

GLUTEN FREE MENU

for all suffering from CELIAC DISEASE



Even if you suffer from food incompatibility or allergies, you still want to lead a normal life without any restrictions.

We, the restaurant Gasthof Obermaier at München-Trudering, decided that we like to offer all our dishes also gluten free.

You don't have to avoid most of the dishes on the menu – you will have nearly the same choices as your friends and family – no matter if you prefer Bavarian, vegetarian or haute cuisine !

Even if you plan to celebrate a “big party” – we can offer gluten free food and beverages for family parties or business meetings in our restaurant / function rooms or also if you only need the catering for your party at home.

For more information please schedule an appointment with us, we are happy to assist with all your inquiries and questions you might have.

We look forward to your call on (089) 42 49 43.

Your team from Gasthof Obermaier

**Please let your waiter / waitress know when placing every order about your allergy.
Only if we know in advance we can avoid a cross-contamination in the kitchen.**

Although we are very attentive and careful when preparing gluten free dishes, we would like to inform you that we assume no liability in case there are any problems afterwards.

Nevertheless we would like to ensure that all dishes in this menu - together with your information when ordering - are certainly gluten free !

For all gluten free main dishes we charge additionally EUR 1.20 per dish – this is because of the special treatment and the higher purchasing price of the special ingredients (starters, salads and desserts in connection with a main dish are excluded as well as snacks)

Thank you for your understanding!

STARTERS AND SOUPS

CREAMY PUMPKIN SOUP WITH GINGER *and croutons*
5.20

FIG FILLED WITH GOAT CHEESE WRAPPED IN TYROLEAN BACON
with truffles cream and salad
12.50

CRISPY WRAPPED BAKED SCAMPI
with red pepper mousse and salad
14.90

MAIN DISHES

BOILED SLICES OF PRIME BOILED BEEF
with creamy spinach, sweet-sour root vegetables, fresh horse radish and parsley potatoes
16.80

BRAISED VENISON SHOULDER
with elderberry sauce, date celery puree and ceps „schlupfer“
19.80

“GOOSE GRÖSTL“
with green beans, quinces ragout, red cabbage and potato dumpling
14.50

ROASTED FILLET OF WELS CATFISH WITH CEPS CRUST
on lentils with chives sauce and parsley potatoes
17.80

DESSERT

BAKED APPLE FRITTERS
with cinnamon sugar, vanilla ice cream and whipped cream
6.90

OVEN-FRESH TARTE FLAMBÉE

TARTE FLAMBÉE
with two various pumpkins, fine Tyrolean bacon, red onions, mountain cheese and cress
9.80

TARTE FLAMBÉE
with goat cheese, figs chutney, roasted pine nuts, honey thyme sauce and lamb's lettuce
9.80

STARTERS

„STARMMER MAX“

*Roasted farm bread slices with horse radish cream,
fine Tyrolean bacon, fried egg sunny side up and salad*

6.90

LARGE or SMALL SALAD

our salad mixture with balsamico dressing, croutons and roasted seeds

7.90 or 4.30

LUKEWARM FRIED GOAT CHEESE WRAPPED IN TYROLEAN BACON

with rocket salad and tomato vinaigrette

11.80

SOUPS

PRIME BOILED BEEF BROTH

with vegetables, chives and pancake stripes

4.50

„AUFGSCHMOLZENE BREZNSUPPE“

Clear soup with onions and marjoram

4.50

VEGETARIAN DISHES

„SCHWÄBISCHE KÄS'SPATZN“

*Spätzle with roasted onions and mountain cheese served our way
with small mixed salad*

11.90

„SCHWAMMERLGULASCH“

*Fresh mushrooms oyster mushroom and wild mushrooms, with cream sauce,
fresh herbs and pan fried slices of pretzel dumpling*

13.50

TYPICAL OBERMAIER DISHES

6 „ROSTBRATWÜRSTL NÜRNBERG STYLE“

sausages with sauerkraut

- homemade from the butcher Obermaier-

8.60

„KÄLBERNE MILZWURST“ BAKED VEAL SAUSAGE

with potato cucumber salad and tartar sauce

9.50

TRUDERINGER „GRÖSTL“

*Crispy pork roast with onions, roasted dumplings, fried onions,
gravy and fried egg (sunny side up)*

10.80

GRILLED MEDALLIONS FROM PORK FILLET

with fresh mushrooms in herbs cream sauce and spätzle

17.80

CRISPY ROASTED PORK FROM BELLY AND NECK

with potato dumpling and cabbage salad with bacon

11.90

HALF CRISPY BAVARIAN FARM DUCK

with plum red cabbage and potato dumpling

18.50

SLICES OF BRAISED SIRLOIN “ZWIEBELROSTBRATEN”

with fine onion sauce, deep fried onions and – swabian käs' spatzen or roasted bacon potato

19.80

„WIENER SCHNITZEL“ ESCALLOP OF VEAL FRIED IN BUTTER

with roasted bacon potatoes and cranberries

18.60

BROTZEIT – BAVARIAN SNACKS

Slice of farm house bread 1.20

pretzel 1.20

ONE PAIR OF MUNICH FAMOUS „WEISSWÜRST’ “

- veal sausage, only served till noon -
with sweet „Händlmeier’s mustard“ L,

4,90

„MUNICH LEBERKÄS’ “ fresh baked leberkäse

- weekdays over lunchtime -
otherwise served fried or cold with gherkin

5.90

„MUNICH LEBERKÄS’ “ browned baked leberkäse

- weekdays over lunchtime -
with fried egg and fried potatoes with bacon and onions

8.90

- both homemade from our butcher in-house Obermaier –

MUNICH WURSTSALAD

-made of *Regensburger (sausages)*-
piquant salad with sausage and blue onions, vinegar and oil

7.40

SWISS WURSTSALAD

-made of *Regensburger (sausages)*-
with Emmentaler cheese, gherkins, onions, vinegar and oil

8.40

„BROTZEIT BRETTL” – A VARIETY OF ALL SPECIALTIES

with homemade liver pate, Tyrolean ham
cold roasted pork, Pfefferbeisser (smoked sausage with pepper), cheese, gherkin,
butter and mixed bread basket

11.60

DESSERT

OVEN FRESH KAISERSCHMARRN

- *waiting time around 25 minutes* -
with raisins and roasted almonds. caramelized and flambé with rum, served with apple puree

8.90

TWO SCOOPS OF BOURBON VANILLA ICE CREAM

with hot raspberries and whipped cream

5.90

CARAMELIZED APPLE – and SWEET-CURD - STRUDEL

with vanilla sauce and ice cream

6.90

All prices are in EURO and inclusive VAT