

## 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 CEPES 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