

# Benvenuti al Ristorante MARE & MONTI

... quello che offrono il mare e le montagne dell'Abruzzo  
... was Meer & Berge der Abruzzen bieten  
... what sea and mountains offer

Ci teniamo molto ad acquistare prodotti di alta qualità da produttori qualificati della nostra regione ..... e usiamo esclusivamente olio extra vergine d'oliva 100% italiano. I nostri ingredienti: Una buona cucina tradizionale abruzzese con le ricette tramandate dalla nonna e l'amore per la cucina italiana.

Wir achten sehr darauf, woher wir unsere Produkte beziehen – nicht selten bei den besten Produzenten der Region ... und wir benutzen nur Oliven-Öl extra vergine 100% aus Italien!

Traditionelle Gerichte der Abruzzen, italienische Küche mit überlieferten Rezepten von „Mama“ sowie die Liebe zum Kochen, das sind unsere Zutaten!

We believe in keeping our food simple and go to great lengths to source fresh, seasonal ingredients for our menu. We make a point of supporting local producers and promoting food from the region. Our dishes are all freshly prepared, our menus nutritionally balanced and we also provide a good choice of healthy eating options.... we use only 100% Extra Virgin Italian olive oil. Traditional food from Abruzzo, Italian dishes based on recipes handed over from “Mama” and a passion for cooking ....these are our ingredients!

... il tutto accompagnato da vini provenienti dai più pregiati vigneti d'Italia, soprattutto abruzzesi.

... und dazu sorgfältig ausgesuchte Spitzenweine aus den Abruzzen und aus den bekanntesten Anbaugebieten Italiens.

... accompanied by selected excellent wines from Abruzzo wine cellars and selected regions of Italy.

## „Buon appetito!“

1 Glutine | 2 Uova | 3 Arachidi | 4 Semi Sesamo | 5 Soia | 6 Frutta con guscio | 7 Sedano | 8 Senape | 9 Anidride solforosa | 10 Lupini | 11 Molluschi | 12 Pesce | 13 Crostacei | 14 Latte

1 Gluten | 2 Ei | 3 Erdnuss | 4 Sesam | 5 Soja | 6 Nüsse | 7 Sellerie | 8 Senf | 9 Sulfite | 10 Lupinen | 11 Weichtiere | 12 Fisch | 13 Krebstiere | 14 Milch  
1 gluten | 2 eggs | 3 peanuts | 4 sesame seeds | 5 soya | 6 nuts | 7 celery | 8 mustard | 9 sulphates | 10 lupin | 11 molluscs | 12 fish | 13 crustaceans | 14 milk

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In mancanza di prodotti freschi si fa uso di prodotti surgelati.

# Antipasti di mare

Meeresvorspeisen / Seafood appetizers

Euro

## Tavolozza di mare per 2 persone <sup>1 | 2 | 8 | 11 | 12 | 13</sup> (Solo a cena, nur abends, just for dinner)

Freddi: Insalatina di seppie, polipo e patate, insalatina di baccalá, alici marinate  
cocktail di gamberi 25.90  
Caldi: Spiedino di pesce spada, gamberone e bacon, baccalá in umido,  
misto gratin

Gemischte kalte und warme Fischvorspeisen für 2 Personen

**Kalt:** Tintenfischsalat, Oktopus mit Kartoffeln, Stockfischsalat,  
marinierte Sardellen, Shrimpscockail

**Warm:** Schwertfischspiess, Garnele in Bacon, geschmorter Stockfisch,  
gemischtes Gratin

Delicious cold and warm mixed seafood starters for 2 persons

Cold: salad of squid, octopus with potatoes, salad of cod, marinade anchovy,  
shrimpscocktail

Warm: Spit of swordfish, prawn in bacon, stewed cod, mixed gratin

## Tartare di tonno <sup>12</sup>

con pepe e un' emulsione di arancia e olio extra vergine d'oliva 13.90  
Tatar vom Thunfisch mit Pfeffer und einer Orangen-Olivenöl-Emulsion  
Tartare of tuna with pepper and an orange-olive oil dressing

<sup>1</sup> Glutine | <sup>2</sup> Uova | <sup>3</sup> Arachidi | <sup>4</sup> Semi Sesamo | <sup>5</sup> Soia | <sup>6</sup> Frutta con guscio | <sup>7</sup> Sedano | <sup>8</sup> Senape | <sup>9</sup> Anidride solforosa | <sup>10</sup> Lupini | <sup>11</sup> Molluschi |  
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<sup>13</sup> crustaceans | <sup>14</sup> milk

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## Sauté di cozze & vongole <sup>1 | 9 | 11</sup>

con vino bianco Trebbiano d'Abruzzo

6.90

Kleine Portion frischer Venus- und Miesmuscheln,  
in einem Sud aus abruzzesischem Trebbiano-Weisswein

Small portion of fresh clams and mussels in an Abruzzo Trebbiano-white wine sauce

## Salmone con arance e pepe rosa <sup>12</sup>

7.90

Lachs mit Orangen und rosa Pfeffer

Salmon with orange and pink pepper

## Insalatina di mare <sup>7 | 9 | 11 | 13 | 13</sup>

Meeresfrüchtesalat

12.90

Mixed salad of seafood

## Bruschette miste di mare <sup>1 | 7 | 9 | 11 | 12 | 13</sup>

Gemischte Bruschette mit Fisch

5.50

Toasted slices of bread with toppings of fish

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crudo è stato sottoposto a trattamento di bonifica preventiva  
conforme alle prescrizioni del Regolamento CE 853 / 2004,  
allegato III, sezione VIII, capitolo 3, lettera D, punto 3**

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# Antipasti di terra

*Vorspeisen & Berge / Appetizers & Mountains*

## Selezione di salumi tipici del nostro territorio <sup>1</sup>

Auswahl an abruzzesischen Wurstspezialitäten

Choice of Abruzzo style cold cuts

6.90

## Selezione di formaggi tipici abruzzesi <sup>9 | 14</sup>

Auswahl an abruzzesischen Käsespezialitäten

Choice of Abruzzo style chesses

8.90

## Insalatina caprese (pomodoro e mozzarella) <sup>14</sup>

Der Klassiker! Tomaten & Mozzarella in einer unwiderstehlichen Kombination, abgerundet mit frischem Basilikum aus unserem eigenen Kräutergarten

Tomatoes and mozzarella, combined in a delicious way, with fresh basil from our very own herb garden inside the resort

6.90

## Battuta di manzo <sup>6</sup>

con nocciole e tartufo

Tartar vom Rind mit Haselnüssen und frischem Trüffel

Tartare of beef with hazelnuts and fresh truffle

16.90

## Bruschette miste di terra <sup>1 | 2 | 14</sup>

Gemischte Bruschette

Toasted slices of bread with toppings

3.90

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# Primi di mare

## Teigwaren & Meer / Pasta & Sea

### Chitarrina di “Campofilone“ ai frutti di mare <sup>1 | 2 | 9 | 11 | 13</sup>

Abruzzesiche Spaghetti mit Meeresfrüchte  
Abruzzo -style pasta with seafood

14.90

### Spaghetti “ Verrigni “ alle vongole <sup>1 | 9 | 11</sup>

Spaghetti mit Venusmuscheln  
Spaghetti with clams

7.90

### Risotto baccalá e broccoletti <sup>1 | 9 | 12</sup>

Risotto mit Stockfisch und Brokkoli  
Risotto with cod and broccoli

7.90

### Paccheri al tonno fresco con pomodorini, olive taggiasche e capperi <sup>1 | 9 | 12</sup>

Grosse runde Nudeln mit frischem Thunfisch, Cherry-Tomaten,  
Oliven Taggiasche und Kapern

Pasta with fresh tuna, cherry tomatoes, taggiasche olives and capers

13.90

### Gnocchetti di patate con scampi, zucchini e crema di zafferano <sup>1 | 13</sup>

Kleine Gnocchi mit Scampi, Zucchini und einer Creme aus Safran  
Small gnocchi with scampi, courgettes and saffron crème

14.50

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# Primi di Terra

## Teigwaren & Berge / Pasta & Mountains

### Chitarra con polpette “ il piatto tradizionale ” <sup>1 | 2 | 7 | 9</sup>

Frische, abruzzesische Spaghetti an einer Tomaten-Fleischsosse mit kleinen Klösschen aus Rind-Hackfleisch – das Traditionsgericht!  
Fresh Abruzzo-style pasta with small beef meatballs and tomato- meat sauce the traditional dish! 11.50

### Tagliatelle del “ Ré “ con salsiccia abruzzese, funghi porcini, pecorino e tartufo nero fresco regionale <sup>1 | 2 | 9 | 14</sup>

„Königliche“ frische Eier-Bandnudeln mit abruzzesischer Wurst, Steinpilzen, Pecorino-Käse und frischem regionalem schwarzem Trüffel  
Fresh long egg pasta with sausage Abruzzo style, mushrooms, Pecorino cheese and fresh local black truffle 17.90

### Ravioli con ripieno di ricotta e spinaci <sup>1 | 2 | 14</sup>

al burro ed erbette del nostro orto  
Ravioli gefüllt mit Ricotta und Spinat, an Butter und Kräuter aus unserem eigenen Kräutergarten  
Ravioli filled with ricotta and spinach, with butter and a taste of herbs from our very own herb garden. 7.90

### Gnocchi di patate allo zafferano di Navelli con salsiccia abruzzese e pecorino della Maiella <sup>1 | 2 | 9 | 14</sup>

Gnocchi an Safran aus Navelli, mit abruzzesischer Wurst und Pecorino-Käse aus den Bergen der Maiella  
Gnocchi with saffron from Navelli, sausage Abruzzo style and Pecorino cheese from the Maiella mountains 9.50

### Spaghetti trafilati al bronzo con pomodorini e basilico fresco <sup>1 | 2</sup>

mit Cherry Tomaten und frischem Basilikum aus unserem Kräutergarten  
with cherry tomatoes and fresh basil from our very own herb garden 6.50

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# Secondi di Mare

Fisch & Meeresfrüchte / fish & seafood

La specialità del nostro chef \* Chefs' best

**Brodetto di pesce “ Piatto tipico “** <sup>1 | 11 | 12 | 13</sup>

(Solo a cena, nur abends, just for dinner)

Zuppa tipica dei Trabocchi con pesce, frutti di mare, crostacei del Mare Adriatico, servito con pane tostato 25.00  
**Grosser Eintopf von frischem Fisch, Meeresfrüchten und Krustentieren aus der Adria, serviert mit geröstetem Brot – Essen wie auf einem Trabocco!**  
Large casserole of fresh fish, seafood and shellfish from the Adriatic sea, served with toasted bread – the typical dish of the Adriatic south coast!

**Grigliata di pesce per 2 persone** <sup>1 | 11 | 12 | 13</sup>

(Solo a cena, nur abends, just for dinner)

Pesce e crostacei alla griglia per 2 persone 39.90  
**Platte von gegrilltem Fisch und Krustentieren für 2 Personen**  
Mixed char – grilled fish and shellfish for 2 person

**Orata alla griglia** <sup>12</sup>

ca. 500g, dal Mare Adriatico 14.90  
**Ganze gegrillte Dorade (ca. 500 g) aus der Adria**  
Grilled bream (ca. 500 g) from the Adriatic sea

**Tagliata di tonno** <sup>11</sup>

Tonno fresco alla griglia, servito con olii e sali aromatizzati 16.50  
**Gegrilltes und tranchiertes Thunfisch-Steak, mit einer Auswahl erlesener Salze und aromatisierter Oliven-Öle “extra vergine”**  
Char - grilled premium tuna steak, cut in fine slices, with a choice of different salts and olive oils “extra vergine”

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## Filetto di salmone in crosta di pistacchi e arancia candita <sup>6 | 12</sup>

Lachs-Filet in Pistazien – und kandierter Orangenkruste  
Pistachios and candy orange – crumbed fillet of salmon

12.90

## Frittura mista di calamari e code di gamberi <sup>1 | 11 | 13</sup>

Frittierte Tintenfische und Garnelen  
Fried squid and prawn

10.50

## Contorni / Beilagen / side dishes

Insalata verde / Grüner Salat / green salad

3.50

Insalata mista / Gemischter Salat / mixed salad

3.90

Verdure grigliate/ gegrilltes Gemüse / grilled vegetables

3.90

Patate al forno / Kartoffeln aus dem Ofen / Oven-roasted potatoes <sup>9</sup>

3.50

Patate fritte / Pommes Frites / french fries <sup>1</sup>

3.50

Patate fritte Steak-House / Kartoffelspalten Steak-House / Steak-House french fries <sup>1</sup>

3.50

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# Secondi di Terra

## Fleisch / Meat

### Filetto di manzo alla griglia <sup>1 | 5 | 9 | 14</sup> (Solo a cena, nur abends, just for dinner)

ca. 200g, cottura a vostro gradimento, con salsa BBQ e burro alle erbette 19.50  
**Filet (ca. 200 g) vom Rind, nach Ihrem Wunsch gegrillt, mit hausgemachter Kräuterbutter und BBQ-Sauce**  
Char - grilled fillet steak (ca. 200 g), grilled to your taste, served with home - made herb butter and BBQ sauce

### Filetto di manzo al pepe verde <sup>8 | 9 | 14</sup> (Solo a cena, nur abends, just for dinner)

ca. 200g, cottura in padella a vostro gradimento, con salsa cremosa al pepe verde e brandy 20.90  
**Filet (ca. 200 g) vom Rind, nach Ihrem Wunsch in der Pfanne zubereitet, an einer sahnigen Sauce von feurigem grünem Pfeffer und Brandy**  
Filet steak (ca. 200 g), cooked to your taste, served with a creamy, spicy sauce of green pepper and brandy

### Grigliata mista di carne <sup>1 | 5 | 9 | 14</sup> (Solo a cena, nur abends, just for dinner)

La famosa grigliata mista con salsiccia abruzzese, agnello, vitello e maiale - con salsa BBQ e burro alle erbette 17.50  
**Gemischter Grillteller mit abruzzesischer Wurst, Lamm, Schweine- und Kalbfleisch - mit hausgemachter Kräuterbutter und BBQ-Sauce**  
Mixed grill with Abruzzo sausage, lamb, pork and veal - served with home - made herb butter and BBQ - sauce

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## Tagliata di manzo <sup>1 | 9 | 14</sup>

ca. 250 g di carne prima scelta, con rucola, pomodorini, Grana Padano e crema di aceto balsamico 18.00

Gegrilltes und tranchiertes Entrecôte vom Premium-Rind (ca. 250 g), mit Rucola, Cherry-Tomaten, Balsamico-Crème und Grana Padano

Char - grilled premium veal entrecote (ca. 250 g), cooked to your taste, finely sliced, with rucola, cherry tomatoes, balsamico crème and Grana Padano

più tartufo nero fresco regionale 19.50  
zusätzlich mit frischem regionalem schwarzem Trüffel  
add some fresh local black truffle

## Cotoletta alla Milanese <sup>1 | 2</sup>

Cotoletta di vitello abruzzese alla Milanese 12.80

Paniertes Kotelett vom abruzzesischen Kalb „Mailänder Art“

Chop of veal in Abruzzo “Milano style”

## Melanzane con scamorza al forno <sup>14</sup>

Auberginen überbacken mit Scamorza-Käse 7.50

Aubergine from the oven, au gratin with Scamorza cheese

## Contorni / Beilagen / side dishes

Insalata verde / Grüner Salat / green salad 3.50

Insalata mista / Gemischter Salat / mixed salad 3.90

Verdure grigliate/ gegrilltes Gemüse / grilled vegetables 3.90

Patate al forno / Kartoffeln aus dem Ofen / Oven-roasted potatoes <sup>9</sup> 3.50

Patate fritte / Pommes Frites / french fries <sup>1</sup> 3.50

Patate fritte Steak-House / Kartoffelspalten Steak-House / Steak-House french fries <sup>1</sup> 3.50

<sup>1</sup> Glutine | <sup>2</sup> Uova | <sup>3</sup> Arachidi | <sup>4</sup> Semi Sesamo | <sup>5</sup> Soia | <sup>6</sup> Frutta con guscio | <sup>7</sup> Sedano | <sup>8</sup> Senape | <sup>9</sup> Anidride solforosa | <sup>10</sup> Lupini | <sup>11</sup> Molluschi | <sup>12</sup> Pesce | <sup>13</sup> Crostacei | <sup>14</sup> Latte

<sup>1</sup> Gluten | <sup>2</sup> Ei | <sup>3</sup> Erdnuss | <sup>4</sup> Sesam | <sup>5</sup> Soja | <sup>6</sup> Nüsse | <sup>7</sup> Sellerie | <sup>8</sup> Senf | <sup>9</sup> Sulfite | <sup>10</sup> Lupinen | <sup>11</sup> Weichtiere | <sup>12</sup> Fisch | <sup>13</sup> Krebstiere | <sup>14</sup> Milch  
<sup>1</sup> gluten | <sup>2</sup> eggs | <sup>3</sup> peanuts | <sup>4</sup> sesame seeds | <sup>5</sup> soya | <sup>6</sup> nuts | <sup>7</sup> celery | <sup>8</sup> mustard | <sup>9</sup> sulphates | <sup>10</sup> lupin | <sup>11</sup> molluscs | <sup>12</sup> fish | <sup>13</sup> crustaceans | <sup>14</sup> milk

IVA incluso / Alle Preise inklusive Steuern / VAT included - Coperto / Gedeck / Cover charge Euro 1.50 p.P.

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# Piatti senza glutine per celiaci

Glutenfreie Speisen / gluten-free dishes

	Euro
<b>Spaghetti o pennette</b> con salsiccia abruzzese e funghi <sup>9</sup> mit abruzzesischer Wurst und Pilzen with Abruzzo sausage and mushrooms	8.50
<b>al ragù</b> <sup>7   9</sup> mit Tomaten-Fleisch-Sauce with tomato-meat-sauce	7.50
<b>Penne</b> al pomodoro in Tomatensauce with tomato sauce	6.50
<b>Orata alla griglia</b> <sup>12</sup> Ganze gegrillte Dorade (ca. 500g) aus der Adria Grilled bream (ca. 500 g) from the Adriatic Sea	14.90
<b>Cotoletta alla Milanese</b> <sup>2</sup> Cotoletta di vitello abruzzese alla Milanese Paniertes Kotelett vom abruzzesischen Kalb „Mailänder Art“ Chop of veal from Abruzzo “Milano style”	13.50

Tutti i piatti e pizze sono disponibili anche  
da asporto - vi preghiamo di chiedere  
al nostro personale.

Alle Speisen & Pizzen bereiten wir Ihnen gerne auch  
zum Mitnehmen zu - bitte wenden Sie sich an unser  
Service-Personal.

All dishes and pizzas are also available for take away  
- please contact restaurant service team.

<sup>1</sup> Glutine | <sup>2</sup> Uova | <sup>3</sup> Arachidi | <sup>4</sup> Semi Sesamo | <sup>5</sup> Soia | <sup>6</sup> Frutta con guscio | <sup>7</sup> Sedano | <sup>8</sup> Senape | <sup>9</sup> Anidride solforosa | <sup>10</sup> Lupini | <sup>11</sup> Molluschi |  
<sup>12</sup> Pesce | <sup>13</sup> Crostacei | <sup>14</sup> Latte

<sup>1</sup> Gluten | <sup>2</sup> Ei | <sup>3</sup> Erdnuss | <sup>4</sup> Sesam | <sup>5</sup> Soja | <sup>6</sup> Nüsse | <sup>7</sup> Sellerie | <sup>8</sup> Senf | <sup>9</sup> Sulfite | <sup>10</sup> Lupinen | <sup>11</sup> Weichtiere | <sup>12</sup> Fisch | <sup>13</sup> Krebstiere | <sup>14</sup> Milch  
<sup>1</sup> gluten | <sup>2</sup> eggs | <sup>3</sup> peanuts | <sup>4</sup> sesame seeds | <sup>5</sup> soya | <sup>6</sup> nuts | <sup>7</sup> celery | <sup>8</sup> mustard | <sup>9</sup> sulphates | <sup>10</sup> lupin | <sup>11</sup> molluscs | <sup>12</sup> fish |  
<sup>13</sup> crustaceans | <sup>14</sup> milk

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# Dolci & Gelato

Desserts und Eis / sweets and ice-cream

**Tiramisù** <sup>1 | 2 | 14</sup> 4.90  
Das bekannteste Dessert Italiens, hausgemacht, und „anders“ serviert.  
The most famous classic home - made Italian dessert

**Cremoso al cioccolato bianco,  
mango e terra di cacao** <sup>1 | 2 | 14</sup> 4.90  
Hausgemachte Crème von weisser Schokolade mit frischen Mangostücken  
und Schokokuchenbrösel  
Homemade cream of white chocolate with mango bits and crumbs of chocolate cake

**Panna cotta della casa** <sup>1 | 9 | 14</sup> 4.00  
Hausgemachte Panna cotta mit Sosse nach Wahl  
Home - made Panna cotta with a topping of your choice

**Tagliata di Frutta** 3.90  
Früchtekombination  
Fruits

**Sorbetto al limone** <sup>6 | 14</sup> 3.00  
Fruchtiges, eiskaltes Zitronen-Sorbet  
Fruity, frozen lemon-sorbet

**Dolce del giorno** <sup>1 | 2 | 6 | 14</sup> 3.90  
Tagesdessert  
Dessert of the day

1 Glutine | 2 Uova | 3 Arachidi | 4 Semi Sesamo | 5 Soja | 6 Frutta con guscio | 7 Sedano | 8 Senape | 9 Anidride solforosa | 10 Lupini | 11 Molluschi |  
12 Pesce | 13 Crostacei | 14 Latte  
1 Gluten | 2 Ei | 3 Erdnuss | 4 Sesam | 5 Soja | 6 Nüsse | 7 Sellerie | 8 Senf | 9 Sulfite | 10 Lupinen | 11 Weichtiere | 12 Fisch | 13 Krebstiere | 14 Milch  
1 gluten | 2 eggs | 3 peanuts | 4 sesame seeds | 5 soya | 6 nuts | 7 celery | 8 mustard | 9 sulphates | 10 lupin | 11 molluscs | 12 fish |  
13 crustaceans | 14 milk

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**Pizza Nutella** <sup>1 | 2 | 5 | 6 | 14</sup> – mit garantiert 2000 Kalorien! 7.50

**Pizza Nutella & frutta** <sup>1 | 2 | 5 | 6 | 14</sup>  
mit Nutella & Früchten 8.50  
with Nutella & fruit

**Grissini di pizza con Nutella & panna** <sup>1 | 2 | 5 | 6 | 14</sup> 8.50  
Pizza-Stangen mit Nutella & Sahne  
Pizza-Sticks with Nutella & cream

**Calzone di Nutella con panna** <sup>1 | 2 | 5 | 6 | 14</sup> 8.50  
mit Nutella und Sahne gefüllte Pizza  
Pizza filled with Nutella & cream

<sup>1</sup> Glutine | <sup>2</sup> Uova | <sup>3</sup> Arachidi | <sup>4</sup> Semi Sesamo | <sup>5</sup> Soia | <sup>6</sup> Frutta con guscio | <sup>7</sup> Sedano | <sup>8</sup> Senape | <sup>9</sup> Anidride solforosa | <sup>10</sup> Lupini | <sup>11</sup> Molluschi |  
<sup>12</sup> Pesce | <sup>13</sup> Crostacei | <sup>14</sup> Latte

<sup>1</sup> Gluten | <sup>2</sup> Ei | <sup>3</sup> Erdnuss | <sup>4</sup> Sesam | <sup>5</sup> Soja | <sup>6</sup> Nüsse | <sup>7</sup> Sellerie | <sup>8</sup> Senf | <sup>9</sup> Sulfite | <sup>10</sup> Lupinen | <sup>11</sup> Weichtiere | <sup>12</sup> Fisch | <sup>13</sup> Krebstiere | <sup>14</sup> Milch  
<sup>1</sup> gluten | <sup>2</sup> eggs | <sup>3</sup> peanuts | <sup>4</sup> sesame seeds | <sup>5</sup> soya | <sup>6</sup> nuts | <sup>7</sup> celery | <sup>8</sup> mustard | <sup>9</sup> sulphates | <sup>10</sup> lupin | <sup>11</sup> molluscs | <sup>12</sup> fish |  
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