



SPEISECAFÉ

Trachtenvogl

english menu

spring

Good climate

Trachtenvogl is the place where you can forget the world for a few hours - in the meantime we'll be acting for the sake of environment for you. As a company that serves hundreds of guests every day, we are committed to being as responsible as possible to our environment - and the products it serves us every day. And we are on the right path: for instance, in the future you will receive your coffee to-go exclusively in the chic Recup cup - we will not buy disposable cups anymore. The Recup system, which has now been joined by more than 2600 businesses, enables us and you to conserve valuable resources - because environmental awareness starts with the purchase. We choose 10 liter cartonboard packaging instead of Tetra-pack for our milk, our fruit and vegetables is delivered in open crates and we count on large piece goods in order to reduce garbage to a minimum amount. The brown napkins you find in your cutlery mug are recycled and produced CO² neutrally. We separate residual waste, organic, cardboard and glass. You too?

We are proud to have optimized our production chain quite ingeniously. „A good kitchen does not make any losses.“ that's how we say. Most of the products left over at the end of the day are processed further here. Unsold Pretzels wander into our coveted spinach-pretzel dumplings, croissants get into the bottoms of our homemade cakes. Our kitchen team takes care that no food goes into trash for no reason. Our world provides us with everything, so we need to protect its natural cycles. We at Trachtenvogl respect the rules of nature and buy as regional and seasonal as possible. Our fresh meat comes from certified organic butchers. Our coffee beans come to Germany via direct trading and our roaster Hardy Wild supports social projects in the growing countries. The beans come to us in re-usable sacks. We have coffee and music, and the stove burns until late at night. All this consumes a lot of energy. That's why we get our electricity ecologically from Stadtwerke München - and of course our company vehicle with e-drive also uses green electricity. We have digitized our bookkeeping and now save a lot of paper.. If you have any ideas on how we can be even more environmentally friendly in the future, please do not hesitate to contact us. Each one of us can get smarter. And act accordingly. Let's tackle it together.

Your Trachtenvogl team.



breakfast

Breakfast * every day from 9 a.m. till 2:30 p.m.

Small breakfast 	6,90
freshly baked french croissant with butter, homemade jam, hazelnut cream, comes with a bowl of yogurt with fresh fruit	...upgrade with Bircher musli instead of yogurt +2,80
White sausage breakfast	6,90
2 traditional bavarian white sausages ^{3) 8)} , with pretzel and sweet mustard	
Large breakfast	12,90
soft-boiled egg, Italian salami ¹⁾ , cooked and smoked juniper ham ^{1) 2) 3) 8)} , cream cheese, wild flower cheese, french camembert, butter, jam and a basket with mixed sorts of bread	
Healthy breakfast 	9,50
small yogurt and fresh fruit, honey, wild flower cheese, cream cheese, cucumber, tomato, whole grain bread and freshly squeezed orange juice 0, l	...upgrade with Bircher musli instead of yogurt +2,80
Mountain breakfast	15,60
South Tyrolean bacon ^{1) 3)} , Italian salami ¹⁾ , smoked pepper sausage ^{1) 2) 9)} , wild flower cheese, french camembert, cream cheese, butter, horseradish cream ²⁾ and a basket with mixed bread	
Vegan breakfast 	12,90
Homemade raspberry-banana-bowl mit musli and fresh fruit, whole grain bread with peas & mint cream, hummus, homemade jam and vegan butter	
Fancy breakfast	16,90
Green salad with norwegian smoked salmon on top, horseradish cream ²⁾ , lots of freshly cut fruit, soft-boiled egg, butter and a basket with mixed sorts of bread	

Breakfast add-ons

French croissant		2,--
Basket with mixed sorts of bread		2,90
Pretzel		1,80
Soft-boiled egg		1,60
Additional white sausage ^{3) 8)}		2,60
Additional serving of smoked salmon		8,50
Extra serving of grilled bacon ^{1) 2)}		3,90
Yogurt with freshly cut fruit		5,50
Fruit salad		5,90
Vegan Raspberry-banana-bowl with musli and freshly cut fruit		7,80
Original Birchermuesli with freshly cut fruit	small	6,80
	large	9,60
Scrambled eggs (made of 3 eggs, comes with 2 slices of baguette)		5,50
with cherry tomatoes		+0,50
with cheese and herbs		+0,50
with bacon ^{1) 2)}		+1,--
Extra serving of homemade peas & mint creme or hummus		4,--
Butter, honey, chocolate cream or homemade jam		0,50
Freshly pressed orange juice	0,25	3,90
	0,4	5,60

Our standards - for more awesome food, check the chalkboards
Every day from 12 noon / daily menu at weekend from 2:30 p.m.

Pasta Munich style

smoked juniper ham ^{1) 2) 3) 8)}, onion, egg, ketchup ^{1) 7)} & parmesan cheese

9,20

Spinach pretzel dumplings in brown butter 

with baked cherry tomatoes, parmesan & small side salad

9,80

Penne in mild gorgonzola sauce 

fresh pear, walnuts and herbs

9,90

Spring salad with green asparagus & marinated feta ^{*NEW*} 

lettuce, rocket, roasted seeds, radish, parmesan shavings, mango dressing

11,80

Baked sweet potato 

with homemade peas & mint cream ^{*NEW*}, sour cream dip, fresh salad & roasted grains

10,20

Spaghetti Bolognese

Fruity and spicy with mixed minced meat from Bavarian farms & parmesan cheese

11,80

Even more yummy food

Grilled sandwiches

Tomato & mozzarella ✓ with fresh tomato, mozzarella, homemade red pesto ¹⁾ und sweet balsamico sauce ^{4) 9)}	5,50
Goat cheese & ginger ✓ with creamy goat cheese, arugula, homemade ginger jam and black pepper	5,90
Ham & mozzarella with Juniper ham ^{1) 2) 3) 8)} , mozzarella, fresh arugula and homemade honey-mustard sauce	5,90
Hummus/dried tomato ✓ Chickpeas / sesame paste, sun-dried pickled tomatoes, rocket	5,90

Often combined with..

Vegetable quiche with or without salad	7,40/4,40
Soup of the day check the chalkboard or ask the waiter	5,80
Small garden salad crispy luttuce with fresh seasonal vegetables	4,50
Small side salad health up your meal!	3,20
And thereafter: a piece of homemade, freshly baked cake	from 3,40



beverages

Coffee and other hot beverages

Espresso	2,--
Espresso doppio	3,--
Espresso macchiato	2,40
Espresso doppio macchiato	3,40
Latte macchiato	3,50
Cappuccino	3,--
Cappuccino grande	3,60
Caffè latte	3,40
Caffè latte grande	4,--
Cup of coffee	2,90
Mug of coffee	3,60
Ovomaltine - swiss hot malt chocolate	3,60
Hot milk with honey	2,80
with oat milk, lactose-free, decaf	+ 0,40
with Baileys, Rum, Amaretto	+ 2,--
Hot Inge with ginger syrup	3,60
Hot lemon with honey	3,40
Hot apple juice with cinnamon	3,40
Hot pear juice with cinnamon	3,40
Hot apple/pear juice with schnapps	5,40

Tea

Darjeeling	
Earl Grey	
Orange black	
Jasmin green	
Sencha green	
Rooibos Vanilla	
Filthy weather tea herbal	
Good mood fruit	
Women's tea spicy	
Lemon chai spicy	
Sweet chai ⁹⁾ spicy, with milk	
Ginger fresh	
Peppermint fresh	each 3,40
Hot Lotte	
white wine, gin, pomegranate, mint extract, Organic quality from Ammersee	4,80

Hot & cold* chocolate

dark

- No. 36 bitter sweet
- No. 35 milk chocolate
- No. 33 milk chocolate sugarfree ⁷⁾
- No. 33 chocolate candy
- No. 14 coffee
- No. 21 hazelnut
- No. 11 coconut
- No. 06 pistachio
- No. 13 orange cinnamon
- No. 38 salted caramel
- No. 04 chili
- No. 27 strawberry
- No. 39 lemon ginger

bright

- No. 37 white chocolate
- No. 38 white chocolate sugarfree ⁷⁾
- No. 10 white hazelnut
- No. 29 white blueberry ⁹⁾

each **4,20**

- with cream +0,50
- with oat milk or lactose-free milk +0,40
- with Baileys, rum, Amaretto +2,--

Refreshing

Table water still/sparkling	0,3	2,--
	0,5	3,20
	1,0	5,80
Eizbach Coke ^{5) 9)}	0,33	3,50
Eizbach Coke sugar-free ^{5) 9)}	0,33	3,50
Eizbach rose-blossom lemonade	0,33	3,50
Eizbach herbal lemonade	0,33	3,50
Paulaner Spezi ^{5) 9)}	0,5	3,60
Aqua Monaco Bitter Lemon ^{6) 9)}	0,2	3,50
Aqua Monaco Tonic Water ⁶⁾	0,2	3,50
Aqua Monaco Ginger Ale ⁹⁾	0,2	3,50
Club Mate lemonade ^{5) 9)}	0,33	3,50
House lemonade	0,5	4,--
(mint + lime + elderflower)		
Homemade ice tea	0,4	4,--
(Earl Grey & passion fruit)		

Juice

Freshly pressed orange juice	0,25	3,90
	0,4	5,60
Apple juice, organic	0,25	3,20
Pear juice	0,25	3,20
Orange juice	0,25	3,20
Mango juice	0,25	3,20
Passion fruit nectar	0,25	3,20
Black currant nectar	0,25	3,20
Rhubarb nectar	0,25	3,20
Elderflower	0,25	3,20
Ginger	0,25	3,20
Spritzer	0,4	3,90
Small spritzer	0,25	3,20

Milkshakes

Made from frozen fruit and ice cold milk

Vanilla ^{2) 9)}	0,5	5,80
Banana ^{2) 9)}	0,5	5,80
Raspberry ^{2) 9)}	0,5	5,80
Strawberry & lime ^{2) 9)}	0,5	5,80
Mango & passion fruit ^{2) 9)}	0,5	5,80
Iced coffee frappee ^{2) 9)}	0,5	5,80
Iced Chai latte ^{2) 9)}	0,5	5,80
Mango smoothie	0,5	5,80
no milk - just fruit and juice		

Beer

Tegernseer Hell	0,5	3,60
Tegernseer Spezial	0,5	3,80
Tegernseer Dark	0,5	3,80
Tegernseer Pils	0,33	3,50
Unertl Weißbier	0,5	3,90
Unertl Weißbier light (2,5%)	0,5	3,90
Unertl Weißbier alc.free	0,5	3,90
Neumarkter Lammsbräu alc.free	0,33	3,40
Shandy	0,5	3,60
Shandy with Weißbier	0,5	3,90

Licor

	2cl	4cl
Jägermeister	2,50	4,10
Ramazotti	2,50	4,10
Averna	2,50	4,10
Baileys	2,50	4,10

Longdrinks

Wodka Lemon ^{6) 9)}	6,90
Gin Tonic Brick ⁶⁾	6,90
Campari Orange ⁹⁾	6,90
Vermouth Tonic ⁶⁾	6,90
Jacky Coke ^{5) 9)}	6,90
Cuba Libre ^{5) 9)}	6,90
Moscow Mule ⁹⁾	6,90
Munich Mule ⁹⁾	6,90
upgrade Gin drinks with Duke Gin	+1,50

Schnapps

	2cl	4cl
Wodka Partisan	2,50	4,10
Grappa	2,50	4,10
Obstler	2,50	4,10
Sambuca Molinari	2,50	4,10
Pastis/Pernod	2,50	4,10
Martini		4,10
Jack Daniels	2,50	4,10
Laphroaig Whiskey		6,60

Mixery

White wine spritzer	0,4	5,20
Small spritzer	0,2	3,90
Spritz with white wine ⁹⁾	0,2	4,90
Spritz with Prosecco ⁹⁾	0,2	5,90
Ginger-Spritz with Prosecco	0,2	6,90
Hugo	0,2	6,90
Mango-Hugo	0,2	6,90
Vermouth Tonic ⁶⁾	0,2	6,90
Belsazar Vermouth rosé, tonic water, raspberries		
Lillet Rosé	0,2	6,90
Lillet Rosé, rose-blossom lemonade, mint, berries		
Lillet Cullee	0,2	6,90
Lillet Blanc, lemonade, cucumber, Peychauds		
Lillet Ginger	0,2	6,90
Lillet Blanc, Ginger Ale, ginger, lime, mint		

White wine

Bianco di Custoza DOC
Aromatic, white peach, lemon peel
(Lenotti / Venetia)

0,2 4,60

White Burgundy
Classic dry, vivid, very fruity
(Vineyard Bretz / Rhine-Hesse)

0,2 4,90

Riesling QbA
fresh muscat-grapes, light spumage
(Vineyard Reichsrat von Buhl)

0,2 5,90

Red wine

Primitivo del Salento IGT
strong berries, currant, light
tobacco note (Cantina Sandonaci / Apulien)

0,2 4,60

Rioja Tempranillo DOC
Complex flavour, hint of vanilla
(Vina Herminia / Rioja)

0,2 4,90

Zweigelt Doppelstock
Red berries, cherries, mellow &
elegant (Weingut Kirnbauer/Burgenland)

0,2 5,90

Sparkling wine

Prosecco Frizzante
Prosecco on ice
Prosecco bottle

0,1 3,20
0,2 5,80
0,75 17,80

Rosé

Cape Bridge Pinotage
Full, fruity aroma from
strawberries and a fine hint of raspberries

0,2 5,90

Bottled white wine 0,75l

2018 Sauvignon Blanc IGP 18,00

fresh and lively, gooseberry,
black currant, mineral
(Domaine de la Baume / France-Languedoc)

2018 Wiedehopf Green Veltliner 19,00

citrus fruits, pear & gooseberry
(vineyard Bogner / Wagram / Austria)

2018 Lugana Cascina Ardea DOC 21,00

tender, pleasant aroma,
harmoniously, fresh, soft and long lasting taste
(Tognazzi Benedetto / Pescheria del Garda / Italy)

2018 Chardonnay 234 DO 22,00

Proud wine with flavours from pears and apricots
(Enate/Somontano/Spain)

Bottled red wine 0,75l

2015 Blaufränkisch vom Lehm 24,00

blackberries, red berries, spicy-aromatic
nuances & harmoniously in the departure
(Deutschkreutz/Burgenland)

2012 Rioja Baron de Ley Reserva 25,00

soft fruit flavors of blackberries,
black currant, blueberry, vanilla
(Bodegas Baron de Ley / Spain)

2016 Malbec Cabernet Puro 24,00

aromas of red currant, violets, hint of
coffee, lots of fruit, matured tannins
(Mendoza / Argentina)

2012 Ronchedone IGT 48,00

notes of red fruits, black cherries,
blackberry and vanilla. Ripe & concentrated
(Agricola Ca dei Frati / Italy) *unrivalled*

vintage changes possible, wines may contain sulfites

Additives

- 1) conserved
 - 2) with anti-oxidant
 - 3) with flavour enhancer
 - 4) sulfured
 - 5) with caffeine
 - 6) contains quinine
 - 7) with sweeteners
 - 8) with phosphate
 - 9) with dye
- ✓ vegetarian

Wines may contain natural and added sulphites.

Allergens

According to EU regulations the information for our allergy sufferers is available in a separate folder. Please ask your waiter.