



INSEL $\frac{\text{VOM}}{\text{TIME TO mEAT}}$ STEIN

WELCOME

We welcome you to the "Insel". Surrounded by our extraordinary atmosphere, a dedicated kitchen team constantly prepares fresh delicacies for you.

Along with our salads, classics and grilled specialties, we offer drink from aperitifs to delicious wines. Our friendly staff will be glad to advise you about our recommendations.

We strive to delight and spoil your palate.

Simply put, you should enjoy your stay with us and enjoy yourself all around... and happily come back again. We are particularly looking forward to this.

**The "Insel" team wishes you
a pleasant and enjoyable stay and BON APPÉTIT!**

Did you know...

...that we can also do catering?

Whether at your place or at our restaurant. Whether it's a birthday, a wedding or a company party - for families and friends, clubs, or small and large companies.

We will make sure that your celebration will be an unforgettable and delightful event.

Just ask us.

Ask our friendly staff if you would like information on ingredients and allergens.

MENU OF THE MONTH

APERITIF

Start your menu with our "Insel" Hugo.
Fruity cocktail with elderberries and grenadines.
Tastes good with and without alcohol.

APPETIZER

Bread fresh from the oven with various
cream cheese variations.

STARTERS

Appetizer platter with fine house style beef tartare,
fresh antipasti, tasty bruschetta and a small salad bouquet.

MAIN COURSE

Maredo beef fillet on homemade mashed potatoes
and a fine red wine sauce.

DESSERT

Dessert Duet for 2

Let our creative kitchen team surprise you!

3-Course Menu for 2 Persons

only 94.00

STARTERS

Colorful Starter Salad

Seasonal salads with sun-ripened tomatoes, crisp cucumbers, carrots and peppers straight from the farmer's market, with a dressing of your choice.

4.90

Beef Medallions Burnt Ends

Grilled and oven braised beef chunks tossed in bacon BBQ and served on fresh arugula.

12.40

Recommendation

Beef Tartar House Style for Gourmets

Elaborately finely chopped and seasoned beef. Formed into a burger with fresh onions, choice capers, cornichons and finished with fresh quail egg.

14.20

Shrimp Cocktail Garnished with Black Tiger Shrimp

Shrimp salad in homemade cocktail sauce. Served in a trendy cocktail glass. Garnished with lemon and fresh herbs.

14.30

The Best of the Best

Tasting bites of Ozaki beef fillet (approx. 30g) Roasted pink and finely carved.

37.20

SOUPS

Mediterranean Tomato Cream Soup

Fresh sun-ripened tomatoes
with a milk foam cap.

5.40

Recommendation

Spicy Coconut Shrimp Soup Thai Style

Spicy coconut milk soup flavored with Thai basil and curry.
Accompanied by a shrimp skewer – grilled on an open fire.
Garnished with a fluffy milk foam cap.

7.80

Hokkaido Pumpkin Cream Soup

With selected pumpkin seeds and pumpkin seed oil.

7.20

- only available during pumpkin season -



SALADS

"Insel" Salad

Seasonal salads with sun-ripened tomatoes, crisp cucumbers, carrots and peppers straight from the farmer's market, with a dressing of your choice.

...large serving

Fresh Salad Plate.

7.90

...with marinated meadow mushrooms

Marinated with fresh herbs, a little pepper and salt.

9.80

...with tender turkey strips

Briefly sautéed, juicy turkey breast strips.

12.80

...with dill and pickled salmon

Norwegian salmon, gently pickled over several days.

13.80

...with carved Premium Argentine beef fillet tips

21.10

DRESSING DIVERSITY

Homemade balsamic dressing

Honey mustard dressing house style

Nordic dressing yogurt style

FROM NEPTUNE'S REALM

Juicy Northwest Pacific salmon back steak

With aroma grill strips.
- with skin and marrow bones -

200g • 19.40

Crocodile Fillet

Cooked in lightly simmering coconut milk.
For those who want something out of the ordinary.

200g • 30.40

Surf'n'Turf Pan

Juicy beef rump steak (200g) with glazed shrimps,
spicy shrimps and crispy fresh pan-fried
vegetables rounded off with a red wine jus.

27.40

...also as a deluxe version with

Argentinian premium fillet

+12.50



MEAT SPECIALTIES

Each meat specialty is served with herb butter from our own production.

Upon request, we will also be happy to prepare larger steaks for you.

Our steaks are always cooked medium (with a pink center).
If you wish a different cooking level, please let us know.

Argentinian T-Bone Steak

The best part of the back and fillet in one piece.

500g • 39.90

Rib Eye - The Steak of Connoisseurs

Fine marbling, streaked with the typical fat eye.

This makes it particularly juicy.

300g • 32.40 | 400g • 39.40 | 500g • 44.40

Recommendation

Argentinian Premium Rump Steak

Particularly tender and finely marbled rump steak with a distinctive flavor.

A treat for every steak lover.

250g • 26.40 | 300g • 29.40 | 400g • 34.40 | 500g • 39.90

Tender Turkey Breast

For those who like it a bit lighter.

250g • 19.40 | 350g • 22.90

MEAT SPECIALTIES

"Insel vom Stein" Barbecue Plate

Enjoy a compilation of our turkey and beef steak classics.
Our grill plate has about 400g of meat and
is served with our crispy potato wedges.

39.40

Argentinian Premium Fillet – The Most Tender Piece of Beef

Almost free of fat and with fine fibers.
Impresses with its particularly juicy and buttery texture.

180g • 29.90 | 250g • 38.40 | 350g • 49.90

Veal Rump Steak for Gourmets

Rump steak from young cattle – very popular among gourmets.
Much more tender than a regular rump steak. Bright,
particularly low-fat and incomparably juicy meat –
an absolute delight.

250g • 25.40

Classic Swabian

Schwabenpfaennle

Our premium Argentinian rump steak served
with homemade cheese spaetzle, spicy sautéed corn
dumpling and a fine mushroom cream sauce.

27.40

GOURMET MEAT

Beef Fillet from Japanese Ozaki Beef

The king of steaks.

180g • 209.00 | 250g • 289.00

Did you know...

...Mr. Muneharu Ozaki has been breeding Wagyu for over 30 years, 16 years of which have been Myazaki Beef and 14 years of which have been Ozaki Beef, the breeding of which he has perfected to this day!

Mr. Muneharu Ozaki's Wagyu are the only Japanese cattle allowed to bear their breeder's name as a trademark. They are fed a special diet and graze for up to 8 months longer than their counterparts (Kobe) in Japan.

The background is as follows: The longer a Wagyu lives, the more the fat veins in the meat branch out.

The result:

Fabulously tender meat with an indescribable taste.

The intramuscular fat of the original Japanese Ozaki Beef melts at just 25°C. This gives the meat an almost creamy consistency.

The fifth flavor (umami) is released and leads to a unique taste experience.

The Best of the Best

Tasting bites of Ozaki beef fillet (approx. 30g)

Roasted pink and finely carved.

37.20

GOURMET MEAT

Tomahawk Steak

This extra thick cut loin consists of fillet, entrecôte and roast beef and can't be beat for juiciness. Light veins of fat run through the meat. The extra-long rib bone enhances the strong meat flavor and provides a particularly intense meat aroma.

1000g (incl. bone) 84.00

Our recommendation as a perfect accompaniment to meat:

2015 Edizione Cinque Autoctoni

Awarded as the best wine of Italy, this red wine composed of five grape varieties reveals a rich aromatic interplay of fruit and wood spice on the palate.

0,1 L • 13.20 | 0,2 L • 25.90 | 0,75 L • 89.00

COOKING STAGES

Rare	seared on the outside, raw on the inside
Medium Rare	raw core and pink on the outside
Medium	pink center
Medium Well	light pink core
Well done	completely cooked
	+1 EUR compensation for the cook.

FOR VEGETARIANS

Veggie Burger Deluxe

Tasty pea patty, fluffy burger bun, fresh onions, arugula, lettuce on homemade guacamole and our Nordic dressing. We serve this "veggie dream" with crispy potato wedges.

16.40

Veggie Pan

Vegetarian vegetable cutlet, crisp pan-fried vegetables and a creamy mushroom sauce.

19.40

FOR OUR LITTLE GUESTS

Robber Plate

Empty plate to rob the parents' plates.

Free of charge

Spaetzle with sauce for future big Swabians

6.40

Gold Bar with Chicken Nuggets

Small serving • 5.40 | Large serving • 8.40

SIDE DISHES

French Fries	4.40
Sweet Potato Fries	5.40
Potato Wedges	4.90
Baked Potato with Sour Cream	4.40
Fried Potatoes with Bacon and Onions	4.90
Herb Spaetzle	5.40
Creamy Cheese Spaetzle	6.40
Chili Cheese Fries from Potato Wedges	6.40
Green Beans with Bacon	4.90
Pan-fried Vegetables	4.90

DIPS AND SAUCES

1.40

Chili (Pepper-Tomato Salsa)
Fresh Champignon Sauce
Bourbon Pepper Sauce
Red Wine Sauce
Herb Butter
Ketchup
Mayonnaise
Sour Cream



DESSERT

Crème Brûlée

with fresh raspberry compote.

6.40

Recommendation

**Our popular chocolate cake following grandma
Hilde's secret recipe with a liquid center**

Extra chocolaty! Served with melting vanilla ice cream
and garnished with warm cherry ragout.

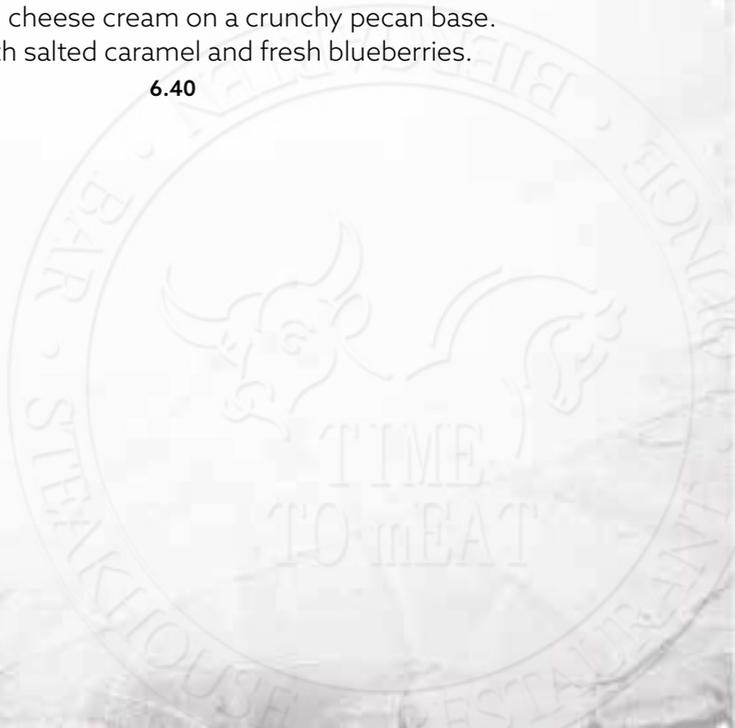
7.90

Homemade Cheesecake

Fluffy cream cheese cream on a crunchy pecan base.

Served with salted caramel and fresh blueberries.

6.40





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