... hospitality is our strength
Dear guests,

In 1943 Winston Churchill said, “Take care of your body. It’s the only place you have to live.” Although Churchill’s sentence is now over 60 years old, even today a lot of people still subscribe to it.

The meaning of the term, “take care” has changed considerably over the course of time which is why we at Bayer Gastronomie have now decided to add yet another element to the extremely varied food range you are already familiar with at our staff restaurants – to help you achieve a healthy and balanced diet.
We have developed our “Kantina vital” concept with this in mind. Good cuisine should not only be well-balanced but also appetising and tasty.

Based on our Kantina vital philosophy, we have continued to develop our range of food for you in line with our basic principle: “nutrition-conscious and well-balanced”.

On the following pages we would like to explain our new concept. Have fun whilst reading and savouring.

Sascha Witt
Managing Director Bayer Gastronomie GmbH

PS: Our staff restaurants are not only meeting points and communication rooms – they also provide you with room for enjoyment and relaxation.
**Philosophy**

Kantina vital offers you the opportunity of a consciously and well-balanced diet, helping you to maintain your “vitality” in today’s fast-moving working environment.

Alongside our very varied and attractive offers we also present different dishes on a daily basis. These dishes are created based on the DGE’s recommendations (German Nutrition Society) for a well-balanced diet at catering establishments.

High-quality ingredients and gentle preparation of the dishes keep your mind and body in great shape. Our diverse range relies heavily on freshness, quality and sustainability, using recipe variations from a modern, light cuisine.
Attractive design and new tastes are aimed at tantalising your senses and rousing your curiosity.

Kantina vital encompasses our entire staff restaurant food range. We use specially-designed colour symbols (guide) to help you quickly find your way around the energy content of the individual food components or dishes.

Using this guide will lead you very quickly to our “Kantina vital dishes” – or you can put together your own “health-conscious menu” using the colour symbols provided.

Kantina vital stands for a healthy and well-balanced diet at work. Achieving the desired level of performance at work and a feeling of well-being are very strongly linked to your eating habits.
REVITALISATION INSTEAD OF BEING WEIGHED DOWN

A conscious and balanced diet is important for our health, our well-being and how we perform. But what actually is a balanced diet?

How to more consciously is not really all that difficult. The important thing is to vary your diet as much as possible – not forgetting to keep an eye on how much energy you actually need.

Everyone has different energy needs. Men require more than women, younger people more than the elderly and people who are physically active more than those who do not move about as much. The average energy requirement for a healthy young man amounts to approx. 2000 kcal per day. Protein, fat and carbohydrates are nutritional elements which supply the body with energy. These all have their own individual tasks in the human body. Protein, for example, serves as a building block.
Kantina vital encompasses our entire food range. We offer different dishes every day - a major element of the Kantina vital range. Every week we present two dishes with high-quality, low-fat meat components, two artfully prepared vegetarian dishes and a fish course. All the dishes contain a large proportion of vegetables and/or salad ingredients.

When choosing our dishes we do not primarily focus on reducing the calories – instead we concentrate on the variety and enjoyment value of our food range. Our recipes are based on foodstuffs where the ingredients are preserved by careful processing and which can be excellently combined to present attractive dishes not exceeding 770 kcal.

Another important ingredient of our Kantina vital range is our colour identification scheme. In future, specially developed symbols will be used to label all the components in our food range, functioning as a guide on which to base your decision – green for “low energy”, yellow for “medium energy” and red for “high energy”.

This allows you to identify which energy densities the individual components you have chosen possess. Basically: Nothing is banned but we would like to make the possibility of putting an ideal, balanced lunch together much easier for you. Whatever you select depends, of course, on your own individual preferences.

According to the DGE standards for catering establishments, a nutrient ratio of 20% protein – 30% fat – 50% carbohydrates is ideal. We put this into practice when developing our dishes.

In today’s society energy intake and energy consumption are often off-balance. This is caused, among other things, by the lack of physical activity and a readily available food supply.

In addition, you can find out about the respective nutritional values at the new “Kantina vital food service counter”. Here we provide you with details on the calorie, protein, fat and carbohydrate content of each dish.
The Food Circle

The circular diagram divides the wide range of food on offer into seven groups. Each food group supplies certain nutrients in varying amounts. The larger the field the more should be consumed from this group. Food shown in the smaller segments should be consumed sparingly.

The Food Pyramid — what’s the secret behind it?

The German Nutrition Society (DGE) has been working with experts from the scientific field to develop a three-dimensional diagram — incorporating all the latest findings — to illustrate which foods we should consume more of and which we should consume less of if we want to achieve a nutrition-conscious and balanced diet.
“high energy” – not so often!

“balanced” – every now and again!

“low energy” – as often as possible!
**DISCOVER KANTINA VITAL!**

It always tastes better in company! Motivate your colleagues and win others over to our product range. Talk to your colleagues or the person sitting opposite you about "Kantina vital" whilst you are enjoying your meal in the company restaurant and let us have your feedback. Please feel free to contact our operations management onsite. We welcome any questions, suggestions or requests you may have – anytime.

**KANTINA VITAL – HAPPY TO ASSIST YOU!**

We hope we have aroused your interest in Kantina vital. Of course, a brochure can only provide a general overview.

Should you have any special questions regarding Kantina vital then simply write to us. Our Kantina vital team will be glad to assist you!
CONTACT DETAILS:
eMail: kantina-vital@bayer-gastronomie.de
WHAT IS IN WHAT?

People who suffer from allergies have to adapt their daily lives accordingly. This is all the easier the more respective information is available.

We provide a quick guide by listing the additives and allergens contained in our menus which are located in the entrance areas of all our staff restaurants.

Additives and allergens are numbered as follows:

ADDITIVES:

1. contains artificial colouring
2. contains preservatives
3. contains antioxidants
4. contains phosphate
5. contains flavour enhancers
6. sulphurated
7. contains wax
8. blackened
9. contains caffeine
10. contains quinine
11. contains a source phenylalanine
Allergens:

13 contains soy/soy derivatives
14 contains gluten-containing cereals
15 contains shellfish products
16 contains egg/egg products
17 contains fish/fish products
18 contains peanuts/peanut products
19 contains lactose/milk/dairy products
20 contains shell fruit/nuts
21 contains celery/celery products
22 contains mustard/mustard products
23 contains sesame/sesame products
24 contains sulphur dioxide/sulphites
25 contains lupine/lupine derivatives
26 contains molluscs/mollusc products