

FRIDAY IS FISH DAY!

12:00 AM -3:00 PM

CATCH OF THE DAY

with side dishes

13,90€

HOT FRIED FISH ^{(D),(C),(A2)}

in delicious Binding Römer Pils breading, homemade remoulade
and side dish

10,00€

WINE OF THE DAY

0,1l 4,00€

Erbgut

**Freshness is important to us,
so the offer is only valid while stocks last!**

BREAKFAST

only Saturday from 10:00 am - 1:00 pm

Simple ^{(A1),(G)} 3,50€

Croissant served with butter, marmalade and Nutella

Cheese-Ham-Croissant ^{(A1),(G)} 4,50€

Fitness Breakfast ^{(G),(C),(A),(3)} 9,50€

Smoked turkey breast, cottage cheese, mixed fruit salad with Müsli, cucumbers and carrot sticks, two fried eggs "sunny side up", butter and farmhouse bread

King and Queen of Sachsenhausen ^{(A1),(C),(G),(3),(J),(I),(F),(D)} 22,50€

A little bit of everything along with smoked salmon, house made cream cheese, mixed fruit salad, two hardboiled eggs with a choice of either two glasses of Prosecco or orange juice

Two Scrambled Eggs or Fried Eggs „Sunny Side Up“ ^(C)
served with bread and butter
...as it is 4,90€

...with bacon 5,50€

...with cherry tomatoes and feta cheese ^(G) 6,20€

Müsli ^{(G),(A)} 4,90€

served with fresh fruits, and plain yoghurt drizzled with honey

Fruit salad 4,50€

Erbguts waffle ^{(A1),(G),(C)}

...with Aunt Jemima ^{(A1),(1),(4)} 4,50€

...with peanut butter ^(E)

...additionally with bacon +2,00€

HERZHAFTE STULLEN (served with a side salad)

only Saturday from 10:00 am - 1:00 pm

...with herb cream cheese, tomatoes and chives ^{(G),(A1)}	5,90€
... additionally with bacon	+2,00€
...with avocado cream, alfas sprouts and tomatoes (vegan) ^(A1)	6,50€
...and an organic fried egg ^(C)	+1,50€
... additionally with bacon	+2,00€
...additionally with salmon ^(D)	+3,00€
...with beetroot cream, tomatoes, cucumber, cress and an organic fried egg ^{(A1),(C)}	7,90€
...additionally with bacon	+2,00€

ERBGUTS BOWLS

only Saturday from 10:00 am - 1:00 pm

Smoothie Bowl (vegan)^(H)	8,00€
consisting of blueberries, avocados, almond milk, dates, oat flakes and granola with crunch, chia seeds, grated coconut, nuts and bananas	
Erbguts Porridge Bowl (vegan)^(H)	8,50€
consisting of oat flakes, grated apples, cinnamon, dates, almonds, almond milk and granola with, chia seeds and grated coconut	

APPETIZERS

Erbguts Appetizer Selection ^(A1)

(Create your own appetizer plate with at least three bowls.

Our starter plate is served with our stone oven bread)

Extras:

mixed olives	3,00€
sweet potato rosemary fries	3,50€
potato sausage on sauerkraut	3,50€
mixed meatballs ^{(A1),(C)}	3,90€
celery chips	4,00€
ayvar feta cheese ⁽³⁾	4,50€
grilled vegetables	4,90€
goat cheese with quince chutney ^(G)	4,90€
Grüne Soße with a halved hardboiled egg ^{(G),(C)}	5,50€
homemade Handkäs' -Tatar ^(J)	5,90€
rump steak strips with sea salt	6,90€

Erbguts Handkäs'-Tatar ^{(J),(A1)} 7,90€

Sour milk cheese (similar to Harzer) minced with apples and onions in an apple wine vinaigrette (a specialty of the house!), served with fresh farmhouse bread

Erbguts Homemade Grüne Soße ^{(G),(C)} 9,50€

A staple in Frankfurter cuisine!
served with four halved hardboiled eggs and potatoes

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FROM THE SOUP POT

Clear soup with seasonal vegetables (vegan) ^{(I),(A1)}

served with farmer's bread from our baker HansS

...as starter to the main course

4,90€

...as main course

7,90€

Pumpkin Curry Soup (vegan) ^{(I),(A1)}

served with farmer's bread from our baker HansS

...as starter to the main course

4,90€

...as main course

7,90€

Starter soups only in connection with a main course.

SALADS

Fresh Mixed Farmer's Market Salad ^(A1)

8,90€

with radicchio, rocket salad, frisée, cherry tomatoes,
cucumber, carrot and paprika

...and oven baked goat's cheese refined with thyme,
rosemary and honey ^(G)

14,50€

...with grilled garlic lime chicken

14,50€

...with grilled rosemary pepper steak stripes

15,90€

...with grilled prawns ^(B)

17,50€

Hessian Fitness-Salad ^{(J),(A1)}

16,90€

Market fresh leaf salad, friseé, radicchio, rocket salad,
cucumbers, tomatoes, carrots and paprika,
served with Erbguts Handkläs'-Tatar with onions
and apples in Apfelwein vinaigrette

Small Side Salad

4,50€

**With a choice of house dressing (parsley and garlic dressing) ^(J)
or lime yoghurt herb dressing ^(G)**

ERBGUTS KLASSIKER

Viennese Veal Schnitzel ^{(C),(A1),(J)} 19,90€

with pan-fried potatoes, cranberry sauce and a side salad

Erbgut-Burger ^{(A1),(J)} 13,90€

house made beef burger patties with all the fixings,
house made BBQ sauce, and French fries

Extras ^(G): cheese, bacon, jalapeños, onion each 0,60€

Beyond-Meat Burger ^(A1) 13,90€

Vegan Burger with house made BBQ sauce, and French fries

Argentinian Rump Steak ^{(G),(J)}

with a choice of caramelized onions or house made garlic-herb butter, served with pan fried potatoes and a side salad

...ca. 180g 20,90€

...ca. 250g 24,90€

...ca. 400g 31,90€

Sachsenhäuser Mixed Grill ^{(G),(J)} 17,50€

with potato sausage, pork meat schnitzel without the coating
and pork rib, apple wine cabbage, fried potatoes and a dark beer gravy

Vogelsberger Potato Sausage ^{(G),(I),(J)} 13,90€

with mashed potatoes with celery,
apple wine cabbage and a dark house made Hövel's beer gravy

Norwegian Salmon Filet ^{(G),(I),(J)} 17,90€

served with mashed potatoes with celery,
in a creamy horseradish sauce, and a side of cucumber salad

Sweet potato fries as a side dish +2,50€

Roasted dumplings (vegan) ^(A1)	14,50€
with mushroom ragout and red cabbage	
... with grilled beef steak stripes	19,00€
Mediterranean Grilles Vegetable Risotto ^(G)	13,90€
(vegan possible)	
with Grana Padano	
...with goat cheese	16,90€
...with grilled rosemary pepper steak stripes	18,90€
...with norw. Salmon filet	19,50€
...with weal Schnitzel	19,90€

FOR THE KIDS (up to 12 years)

Kinder Schnitzel (Chicken) ^{(A),(C),(G),(I),(J)}	7,90€
with French fries, Ketchup and Mayo	
Pasta with Zucchini-Carrot-Vegetables ^{(C),(A1),(G)}	6,90€
Fusilli noodles in butter with tomato sauce	
Kids Burger ^{(G),(I),(C),(J)}	6,90€
with ketchup, pickled gherkins and French Fries	

DESSERT



Sweet Apricot Dumpling ^{(A1),(G),(C)} served with vanilla sauce	3,90€
Warm Apple Strudel ^{(A1),(G)} served with vanilla ice cream	5,90€
Warm Chocolate Lava Cake ^{(A1),(G),(C)} served with vanilla ice cream	6,50€
White Chocolate Soufflé ^{(A1),(G),(C)} served with Crème Brûlée ice cream & Oreo Crunch	7,90€

Zusatzstoffe:

1=mit Konservierungsstoff, 2= mit Geschmacksverstärker,
3= mit Antioxidationsmittel, 4= mit Farbstoff, 5= mit Phosphat,
6= mit Süßungsmittel, 7= koffeinhaltig, 8= chininhaltig, 9= geschwärzt,
10= enthält Phenylalaninquel

Enthält folgende Allergene:

A= glutenhaltiges Getreide (Weizen¹, Roggen², Gerste³, Hafer⁴, Dinkel⁵, Kamut⁶, Hybridstämme⁷), B= Krebstiere, C= Eier, D= Fisch, E= Erdnüsse, F= Soja, G= Milch und Milchprodukte (einschließlich Laktose), H= Schalenfrüchte (Mandel¹, Haselnuss², Walnuss³, Cashew⁴, Pecannuss⁵, Paranuss⁶, Pistazie⁷, Macademanuss⁸ und Queenslandnuss⁹), I= Sellerie, J= Senf, K= Sesamsamen, L= Schwefeldioxid und Sulfite in einer Konzentration von mehr als 10mg/kg oder 10 mg/l, M= Lupinen, N= Weichtiere

„PROBABLY THE TASTIEST WAFFLES IN TOWN!“

(UNFORTUNATELY ONLY UNTIL 6:00pm)

ERBGUTS WAFFLE^{(A1),(G)}

with icing sugar

3,90€

with Aunt Jemima Syrup^{(A1),(1),(4)}

4,50€

with hot cherries and cream

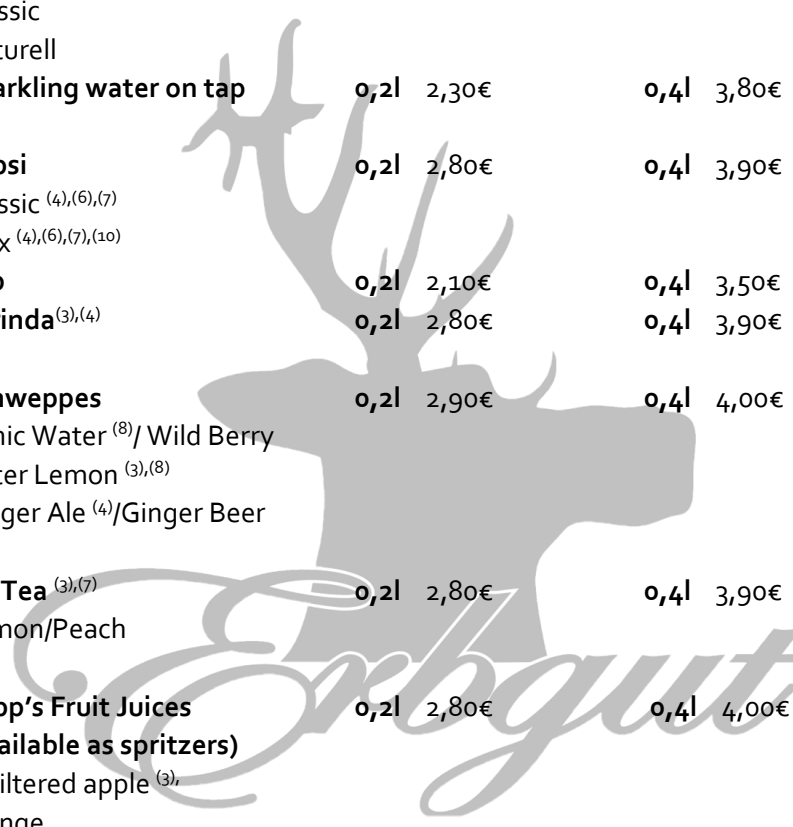
5,20€

with vanilla ice cream, chocolate nougat cream and Oreo Crunch^(H2)

5,50€

Enjoy our delicious coffee specialties!

NON-ALCOHOLIC BEVERAGES



Selters	0,25l	2,60€	0,75l	6,50€
Classic				
Naturell				
Sparkling water on tap	0,2l	2,30€	0,4l	3,80€
Pepsi	0,2l	2,80€	0,4l	3,90€
Classic ^{(4),(6),(7)}				
Max ^{(4),(6),(7),(10)}				
7up	0,2l	2,10€	0,4l	3,50€
Mirinda^{(3),(4)}	0,2l	2,80€	0,4l	3,90€
Schweppes	0,2l	2,90€	0,4l	4,00€
Tonic Water ⁽⁸⁾ / Wild Berry				
Bitter Lemon ^{(3),(8)}				
Ginger Ale ⁽⁴⁾ /Ginger Beer				
Ice Tea ^{(3),(7)}	0,2l	2,80€	0,4l	3,90€
Lemon/Peach				
Rapp's Fruit Juices	0,2l	2,80€	0,4l	4,00€
(available as spritzers)				
unfiltered apple ⁽³⁾ ,				
orange,				
passion fruit or				
pineapple juice ⁽³⁾				
cranberry,	0,2l	3,30€	0,4l	4,30€
rhubarb or black currant juice				
...with fresh mint leaves				+0,30€
Fresh Squeezed Orange Juice			0,2l	4,50€
			0,4l	8,00€

HOT BEVERAGES



Small Coffee ⁽⁷⁾	2,40€
Large Coffee ⁽⁷⁾	4,00€
Espresso ⁽⁷⁾	2,00€
Double Espresso ⁽⁷⁾	3,40€
Espresso Macchiato ^{(G),(7)}	2,30€
Double Espresso Macchiato ^{(G),(7)}	3,70€
Café au Lai ^{(G),(7)}	3,20€
Small r Cappuccino ^{(G),(7)}	2,80€
Large Cappuccino ^{(G),(7)}	4,50€
Latte Macchiato ^{(G),(7)}	3,40€
...with syrup	+0,50€
...with soy milk	+0,60€
...with lactose free milk	+0,60€
Hot Chocolate ^(G)	3,20€
...with whipped cream	+0,30€
Hot Lemonade with Honey	3,50€
Fresh Mint Leaf Tea	3,80€
Fresh Ginger and Lime Tea	3,70€
Fresh Mint Leaves and Ginger Tea	4,00€
...with honey	+0,30€
Tea	2,50€
(assorted selection)	

All specialty coffees are also available caffeine-free.

BEERS ON TAP

Binding Römer Pils ^(A3)	0,2l	2,50€	0,4l	3,80€
Binding unfiltered ^(A3)	0,2l	2,60€	0,4l	3,90€
Radler (Sprite-Beer) ^(A3)	0,2l	2,50€	0,4l	3,80€
Dreckiges (Cola-Beer) ^{(A3),(4),(6),(7)}	0,2l	2,50€	0,4l	3,80€
Hövels Original (Dark) ^(A3)	0,3l	3,80€	0,4l	4,40€
Schöffelhofer Wheat Beer ^(A1)	0,3l	3,00€	0,5l	3,90€

BOTTLED BEERS

Schöffelhofer Grapefruit ^{(A1),(3),(4)}	0,33l	3,50€
Sol Cerveza ^(A3)	0,33l	4,00€

ALCOHOL FREE BEERS

Clausthaler ^(A3)	0,33l	3,50€
Schöffelhofer Wheat Beer	0,5l	3,90€

APPLE WINE ON TAP

Frau Rauscher	0,25l	2,10€	0,5l	3,90€
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APERITIFS/DIGESTIFS

Hugo ^(L) Elderflower syrup/Prosecco/Lime/Fresh mint leaves	0,2l	7,50€
Aperol Spritz ^{(L),(4),(8)} Aperol/Prosecco/orange	0,2l	7,50€
Lillet Wild Berry ^{(L),(3),(4),(8)} Lillet Blanc/Schweppes Wild Berry/Seasonal berries	0,2l	7,50€
Erbgut Spritz ^(L) Prosecco/Seasonal berries/Grapefruit/Lime	0,2l	7,50€

BITTERS/LIKÖRE

Martini ⁽⁶⁾ Bianco/Rosato/Rosso ⁽¹⁾	4cl	3,90€
Sambuca ⁽⁷⁾ Averna/Ramazotti/Amaretto ^(H1)	2cl	4,50€
Baileys ^{(G),(4),(7)} /Campari ⁽⁴⁾ Licor43/Kahlúa ⁽⁴⁾	4cl	4,50€

BRÄNDE

Hasselnussgeist ^(H2) /Williams Birne Kirschwasser/Grappa/Alter Pflaumen Brand	2cl	3,80€
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ABSACKER

Jägermeister/Fernet Menta	2cl	3,00€
Frankfurter Absacker „Mispelchen“ ⁽³⁾	4cl	3,90€

RUM

Bacardi Superior/Ron Barcelo/Burgal	4cl	6,50€
Bacardi 8 Años/Pampero Anniversario		
Diplomatico 12 years/Ron Barcelo Imperial	4cl	10,50€
Ron Zacapa 23	4cl	12,50€

VODKA

Smirnoff Red Label/Stolichnaya/Absolut	4cl	4,50€
Akvinta/Held Vodka/Ketel One (Citroen)	4cl	6,50€
Grey Goose	4cl	7,00€

GIN

Tanqueray	4cl	5,50€
Bombay Sapphire/Gin Sul	4cl	6,50€
Hendrick's/Monkey 47 Dry	4cl	7,00€
Monkey 47 Sloe/Gin Mare	4cl	8,00€

WHISKEY

Woodford Reserve/Dalwhinnie 12	4cl	9,50€
Oban 14/Lagavulin 16		
Stork Club Single Malt/Straight Rye		

Please ask our wait or bar staff about further spirits we have to offer.

LONGDRINKS



Cuba Libre ^{(4),(6),(7)} Rum/Lim/Coca-Cola	7,50€
Cuba Libre Royale ^{(4),(6),(7)} Rum/Lim/Coca-Cola	8,50€
Dark`n`Stormy ⁽⁴⁾ Rum/Cucumber/Schweppes Ginger Beer/Ginger	8,50€
London Buck Gin/Lemon/Schweppes Ginger Beer	8,50€
Moscow Mule Vodka/Lemon/Schweppes Ginger Beer	7,50€
Tanqueray Tonic ⁽⁸⁾ Gin/Lime/Schweppes Tonic	8,00€

Couldn't find your favorite drink?

Ask our staff!

Erbgut

WHITE WINE

Riesling Literatur ^(L)

from Rheinhessen
playful, racy, sensual and exciting
The queen of german grape varieties!

0,2l 5,20€

Grauburgunder ^(L)

from the Palatinate
racy and exotic, yet classic and
flowery in aroma and taste

0,2l 5,90€
0,75l 20,50€

Riesling Glaube, Liebe, Hoffnung ^(L)

from the Palatinate
An exemplary Riesling! Full of fruity aromas
and a well-balanced and pleasing taste

0,2l 6,50€
0,75l 21,50€

Sauvignon Blanc, Dusty Sounds ^{(L),(G)}

from New Zealand
Very crisp, clear taste with a hint of green bell pepper

0,2l 7,50€
0,75l 25,00€

Lugana Cai Dei Frati ^(L)

from Italy
Powerful & intense, floral aromas with hints
of apricot, pear, herbs and almonds

0,2l 8,50€
0,75l 29,50€

White Wine Spritzer ^(L)

with Riesling win

0,2l 4,20€

PROSECCO

Prosecco ^(L)

0,1l 3,80€

Riesling Sekt ^(L)

0,75l 25,00€

ROSE

Portuguese Weißherbst ^(L) 0,2l 5,20€

from the Palatinate
especially juicy

Rose Dei Frati ^(L) 0,2l 8,50€

from Italy 0,75l 29,50€
fruity dry, aromas of raspberry & strawberries

RED WINE

Creation Rot ^(L) 0,2l 5,90€

from the Palatinate 1,0l 28,50€
uncomplicated yet lush with a pleasant finish

Lupo Meraviglia Tre Di Tre ^(L) 0,2l 6,50€

from Italy 0,75l 22€
Primitivo, aromas of juicy cherries and blackberries
powerful with soft tannins

Rioja Herrigoia ^(L) 0,2l 6,50€

from Spain 0,75l 22€
pleasantly acidic with a fruity aroma

O. Fournier Urban Uco ^(L) 0,2l 7,50€

from Argentina 0,75l 26€
Malbec, fragrance of cassis & dark berries

Fabelhaft „Frankfurt Edition“ ^(L) 0,2l 7,50€

from Portugal 0,75l 26€
dry ruby red, with blackberries & raspberries,
dense tannins, soft and fruity



All prices include VAT.

Please understand that we can only make credit card payments of 25 € and above and debit card payments starting at 10 €.

Thank you for your understanding!

Erbgut