucchini, banana & apple 7,10€

### Blue Angel <sup>(1, D)</sup> (0,4l)

Blueberries, mango, figs, almond drink, orange juice 7,10€

### Purple Unicorn (0,4l)

Raspberries, apple, banana, coconut milk, apple juice, mint 7,10€

## Freshly squeezed

Orange juice (0,25l) 4,80€

## Immune Booster

Freshly squeezed (5cl)

Ginger, apple, turmeric 4,10€

Ginger, orange, cinnamon 4,10€

## Spritzers & Soft drinks

### 0,33 l

#### Proviant Spritzer

Orange & passion fruit 3,90€

#### Proviant Spritzer

Cherry & pomegranate 3,90€

#### Proviant Spritzer

Apple 3,90€

#### Proviant Lemonade

Proviant Lemonade 3,90€

#### Proviant Lemonade

Rhubarb 3,90€

#### Proviant <sup>(1, 6)</sup>

Coke 3,90€

#### Proviant <sup>(1, 6)</sup>

Coke sugar free 3,90€

## Homemade Lemonade

### 0,4 l

With sugar

Lemon & thyme 6,20€

Basil & Lemon 6,20€

Wild Berries & thyme 6,20€

Cherry & banana 6,20€

Apricot 6,20€



## Sprizz

### Cassis Sprizz <sup>(G)</sup>

Cassis, rosé wine, soda, berries 8,10€

### Aperol Sprizz <sup>(1, 7)</sup>

Aperol, secco, soda, orange 8,10€

### Vrohgin <sup>(7, 4)</sup>

Gin Rosé, tonic water, berries, lime 8,10€

Chefs hint

### Hugo <sup>(G)</sup>

Secco, soda, mint, lime, elderflower sirup 8,10€

### Lillet Vroh <sup>(G)</sup>

Lillet Blanc, Wild Berry, raspberries, cucumber, mint 8,10€

### Rosato Basil <sup>(G)</sup>

Secco, Aperitivo Rosato, soda, basil 8,10€

## Longdrinks

### Cuba Libre <sup>(1, 4, 6, 9)</sup>

Havana rum, coke, lime 9,10€

### Bacardi Razz <sup>(3, 10)</sup>

Bacardi rum, raspberry, sprite 9,10€

### Gin Tonic <sup>(7, 4)</sup>

Gin, tonic water, cucumber 9,10€



## Secco

### Secco - fine fruity <sup>(G)</sup>

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 3,90€ 0,75l 24,50€

## White wines

### Silvaner - dry <sup>(G)</sup>

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 7,40€ 0,75l 21,90€

### „Vom Ewig-Leben“ - dry <sup>(G)</sup>

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

0,25l 7,70€ 0,75l 21,90€

### Scheurebe - fine fruity <sup>(G)</sup>

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

0,25l 7,40€ 0,75l 21,50€

## Rotling

### Rotling/Rosé - fine fruity <sup>(G)</sup>

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

0,25l 7,40€ 0,75l 21,50€



## Red wine

### Pinot Noir HANDWERK - dry <sup>(G)</sup>

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 7,80€ 0,75l 22,10€

## Wine spritzers

### Red, White, Rosé

Sour or sweet <sup>(G)</sup> 0,25l 5,90€



## Bottled wines

### Pinot Noir

#### HANDVERLESEN - dry <sup>(G)</sup>

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 39,00€



### ETHOS No.3

#### Silvaner - dry <sup>(G)</sup>

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 45,00€





## Bottled Beer

**Kesselring Steini** <sup>(1, 11)</sup>  
Pils (0,33l) **3,90€**

**Kesselring Steini** <sup>(1, 11)</sup>  
Radler (0,33l) **3,90€**

**Neumarkter Lammsbräu** <sup>(11)</sup>  
Pils gluten-free (0,33l) **4,30€**

**Distelhäuser Pils** <sup>(11)</sup>  
non-alcoholic (0,33l) **3,90€**

**Keiler Hefeweizen** <sup>(11, 13)</sup>  
Lager (0,5l) **4,50€**

**Kapuziner Hefeweizen** <sup>(11, 13)</sup>  
non-alcoholic (0,5l) **4,50€**

## Liquor

by Fam. Wenninger, Felshof,  
Sommerhausen franconian  
fruit brandy

**Apple Brandy (2cl)** Noble brandy,  
matured in wooden barrels **4,50€**

**Plum (2cl)** Full-fruity sweetness,  
soft tickle on the palate **3,90€**

**Apple Topaz (2cl)**  
Pleasant, mild sweetness **3,90€**

**Mirabelle (2cl)** Fine body,  
refreshing fruitiness **3,90€**

**Sour cherry (2cl)** distilled from  
fully ripe sour cherries **3,90€**

**Reneklode (2cl)** full-bodied,  
sweet noble plum **3,90€**

## Shots

Vodka <sup>(11)</sup> 2cl **3,50€**

Jägermeister 2cl **3,50€**

Tequila silver 2cl **3,50€**

Tequila gold 2cl **3,50€**

Ramazzotti 2cl **3,50€**

## 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 Vrohstoff. I love making my guests happy and sharing my passion with others. It's very important to me that you all feel comfortable 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](http://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](http://www.vrohstoff.de/vrohshop)

# Social Media

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



Theaterstraße 1-3  
97070 Würzburg  
Tel. 0931 304 25 121

[hi@vrohstoff.de](mailto:hi@vrohstoff.de)

[vrohstoff.de](http://vrohstoff.de)