



Greek Delights, with Tradition

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A warm welcome to Delphi Restaurant!

Immerse yourself in the delicious world of Greek specialties! At our restaurant, we offer authentic dishes prepared with love and based on traditional recipes. From savory appetizers to freshly prepared meat and fish dishes, as well as sweet desserts – here you can experience the full range of Greek flavors.

Enjoy our warm hospitality and let our specialties treat you. We are delighted to welcome you to our cozy restaurant!

Kali Orexi and Enjoy your meal!

M-1 MIXED GRILL PLATTER (2, 8) EGKLM Cyros, 1 souvlaki with tzatziki, tomato rice, and salad	€ 14,80
M-2 GYROS – baked - (2, 8, 11, 15) DGKLM Metaxa or garlic-tomato sauce, tomato rice, and salad	€ 14,40
M-3 BEEF LIVER – grilled - (2, 11) EFGLM Beef liver with roasted onions, tomato rice, and salad	€ 14,20
M-4 SOUTZOUKAKIA – grilled minced meat patties - (2, 8, 11) DEGIKL Soutzoukakia with white beans in tomato sauce, sheep's yogurt, and salad	€ 14,80
M-5 LAMB-KRITHARAKI (2, 11) DGLM Tender braised pieces of meat from the shank with Greek rice noodles in tomato sauce, topped with feta cheese, served with salad	€ 16,10
M-6 ARIADNE-SALAT – with Gyros strips - (2, 4, 8, 11) DFHILM Mixed leaf salads, grated feta cheese, pita bread strips, and homemade dressing	€ 14,40
M-7 PYTHIA-SALAT – with large mushrooms - (2, 4, 8, 11) DGHILM Fresh leaf salads with fried large mushrooms, pita bread strips, and homemade dressing.	€ 14,40
M-8 THALASSA-SALAT – with mussels - (2, 4, 8, 11) DEHILN Mixed leaf salads with cheese-filled mussels, breaded and fried, pita bread strips, and homemade dressing	€ 17,20
M-9 DELPHI-SALAT – with chicken breast - (2, 4, 8, 11) DEFHILM Mixed leaf salads with grilled chicken breast, grated Manouri cheese, pita bread strips, and homemade dressing	€ 14,90
M-10 GREEK SALAT – (classic greek) (8) DEFHI With tomatoes, cucumbers, onions, olives, peppers, feta cheese, served with pita bread	€ 13,60

LUNCH MENU

OUZO with ice (Plomariou)	€ 6,20
OUZO LIAKADA (Ouzo, Orange juice, grenadine)	€ 6,90
OUZO DASSOS (Ouzo, Apple juice, mint)	€ 6,90
CAMPARI with Orange juice or soda (1) K	€ 6,90
MARTINI Bianco or Rosso K	€ 6,00
SHERRY Medium K	€ 5,10

APERITIF

OLIVES AND PEPPERS (2) GM	€ 8,90
FETA (Feta cheese plain with olive oil) (2, 8) DL	€ 11,40
SQUID WITH CAVIAR CREAM BJLN (Mixed with leaf salad and caviar cream)	€ 14,10
KALAMARIA-SALAT (2, 11) JKLN (Squid salad)	€ 12,90
TARAMAS (2, 4) BLN (Pike roe cream)	€ 8,90
TZATZIKI – (2, 8, 11) DK (Greek quark dish with cucumbers and garlic)	€ 7,20
DOLMADAKIA (2, 4, 11) KL (Stuffed grape leaves with rice)	€ 8,90
CHTIPITI (2, 4, 8, 11) ADKM (Spicy seasoned feta cheese cream)	€ 8,90
MANOYRI (2, 8, 11) DL (Butter feta cheese with tomatoes and olive oil)	€ 11,90
PIKILIA (2, 4, 8, 11) ABCDLM (Various cold appetizers)	€ 23,70

COLD STARTERS

MUSSELS with olive oil-garlic vinaigrette (2, 11) BNH	€ 14,80
DOLMADES – Stuffed grape leaves with ground meat (2, 11) ADEFLZ	€ 12,10
GIGANTES (2, 4, 11) DGL Thick white beans in tomato sauce, baked with olives and feta cheese	€ 9,40
PEPPERS – mild (2, 11) EHM Fried with olive oil-garlic vinaigrette	€ 8,80
EGGPLANT SLICES fried with tzatziki (2, 8, 11) DIL	€ 8,80
ZUCCHINI SLICES fried with tzatziki (2, 8, 11) DIL	€ 8,80
MUSSELS – SAGANAKI (11) GHN Half-shell mussels in a spicy sauce	€ 15,90
SAGANAKI with salad (2, 4, 11) ADIL Fried feta cheese in egg and breadcrumbs, with salad	€ 14,40
KAWOURAKIA crab claws surimi breaded with cocktail sauce (2, 11) BHL	€ 11,90
TIROPITAKIA puff pastry pockets filled with feta cheese – ADLI	€ 11,70
PORTOBELLO MUSHROOMS (2, 4, 11) EGKLM Stuffed with cheese, ham, and baked with Metaxa sauce	€ 12,70
SHRIMPS – SAGANAKI (2, 4, 8) BGHLM Baked with cheese, peppers, and Metaxa sauce	€ 14,80
FETA – FURNU (2, 4, 11) DGL Feta cheese baked with onions, tomatoes, and Gouda cheese	€ 14,10

HOT STARTERS

MANOURI WITH HONEY & WALNUTS (2, 4, 11, 15) DEGL € 13,20
Fried Manouri feta cheese, enhanced with sweet honey and crispy walnuts – a perfect balance of savory and sweet

FLORINIS (2, 8, 11) DGL € 13,80
Stuffed bell peppers with feta cheese, baked with tomato sauce

OCTOPUS crab claws surimi breaded with cocktail sauce (2, 11) BHL € 15,20

HOT PLATTER FOR 1 PERSON (2, 4, 11) BHIKL € 24,20
Zucchini, eggplant, dolmades, saganaki, peppers, crab meat, tzatziki, olives, peppers, and chtipiti

On request, also for 2 persons

SOUP

GIOUWERLOSOUPA – meatball soup – (2, 4) AMI € 6,20

FASOLADA – greek bean soup – (2, 4) EG € 6,30

KOTOSOUPA – chicken soup – (2, 4) EG € 6,30

TOMATOSOUPA – tomato soup – (2, 4, 11) EGL € 6,30

HOT STARTERS

SALAD

SIDE SALAD – with dressing – (2, 4, 11) € 4,30

COLESLAW (2, 4, 11) F € 4,50

FARMER’S SALAD (2, 8) DGLM € 9,10 € 12,30
Tomatoes, cucumbers, onions, feta cheese

MIXED SALAD – with dressing – (2, 4, 11) € 8,60 € 11,80

TUNA SALAD (2, 4, 11) BGLMN € 9,70 € 12,20
Leaf salads, tuna, onions

DELPHI-SALAD (2, 4, 8, 11) GLM € 9,90 € 12,90
Leaf salads, Florinis peppers, Manouri cheese, egg

DELPHI-SALAD – with chicken breast – (2, 4, 8, 11) DEFHILM € 17,90
Mixed leaf salads with grilled chicken breast, grated Manouri cheese, pita bread strips, and homemade dressing

ARIADNE-SALAD – with Gyros strips – (2, 4, 8, 11) DFHILM € 17,90
Mixed leaf salads, grated feta cheese, pita bread strips, and homemade dressing

SIDE DISHES

GREEN BEANS from the oven (2, 4, 11) EG € 6,90

BAKED POTATOES (Greek style) (2, 4, 11) EG € 6,90

FRENCH FRIES HD € 5,60

RICE with tomato sauce (2, 4, 11, 15,) GL € 3,60

BUTTERRICE (2, 4, 11, 15) GL € 3,90

GIGANTES – Giant beans in tomato sauce (2, 4, 11) LM € 6,90

BAKED POTATO IN FOIL with tzatziki (2, 4, 11) DG € 6,60

GARLIC BREAD (2, 4, 11, 15) HLM € 5,30

PITA-BREAD with oregano ILM € 4,20

PITA-BREAD with garlic ILM € 4,00

SALADS | SIDE DISHES

- 1. GYROMAKARONADA** DEGM € 18,90
Cyros with spaghetti in a fine garlic tomato sauce
- 2. SUZUKI** (2, 4, 11) DEHIK € 18,20
Ground meat, typically seasoned Greek-style, with tzatziki, rice, and salad
- 3. SUFLAKI** (2, 4, 11) DEHIK € 18,80
2 meat skewers with tzatziki, rice, and salad
- 4. GYROS** (2, 4, 11) DEHKL € 18,80
(Sliced meat from the vertical rotisserie) with onions, tzatziki, rice, and salad
- 4a. GYROS-PITA** (2, 4, 11) DEHKL € 18,80
Cyros on pita bread with tzatziki
- 5. BEEF LIVER** (2, 4, 11) DEHKL € 20,10
Beef liver, tzatziki, tomato rice, and roasted onions
- 6. PORK STEAK** (2, 4, 11) DEHKL € 21,90
With garlic tomato sauce, butter rice, and salad
- 7. PORK FILLET** (2, 4, 11) DEHKL € 23,70
In fine Metaxa sauce, butter rice, and salad
- 8. SUFLAKI-HORIIATIKO** (2, 4, 11) DEHKL € 22,30
Greek farmer's skewer, slightly fatty, crispy grilled, with tzatziki, rice, and salad
- 9. BIFTEKI** (2, 4, 11) DEHIK € 22,40
Ground meat stuffed with feta cheese, served with tzatziki, rice, and salad
- 10. PORK SCHNITZEL** (2, 4, 8, 11) DEHIK € 20,90
From the middle cut between the rack and neck, naturally grilled with butter rice, mushroom sauce, and salad

ALL DISHES AVAILABLE WITH YOUR CHOICE OF:

- FARMER'S SALAD** DL (Aufpreis) € 4,40
- BAKED POTATOES IN FOIL** DK (Aufpreis) € 3,90
- COLESLAW** F (Aufpreis) € 2,70
- BAKED POTATOES** Greek style DK (Aufpreis) € 3,10
- FRENCH FRIES** HD (Aufpreis) € 1,70
- GREEN BEANS** from the oven (2, 4, 11) EG (Aufpreis) € 1,80

GRILLED MAINS

GRILLED LAMB

- 11. LAMB CHOPS** – 5 Piece - (2, 4, 11) EFL € 31,90
Baked potato in foil with tzatziki and farmer's salad
- 12. PASTURE LAMB FILLET** (2, 4, 11) EFGL € 33,40
With baked potatoes, green beans, and farmer's salad
- 13. LAMB SIRLOIN STEAK** (2, 4, 11) DEH € 32,60
With green beans, melted herb butter, and farmer's salad
- 14. LAMB PLATTER** – For 1 person - (2, 4, 11) DEHL € 33,40
Pasture lamb fillet, lamb sirloin steak, lamb chops, baked potato with tzatziki, and farmer's salad
- 15. LAMMPLATTE** – für 2 Personen - (2, 4, 11) DEHL € 67,80
Pasture lamb fillet, lamb sirloin steak, lamb chops, baked potato with tzatziki, and farmer's salad

POULTRY | BEEF

- 16. CHICKEN BREAST FILLET** – Grilled - (2, 4, 11,15) ADHL € 22,80
With lime-oregano butter rice and salad
- 17. CHICKEN BREAST** – Gratinated or baked - (2, 4, 11,15) € 24,40
With garlic tomato sauce, baked potatoes
- 18. CHICKEN BREAST STRIPS** (2, 4, 11,15) EHIL € 24,70
Pan-fried with tomatoes, peppers, mushrooms, and seasoned with spices, served with rice

GRILLED DISHES

MIXED GRILL DISHES:

- 20. PLAKA-PLATE** (2, 4, 11) DEHIK € 20,60
Cyros, 1 souvlaki with tzatziki, rice, and salad
- 21. SPECIAL-PLATE** (2, 4, 11) DEHIK € 22,70
Pork steak, lamb chop, suzuki, souvlaki with tzatziki, rice, and salad
- 22. ALEX-PLATE** (2, 4, 11) DEHIK € 22,30
Cyros, 1 lamb chop, and 1 souvlaki with tzatziki, rice, and salad
- 23. RETSINA-PLATE** (2, 4, 11) DEHIK € 22,70
Cyros, Lammhüftsteak, 1 Schweinesteak mit Zaziki, Reis und Salat
- 24. VILLAGE-PLATE** (2, 4, 11) DEHIK € 21,30
Cyros, 1 souvlaki, 1 pork steak with tzatziki, rice, and salad
- 25. OLYMPOS-PLATE** (2, 4, 11) DEHIK € 21,30
Cyros, 1 suzuki, and 1 souvlaki with tzatziki, rice, and salad
- 26. TRIKALA-PLATE** (2, 4, 11) DEHIK € 21,80
Cyros, chicken breast fillet, pork fillet with tzatziki, rice, and salad
- 27. GROSSER-ALEXANDER-PLATE** (2, 4, 11) DEHIK € 22,50
In fine Metaxa sauce, butter rice, and salad
- PAN DISHES:**
- 28. TIGANAKI 1** (1, 2, 4, 11) DEGHM € 24,90
Pork fillet tips with mushrooms, peppers, onions, Metaxa sauce, served with rice
- 29. TIGANAKI 2** (2, 4, 11, 15) DEGHM € 27,40
Lamb fillet tips with mushrooms, peppers, onions, garlic tomato sauce, served with rice
- 30. TIGANAKI-HORIIATIKO** (2, 4, 11) EFH € 25,30
Crispy fried meat pieces in herb butter with zucchini and peppers, served with butter rice
- 31. LAMB DREAM WITH FETA CHEESE CREAM** (8, 11) DKH € 26,30
Tender pulled lamb from the shank, enhanced with spices, honey, and a creamy feta cheese sauce – served with crispy Greek roasted potatoes. A masterpiece of flavors!

PLATTERS FOR MULTIPLE PEOPLE

- 40. SAMOS-PLATTER** – For 2 persons – (2, 4, 11) DGHMKM € 65,90
Cyros, 2 suzuki, 2 lamb chops, 2 souvlaki, 2 liver with tzatziki, rice, and salad
- 42. HERA-PLATTER** – For 3 persons – (2, 4, 11) DGHMKM € 98,00
Cyros, 3 lamb sirloin steaks, 3 suzuki, 3 pork steaks with tzatziki, rice, and salad
- 44. DELPHI-PLATTER** – For 4 persons – (2, 4, 11) DGHMKM € 130,00
Cyros, 4 pork schnitzels, 4 suzuki, 4 lamb fillets, 4 chicken breast fillets with tzatziki, rice, and salad

Including one dessert each:

Yogurt with honey and walnuts

CASSEROLE DISHES

- 46. MOUSSAKA** (2, 4, 11, 15) AGHIL € 21,90
Greek casserole made of fried eggplant and potato slices, layered with ground meat, topped with béchamel sauce and cheese
- 48. VEGETABLE CASSEROLE** – Also for vegetarians – (2, 4, 11, 15) AGHL € 21,90
Various vegetables, mushrooms, and potatoes, baked with Metaxa sauce

FOR OUR LITTLE GUESTS:

51. KRITHARAKI (2, 4, 11) GHIL Greek rice noodles with ground meat sauce	€ 11,60
52. SPAGHETTI (2, 4, 11) GHIL With ground meat sauce	€ 11,60
53. SUFLAKI with fries and tzatziki (2, 4, 11) GKL	€ 13,30
54. SUZUKI with fries and tzatziki (2, 4, 11) GIKL	€ 13,30
55. GYROS with fries and tzatziki (2, 4, 11) GKL	€ 13,30
56. SCHNITZEL (2, 4, 11) GKLI With fries and sauce, also available breaded upon request	€ 13,30

LAMB FROM THE OVEN:

58. LAMB SHANK (2, 4, 11, 15) DEGL With spaghetti and cheese	€ 27,90
59. LAMB SHANK (2, 4, 11, 15) DEGL With kritharaki (Greek pasta) and cheese	€ 27,90
60. LAMB SHANK (2, 4, 11, 15) DEGL With green beans	€ 27,90
61. LAMB SHANK (2, 4, 11, 15) DEGL With large white beans	€ 27,90
62. LAMB SHANK (2, 4, 11, 15) DEGL With potatoes and green beans	€ 27,90

ALL DISHES AVAILABLE WITH YOUR CHOICE OF:

GREEK SALAD DL (Aufpreis)	€ 4,40
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FOR OUR LITTLE GUESTS

65. PORK FILLET (2, 4, 5, 11, 15) DEHLM Filet pieces with feta cheese, olives, peppers in tomato sauce, and topped with Gouda cheese, served with rice	€ 25,90
66. PORK LOIN (2, 4, 5, 11, 15) DEHLM Steaks stuffed with Manouri cheese, rolled in tomato sauce, and topped with Gouda cheese, served with rice	€ 26,90
67. LAMB LOIN STEAKS (2, 4, 5, 11, 15) DEHLM Lamb loin steaks in garlic tomato sauce, topped with Gouda cheese and baked, served with rice	€ 28,30
68. SUZUKAKIA (2, 4, 5, 11, 15) ADEHKM Minced meat steaks with onions, peppers, and feta cheese, baked in garlic tomato sauce, served with rice	€ 25,40
69. GYROS (2, 4, 5, 11, 15) ADEHKM Baked in garlic tomato sauce with mushrooms and Gouda cheese, served with rice	€ 21,80
70. PORK STEAKS (2, 4, 5, 11, 15) ADEHK Tender lean cuts of meat with mushrooms, baked in a flavorful garlic tomato sauce, served with rice	€ 24,20
71. SEA BASS FILLET (2, 4, 5, 11) BGMN baked in white wine and garlic, served with foil potatoes	€ 29,60
72. CRAB PLATTER (2, 4, 5, 11, 15) BEFGMN Scampi without shells, hake fillet, shrimp, mushrooms, baked in Metaxa sauce with Gouda cheese, served with rice	€ 30,30

SPECIALTIES

A. FISH PLATTER – breaded (8, 11) BFLMN Pollock, calamari, scampi with a side dish and salad	€ 33,40
B. CALAMARI – breaded (8, 11) BFLMN With side dish and salad	€ 23,90
C. POLLOCK FILLET – breaded (8, 11) BFLMN Crunchy fried with side dish and salad	€ 23,90
D. SHRIMPS – grilled (8, 11) BFLMN with side dish and salad	€ 34,20
E. SEA BASS FILLET – breaded (8, 11) BFLMN With side dish and salad	€ 29,40
F. THALASSA TIGANAKI – BFLMN Pan-fried dish with mussels, octopus, tentacles, shrimp, broccoli, and potatoes, sautéed in butter	€ 31,90
G. GARIDES IOANNA – BFLMN Fried shrimp in a fine mustard sauce with zucchini, bell pepper slices, and walnuts	€ 30,90

RECOMMENDED ACCOMPANIMENTS FOR FISH:

BAKED POTATOES (2, 4, 11)
GREEN BEANS (2, 4, 11, 15)
BUTTER RICE (2, 4, 11, 15)
BAKED POTATOES IN FOIL (2, 4, 11, 15)

FISH DISHES

HOT DRINKS

GREEK MOCCA (9) HK	€ 3,80
CUP OF COFFEE (9) HK	€ 3,90
GLASS OF TEA (9) HK	€ 3,90
CAPPUCCINO WITH MILK FOAM (8, 9)	€ 4,20
ESPRESSO (9) HK	€ 3,20
MILK COFFEE (8, 9, 11) DHK	€ 4,90
HOT CHOCOLATE (8, 11) DM	€ 5,40

SPIRITS

METAXA Old, at least 12 years old DG	2 cl	€ 6,90
METAXA 5 stars DG	2 cl	€ 4,70
METAXA 7 stars DG	2 cl	€ 5,30
OUZO G	2 cl	€ 2,90
JÄGERMEISTER (1) DG	2 cl	€ 3,30
RAMAZOTTI (1) DG	2 cl	€ 3,80
APOSTAGMA (Greek pomace)	2 cl	€ 5,30
WODKA LEMON (1, 9, 10) DG	4 cl	€ 7,20
WHISKEY SCOTCH DG	4 cl	€ 7,20
ASBACH URALT DG	2 cl	€ 5,10
GIN (with soda or lemon)	4 cl	€ 7,50

LIQUEURS

MENTA (1, 2, 11) DG	4 cl	€ 4,90
BANANA (1, 2, 11) DG	4 cl	€ 4,90
ROSE LIQUEUR (1, 2, 11)	4 cl	€ 4,90
AMARETTO (1, 2, 11)	4 cl	€ 5,20
BAILEYS (1, 2, 11) DG	4 cl	€ 5,90

DRINKS

NON-ALCOHOLIC DRINKS	0,21	0,41
PEPSI LIGHT (1, 3, 9, 12) M	€ 3,10	€ 4,90
PEPSI COLA (1, 3, 9)	€ 3,10	€ 4,90
MIRINDA (1, 3)	€ 3,10	€ 4,90
SEVEN UP (1, 3)	€ 3,10	€ 4,90
APPLE JUICE SPRITZER	€ 3,10	€ 4,90
COLA-ORANGE „SPEZI“ (1, 3, 9)	€ 3,10	€ 4,90
BOTTLE	0,251	0,751
MINERAL WATER	€ 3,90	€ 6,90
STILL MINERAL WATER	-	€ 4,90
JUICES & NECTARS		
APPEL (*) G	0,21	€ 3,20
ORANGE (*) G	0,21	€ 3,20
CHERRY NECTAR	0,21	€ 3,30
BITTER LEMON (1, 3, 10, 11)	0,21	€ 3,50
CURRANT NECTAR	0,21	€ 3,50
BEER		
PILS G1	0,31	€ 4,00
EXPORT G1	0,31	€ 4,00
EXPORT G1	0,51	€ 5,20
„HEFEWEIZEN“ ON TAP	0,31	€ 4,10
	0,51	€ 5,20
NON-ALCOHOLIC WHEAT BEER	0,51	€ 5,20
KRISTALWEIZEN G1	0,51	€ 5,20
DARK „HEFEWEIZEN“	0,51	€ 5,20
NON-ALCOHOLIC	0,331	€ 4,10
RADLER	0,31	€ 4,00
	0,51	€ 5,00

OPEN WINES

GREEK COUNTRY AND TABLE WINES

WHITE WINES

0,251

0,51

RETSINA (resinous) G

€ 6,20

€ 12,40

RETSINA KECHRIBARI (resinous) bottle

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€ 14,20

IMIGLIKOS (semi-sweet) G

€ 6,30

€ 12,60

MAKEDONIKOS (semi-dry)

€ 6,30

€ 12,60

ATHOS (dry) G

€ 6,30

€ 12,60

ASIRTIKO (dry)

€ 6,80

€ 13,60

wonderful notes of lemons and oranges

SAMOS ORIGINAL (liqueur wine) G

€ 7,90

€ 15,60

WINE SPRITZER

€ 4,80

RED WINE

0,251

0,51

IMIGLIKOS (semi-sweet) G

€ 6,30

€ 12,60

MAKEDONIKOS (semi-dry) G

€ 6,30

€ 12,60

CABERNET SAUVIGNON SYRAH G

€ 6,80

€ 13,60

ATHOS (dry and fruity)

€ 6,30

€ 12,60

MAVRODAFNE (liqueur wine) G

€ 7,90

€ 15,60

MERLOT G

€ 6,80

€ 13,60

WINE SPRITZER

€ 4,80

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ROSÉ WINES

0,251

0,51

AMYNTEON (quality wine, dry, fruity) G

€ 6,30

€ 12,60

IMIGLIKOS (semi-sweet) G

€ 6,30

€ 12,60

MAKEDONIKOS (semi-dry) G

€ 6,30

€ 12,60

DRINKS

WINE

BOTTLED WINES

BOTTLED WINES

GREEK COUNTRY, TABLE, AND QUALITY WINES

WHITE WINES

0,75l

IMIGLYKOS (semi-sweet) DG
spicy aroma, full flavor

€ 19,10

RED WINE

0,75l

IMIGLYKOS (semi-sweet) DG
spicy aroma, round full flavor

€ 19,10

ROSÉ WINES

0,75l

IMIGLYKOS (semi-sweet) DG
floral aroma, full flavor

€ 19,10

AMETHISTOS LAZARIDIS (dry) DG
Dynamic Cabernet Sauvignon with Merlot. Lively rosé color

€ 39,50

MAKEDONIKOS (semi-dry) DG
Wine with a beautiful color and lush, fruity flavor

€ 26,90

SPARKLING WINE

0,1l

0,25l

PROSECCO house brand DG

€ 4,60

-

HUGO DG

-

€ 7,30

APEROL SPRITZ DG

-

€ 7,30

BOTTLED WINES

ALLERGENS | ADDITIVES

A: EGGS and egg-derived products

Includes: Eggs from all poultry and bird species

Examples/Occurrences: Mayonnaise, pancakes, omelettes, cakes, pastries, bread, pasta, croutons, meatballs, meatloaf, burgers, products with dough coating or batter, potato convenience products, salads, pâtés, quiches, sauces, dressings, desserts

B: FISH and fish-derived products

Includes: All fish species, caviar

Examples/Occurrences: Crackers, sauces (e.g., Worcestershire sauce), stocks, spice pastes, soups, surimi, anchovy paste, spreads, salads, pâtés

C: CRUSTACEANS and crustacean-derived products

Includes: Crab, shrimp, prawns, lobsters, scampi

Examples/Occurrences: Salads, soups, sauces, paella, bouillabaisse, sashimi, surimi

D: MILK and milk-derived products

Includes: Milk from all mammals

Examples/Occurrences: Bread, cakes, pastries, broth sausages, cooking sausages, raw sausages, fried sausages, salads, margarine, nut nougat cream, muesli, chocolate, caramel, casseroles, gratins, mashed potatoes, croquettes, French fries, chips, soups, sauces, dressings, marinades, desserts, cocoa, wine, whey/fruit/instant drinks

E: CELERY and celery-derived products

Examples/Occurrences: Spiced bread, sausages, meat products, meat preparations, herb cheese, ready meals, salads, pickled vegetables, soup spices, broth, soups, stews, sauces, dressings, vinegar, marinades, spice blends, curry, salty snacks (chips)

F: SESAME SEEDS and sesame-derived products

Examples/Occurrences: Bread, crispbread, pastries (sweet and savory), muesli, vegetarian dishes, falafel, salads, hummus, salads, marinades, desserts

G: SULFUR DIOXIDE AND SULFITES in concentrations greater than 10 mg/kg or 10 mg/l as total SO₂

Includes: Sulfur-treated dried fruits, dried vegetables, mushrooms, tomato paste, potato products, wine, beer

Examples/Occurrences: Fruit preparations, muesli, bread, meat products and preparations, salads, soups, sauces, sauerkraut, fruit juice, chips and other dried potato products, salted dried fish

H: PEANUTS and peanut-derived products

Examples/Occurrences: Margarine, bread, rolls, cakes, pastries, chocolate spread, vegetarian spreads, muesli, breakfast cereals, chocolate, salads, marinades, satay sauce, French fries, ice cream, flavored coffee

I: GLUTEN-CONTAINING CEREALS and products derived from them

Includes: Wheat, rye, barley, oats, spelt, kamut, emmer, einkorn, green spelt

Examples/Occurrences: Bread, cakes, pasta, soups, sauces, breadcrumbs, breading, sausages, desserts, chocolate, ice cream, beer

J: LUPINE and products derived from lupine

Examples/Occurrences: Bread, baked goods, pizza, pasta, snacks, reduced-fat meat products, meat substitutes/vegetarian products, gluten-free products, desserts, dairy-free ice cream alternatives, coffee substitute, liquid seasoning

K: TREE NUTS and products derived from them

Includes: Almonds (*Amygdalus communis* L.), hazelnuts (*Corylus avellana*), walnuts (*Juglans regia*), cashews (*Anacardium occidentale*), pecans (*Carya illinoensis* (Wangenh.) K. Koch), Brazil nuts (*Bertholletia excelsa*), pistachios (*Pistacia vera*), macadamia nuts or Queensland nuts (*Macadamia ternifolia*)

Examples/Occurrences: Bread, cakes, pastries, cooked sausages (pistachios), raw sausages (walnuts), pâtés, salads (e.g. Waldorf salad), yogurt, cheese, nut/nougat cream, vegetarian spreads, muesli, chocolate, marzipan, cereal bars, cookies, dressings, curry, pesto, desserts, liqueur, flavored coffee

L: MUSTARD and products derived from mustard

Examples/Occurrences: Meat products, meat preparations, ready meals, salads, soups, sauces, dressings, mayonnaise, ketchup, pickled vegetables, spice blends, cheese

M: SOYBEANS and products derived from soybeans

Examples/Occurrences: Bread, cakes, pastries, salads, margarine, chocolate spread, vegetarian spreads, muesli, chocolate, cookies, chewing gum, sauces, dressings, marinades, mayonnaise, ice cream, sports nutrition, protein-enriched soft drinks, diet drinks, coffee creamer, ready meals of all kinds

N: MOLLUSKS and products derived from mollusks

Includes: Snails, abalone, octopus, squid, calamari, all shellfish, oysters

Examples/Occurrences: (Asian) spice pastes, paella, soups, sauces, marinades, salads

ADDITIVES

1: with coloring agents, **2:** with preservatives, **3:** with antioxidants, **4:** with flavor enhancers, **5:** with sulfur dioxide, **6:** blackening agents, **7:** with phosphate, **8:** milk protein, **9:** contains caffeine, **10:** contains quinine, **11:** with sweeteners (*100% juice), **12:** contains a source of phenylalanine, **13:** waxed, **14:** taurine, **15:** Edam cheese (30% fat)

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