

Helenas Flammstube

Café • Restaurant • Bar

Menu

A warm welcome

Helenas Flammstube is all about fresh food, warm hospitality and relaxed moments in a welcoming, family atmosphere.

Our family-run restaurant and café, right next to the stadium, invites you to enjoy homemade specialities and contemporary dishes made with care. From crispy Flammkuchen and fresh pasta to hearty salads, we bring quality, flavour and comfort together.
We value fresh ingredients, homemade cooking and attentive service that makes you feel right at home.

Enjoy a relaxing time with family and friends
and let our kitchen spoil you.

We're delighted to have you here!
Your Helenas Flammstube team

Please ask our staff if you have any questions about allergens or additives.
All prices are in € and include VAT.

Starters

Small plates

Bruschetta 5.90

Hummus platter 13.90
Three kinds of hummus, diced potatoes, coriander, stuffed vine leaves

Eggplant à la Helena 6.50
Fried eggplant, fried flatbread, garlic yoghurt

Turkey à la Helena 7.50
Fried turkey strips, fried flatbread, garlic yoghurt

Grilled feta 7.50
Tomatoes, rocket and balsamic, baked in a pan; served with bread

Salads

Choice of dressing: balsamic / yoghurt / garlic

Mixed salad (small / large) 6.50 / 8.50

German sausage salad with fries 13.90

Chef's salad 13.90
Large mixed market salad, ham, feta cheese, olives

Turkey fillet salad 14.90
Large mixed market salad, pan-fried turkey strips

Salmon salad 17.90
Large mixed market salad, grilled salmon, sesame

Beef salad 19.90
Large mixed market salad, beef strips, mushrooms, onions

Vegetable salad 13.90
Large mixed market salad, grilled seasonal vegetables

Feta salad 15.90
Large mixed market salad, breaded feta with honey and herbs

Helena salad 14.90
Cherry tomatoes, peppers, feta, pomegranate dressing, fried flatbread

Main courses

Homemade tortilla burgers

Cheeseburger 13.90
180 g 100% beef, red onions, tomatoes, lettuce, cheddar, crème fraîche and fries

Texas burger 14.90
180 g 100% beef, red onions, tomatoes, bacon, lettuce, BBQ sauce and fries

Veggie burger 12.90
Falafel, red onions, tomatoes, hummus, lettuce, sesame sauce, fried eggplant

Meat & more

Grilled steak 16.50
Choice of pork or turkey, served with Spätzle and creamy mushroom sauce

Viennese-style schnitzel 14.90
Pork schnitzel fried in butter, served with fries

Cordon bleu 16.90
Pork, fried in butter, served with fries

Sliced turkey in cream sauce 15.90
Creamy mushroom and onion sauce, served with Spätzle

Grilled salmon fillet 19.90
Vegetables, boiled potatoes and lemon butter

Vegetarian rösti 14.90
Potato rösti topped with melted cheese and vegetables

Beef rösti 19.90
Topped with cheese, beef fillet strips, vegetables and sesame sauce

Something small

Portion of fries 4.50

Cheese Spätzle 7.50

Viennese-style pork schnitzel with fries 8.90

Nuggets with fries 7.90

Spaghetti Napoli with tomato sauce 6.90

Homemade Flammkuchen

Savoury

Alsatian-style Flammkuchen — **12.90**
Crème fraîche, bacon, onions

Flammkuchen TC 70 — **12.90**
Crème fraîche, bacon, onions, cheese

Salami Flammkuchen — **13.90**
Crème fraîche, salami, peppers, mushrooms, cheese

Hawaii Flammkuchen — **13.90**
Crème fraîche, ham, pineapple, cheese

Turkey Flammkuchen — **13.90**
Crème fraîche, turkey, broccoli, garlic, rosemary, cheese

Fish & seafood

Salmon Flammkuchen — **14.90**
Crème fraîche, salmon, spinach, garlic, leek, cheese

Tuna Flammkuchen — **13.90**
Crème fraîche, tuna, olives, red onions, sweetcorn, cheese

Shrimp Flammkuchen — **14.90**
Crème fraîche, shrimps, cherry tomatoes, rocket, cheese

Seafood Flammkuchen — **14.90**
Crème fraîche, seafood, garlic, cheese

Helena's specials

Flammkuchen Special A — **14.90**
Crème fraîche, onions, mushrooms, ham, salami, cheese

Flammkuchen Special B — **15.90**
Crème fraîche, turkey strips, courgette, mushrooms, peppers, onions, soy sauce, cheese

Flammkuchen Special C — **15.90**
Crème fraîche, diced salmon, seafood, potatoes, garlic, leek, cheese

Vegetarian

Caprese Flammkuchen 12.90
Crème fraîche, mozzarella, cherry tomatoes, pesto, cheese

Vegetarian Flammkuchen 12.90
Crème fraîche, peppers, olives, mushrooms, leek, cheese

Mediterranean Flammkuchen 13.90
Crème fraîche, eggplant, courgette, cherry tomatoes, feta, cheese

Feta Flammkuchen 13.90
Crème fraîche, feta, olives, cherry tomatoes, rocket

Potato Flammkuchen 12.90
Crème fraîche, potatoes, leek, rocket, cheese

Vegan

Vegan Flammkuchen 15.90
Peppers, olives, tomatoes, leek, mushrooms, vegan crème fraîche

Provence bread 7.90
Herbes de Provence, garlic oil

Desserts

Apple Flammkuchen 8.50
Crème fraîche, apple and cinnamon

Banana Flammkuchen 8.90
Nutella, banana

Strawberry Flammkuchen 8.90
Nutella, strawberries

Mixed fruit Flammkuchen 9.90
Nutella, banana, strawberries

Cheesecake 7.00
With raspberries

Tiramisu 7.00

Chocolate soufflé 9.90
With vanilla ice cream

Enjoy your dessert with a hot drink of your choice +1.50

Pizza

Pizza Margherita Ø 32 cm

Tomato sauce and cheese

9.90

hoose extra toppings

Price per topping 1.50

Tomatoes
Peppers
Leek
Courgette
Eggplant
Onions
Red onions
Spinach
Artichokes
Olives
Sweetcorn
Pineapple
Broccoli
Jalapeños
Mushrooms
Cherry tomatoes
Rocket
Capers

Price per topping 2.00

Salami
Spicy salami
Ham
Turkey breast
Bolognese
Bacon
Salmon
Anchovies
Shrimps
Seafood
Tuna
Feta cheese
Gouda
Emmental
Gorgonzola
Crème fraîche

Pasta dishes

hoose spaghetti / penne / tagliatelle

Bolognese Minced beef, tomato sauce, parmesan	**12.90**
Cheese Spätzle Cheese, onions	**12.90**
Carbonara Bacon, cream sauce	**12.90**
Helena Veggie Eggplant, courgette, peppers, broccoli, pink sauce	**13.50**
Helena Turkey, broccoli, gorgonzola cream sauce	**14.50**
Salmon Salmon, spinach, garlic, tomato cream sauce	**14.90**
Shrimps Shrimps, cherry tomatoes, pesto, cream sauce	**14.90**
Seafood Seafood, garlic, tomato cream sauce	**14.90**
+ Extra parmesan	**1.00**

Drinks

Hot drinks

Coffee		**2.80**
Espresso		**2.50**
Cappuccino		**3.50**
Latte macchiato		**3.50**
Tea (various flavours)		**3.50**

Soft drinks

Water	0.25 l / 0.50 l	**2.50 / 4.50**
Coca-Cola	0.33 l	**3.50**
Coca-Cola Zero	0.33 l	**3.50**
Paulaner lemonade	0.33 l	**3.50**
Paulaner lemon	0.33 l	**3.50**
Paulaner Spezi	0.33 l	**3.50**
Peach iced tea	0.33 l	**3.50**
Lemon iced tea	0.33 l	**3.50**
Homemade lemonade	0.33 l · Mint (summer drink)	**5.00**

uices & spritzers

Orange juice	0.20 l	**3.50**
Apple juice	0.20 l	**3.50**
Apple spritzer	0.33 l	**3.50**
Lime & ginger spritzer	0.33 l	**3.50**
Rhubarb spritzer	0.33 l	**3.50**
Blackcurrant spritzer	0.33 l	**3.50**
Grapefruit spritzer	0.33 l	**3.50**

Beer

Fürstenberg Pils	0.33 l / 0.50 l	**3.50 / 4.50**
Fürstenberg Radler	0.50 l	**4.50**
Paulaner wheat beer	0.33 l / 0.50 l	**3.50 / 4.50**
Chiemsee Helles	0.33 l / 0.50 l	**3.50 / 4.50**
Wheat beer shandy	0.50 l	**4.50**
Fürstenberg alcohol-free Pils	0.50 l	**4.50**
Alcohol-free wheat beer	0.50 l	**4.50**

White wine

Sauvignon Blanc 0.20 l / 0.75 l **5.50 / 20.00**
100% Sauvignon Blanc grapes

Bianco del Veneto 0.20 l / 0.75 l **5.50 / 20.00**
50% Cortese, 50% Garganega; full-bodied, dry and balanced

Red wine

Rosso Passo 0.20 l / 0.75 l **5.50 / 20.00**
Fruity, dry red wine with a velvety texture

Syrah-Grenache 0.20 l / 0.75 l **5.50 / 20.00**
30% Syrah, 70% Grenache; spicy with fruity notes

Rosé wine

Le Tre Sorelle 0.20 l / 0.75 l **5.50 / 20.00**
Fresh rosé made entirely from Merlot

Lulu 0.20 l / 0.75 l **5.50 / 20.00**
100% Cinsault from southern France

Wine spritzer

White or rosé wine spritzer (dry)
0.25 l / 0.50 l **3.50 / 4.50**

Aperitifs

Aperol Spritz	**6.50**
Lillet Berry	**6.50**
Sarti Spritz	**6.50**
Helena Spritz	**7.00**

Spirits

Williams pear, grappa, hazelnut, fig liqueur, ouzo **3.00**