Sunday, 15.11.2026

Monday until Thursday
08:00 a.m. - 05:00 p.m.
Food distribution
11:00 a.m. - 03:00 p.m.

STUDIERENDENWERK HAMBURG

Additives and allergens

1 colourings
2 preservatives
3 antioxidants
4 flavour enhancers
5 contains sulfur/sulfurated
6 contains carbon/carbon treated
7 wax-coated
8 phosphate
9 (artificial) sweetener
10 source of phenylalanine
Ei eggs/egg products
En peanuts/peanut products
Fi fish/fish products
Kr shellfish/shellfish products
Mi Milk and milk products (including lactose)
Lu lupine and lupine products
Nu nuts/nuts products
Se sesame seeds/sesame products
Sf mustard/mustard products
Sl celery/celery products
So soy/soy products
Sw sulfur dioxide and sulfites (concentration above 10 mg/kg or 10 mg/l)
Wt molluscs (e.g. mussels and snails) and mollusc products
GlW Cereals containing gluten and products thereof (wheat)
GlR Cereals containing gluten and products thereof (rye)
GlG Cereals containing gluten and products thereof (barley)
GlH Cereals containing gluten and products thereof (oats)
GlD Cereals containing gluten and products thereof (spelt)
GlK Cereals containing gluten and products thereof (khorasan wheat)
NMa Nuts (almond) products
NHa Nuts (hazelnuts) products
NWa Nuts (walnuts) products
NCa Nuts (cashew nuts) products
NPe Nuts (pecan nuts) products
NPa Nuts (Brazil nuts) products
NPi Nuts (pistachios) products
NMc Nuts (macadamia/queenland nuts) products


Beef


Contains fish


Poultry


Lamb


Game


Vegetarian


mensaVital


Lactose/does not contain foods containing lactose


Gelatine


Vegan



New dish


Favorite dish


Alcohol


Pork

Changes in the diet reserved.

As a non-profit organisation we are required to regularly review the eligibility of students for our services, and therefore require that you always carry your student identification card.

We label the allergens according to EU Food Information Regulation No. 1169/2011. Cross-contamination in the case of the individual ingredients, as well as the unavoidable infiltration of allergens into individual products from a technological point of view cannot be excluded and are not identified.

The prices indicated are valid for students/employees/guest.

The award of the dishes at the place of issue applies.