



# FRAU OM KOCHT

ORIGINAL KOREAN COOKING

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## Opening Times

Monday: closed

Tue-Thu 11.30 - 14.30 17.30 - 23.00

Fri-Sun 17.30 - 23.00

FOOD & DRINKS



## LUNCH MENU WITH A CHOICE OF VARIOUS DISHES

*Tuesday - Thursday from 11.30 to 14.30 we offer a selection of 3-4 dishes.*

*Please refer to the daily menu.*



## APPETISERS

<b>V01</b>	<b>Baetschu-zon</b> <sup>Aw, C, K</sup> – <b>vegetarian</b>	배추전	6,10
	cabbage leaf filled with tofu, spring onions and garlic		
<b>V02</b>	<b>Goguma-tuegim</b> <sup>Aw</sup> – <b>vegan</b>	고구마 튀김	5,90
	sweet potato fritters		
<b>V03</b>	<b>Nokdu-zon</b> <sup>K</sup>	녹두전	6,30
	homemade pancakes made with mung beans, sweet rice, spring onions, kimchi and pork		
<b>V04</b>	<b>Nokdu-zon</b> <sup>K</sup> – <b>vegan</b>	녹두전	6,30
	homemade pancakes made with mung beans, sweet rice, spring onions and kimchi		
<b>V05</b>	<b>Kimchi-mandu</b> <sup>Aw, F, K</sup>	김치만두	6,50
	baked homemade dumplings filled with kimchi, tofu, radish, mung bean sprouts and minced pork		
<b>V06</b>	<b>Kimchi-mandu</b> <sup>Aw, F, K</sup> – <b>vegetarian</b>	김치만두	6,50
	baked homemade dumplings filled with kimchi, tofu, radish, mung bean sprouts		
<b>V07</b>	<b>Buchu-mandu</b> <sup>Aw, F, K</sup>	부추만두	6,50
	baked homemade dumplings filled with garlic chives, glass noodles and minced pork *		
<b>V08</b>	<b>Buchu-mandu</b> <sup>Aw, F, K</sup> – <b>vegetarian</b>	부추만두	6,50
	baked homemade dumplings filled with garlic chives and glass noodles *		
<b>V09</b>	<b>Dubu-zon</b> <sup>Aw, F, K</sup> – <b>vegan</b>	두부전	6,10
	sauteed tofu with a seasoned soy sauce		
<b>V10</b>	<b>Modm-zon</b>	모듬전	12,20
	mixed appetisers with various breaded pieces:		
	Gogi-zon <sup>Aw, C, K</sup>	mini meat patties made of minced beef and tofu	
	Baetschu-zon <sup>Aw, C, K</sup> – <b>vegetarian</b>	cabbage leaf filled with tofu, spring onions and garlic	
	Gochu-zon <sup>Aw, C, K</sup>	green pepper filled with minced beef and tofu	
	Saengson-zon <sup>Aw, C, D, K</sup>	breaded cod filet	
	Hobak-zon <sup>Aw, C</sup> – <b>vegetarian</b>	breaded zucchini	
	Gasie-zon <sup>Aw, C, K</sup> – <b>vegetarian</b>	aubergine filled with tofu, spring onions and garlic	
	Nokdu-zon <sup>K</sup> – <b>on request vegetarian</b>	homemade pancakes made with mung beans, sweet rice, spring onions, kimchi and pork	

## SOUP

<b>S01</b>	<b>Yukgejang</b> <sup>F, K</sup>	육개장	6,20
	spicy soup with beef, soybean sprouts, bracken, spring onions and garlic – very spicy		
<b>S02</b>	<b>Miyuk-kuk</b> <sup>F, K</sup>	미역국	5,50
	soup made of beef broth and seaweed		
<b>S03</b>	<b>Mu-kuk</b>	무국	5,50
	soup made of beef broth and radish, with garlic		
<b>S04</b>	<b>Doenjang-kuk</b> <sup>F</sup> – <b>vegan</b>	된장국	5,50
	vegetable soup seasoned with soybean paste and garlic – on request also spicy		

## MAIN DISHES

<b>H01</b>	<b>Zapchae</b> <small>Aw, F, K</small>	잡채	15,50
	glass noodles with morels, shiitake mushrooms, spinach, cucumber, carrots peppers and marinated beef		
<b>H02</b>	<b>Zapchae</b> <small>Aw, F, K</small> – <b>vegan</b>	잡채	15,50
	glass noodles with morels, shiitake mushrooms, spinach, cucumber, carrots peppers		
<b>H03</b>	<b>So-Bulgogi</b> <small>Aw, F, K</small>	소불고기	21,00
	thin sliced beef hip with mushrooms, cabbage, zucchini and carrots – marinated in pears, soy sauce, spring onions and garlic		
<b>H04</b>	<b>Dolsot Bibimbap</b> <small>Aw, C, F, K</small>	돌솥 비빔밥	17,50
	rice with assorted side dishes served in a hot stone bowl with a fried egg and marinated beef – with mild or spicy sauce. Note: This is not a typical meat dish. This traditional Korean dish is best enjoyed by adding the sauce, mixing everything together, and eating it with a spoon. The process brings the best flavor out.		
<b>H05</b>	<b>Dolsot Bibimbap</b> <small>Aw, C, F, K</small> – <b>vegan</b>	돌솥 비빔밥	17,00
	rice with assorted side dishes served in a hot stone bowl – with or without a fried egg – with mild or spicy sauce		
<b>H06</b>	<b>Doeji-Bulogi</b> <small>Aw, F, K</small>	돼지 불고기	16,50
	sliced pork marinated in chilli paste, soy sauce, ginger, garlic and spring onions – spicy		
<b>H07</b>	<b>Dakdori-tang</b> <small>Aw, F, K</small>	닭도리탕	16,90
	chicken with carrots and shiitake mushrooms in sauce made of soy sauce, ginger, garlic and spring onions – available mild to very spicy		
<b>H08</b>	<b>Ojinger-bokm</b> <small>Aw, F, K, N</small>	오징어 볶음	17,90
	squid with red and green peppers, zucchini, carrots, mungbean sprouts, cabbage, ginger, garlic and spring onions – available mild to very spicy		
<b>H09</b>	<b>Haemul-bokm</b> <small>Aw, B, F, K, N</small>	해물볶음	18,90
	squid, prawns and greenshell mussels with red and green peppers, zucchini, carrots, mungbean sprouts, cabbage, ginger, garlic and spring onions – available mild to very spicy		
<b>H10</b>	<b>Yukgejang</b> <small>F, K</small>	육개장	16,90
	spicy soup with beef, soybean sprouts, bracken, garlic and spring onions – very spicy		
<b>H11</b>	<b>Dububokm</b> <small>Aw, F, K</small> – <b>vegan</b>	두부볶음	15,90
	sauteed tofu with assorted vegetables and garlic – available mild to very spicy		
<b>H12</b>	<b>Kimchi-jige</b> <small>Aw, F</small>	김치찌개	15,90
	stew with Kimchi, tofu and pork, with garlic – spicy		
<b>H13</b>	<b>Doenjang-jige</b> <small>Aw, F</small> – <b>vegan / vegetarian</b>	된장찌개	15,90
	stew with soy paste, tofu and assorted vegetable, with garlic – available mild to very spicy		

All dishes are served with various Banchan (side dishes F, K) and rice.

## BBQ

The following dishes are for you to grill at your table. The meat is accompanied by rice, lettuce leaves, banchan (side dishes <sup>F, K</sup>) and savoury sauce <sup>Aw, F, K</sup>. Minimum order for BBQ is 2 portions of the same meat. Price per portion. Recommended pre-order.

<b>B01</b>	<b>So-Bulgogi</b> <sup>Aw, F, K</sup>	소 불고기	25,90
	thin sliced beef hip – marinated in pears, soy sauce, spring onions and garlic		
<b>B02</b>	<b>Samkyup-Sal</b>	삼겹살	22,90
	pork belly sliced wafer-thin		
<b>B03</b>	<b>Roast Beef</b>	로스트 비프	28,90
	sliced wafer-thin		
	Extra portions:		
	BBQ sauce <sup>Aw, F, K</sup>		1,00
	garlic, sesame oil sauce and salt		1,50
	all other sauce		0,50
	salad		2,20
	banchan <sup>Aw, F, K</sup>		3,00
	rice		2,50

## DESSERT

<b>N01</b>	<b>Kyungdan</b> – on request also vegan	경단	5,90
	sweet rice balls filled with walnuts, chestnuts and pine nuts – cooking time takes approx. 20 minutes		
<b>N02</b>	<b>Yakbap</b> <sup>Aw</sup> – vegan	약밥	5,90
	sweet rice with red dates and chestnuts, seasoned with soy sauce, sesame oil, cinnamon and brown sugar		
<b>N03</b>	<b>Yakgwa</b> <sup>Aw, K</sup>	약과	3,90
	traditional korean soft biscuit with rice syrup		
<b>N03a</b>	<b>Yakgwa with vanilla icecream</b> <sup>Aw, G, K</sup>	약과 & 바닐라 아이스크림	4,90
<b>N04</b>	<b>Tschapssal-ttok</b> – vegan	chapssal-ttok	4,40
	sweet rice cake filled with red bean puree		
<b>N04a</b>	<b>Tschapssal-ttok with vanilla icecream</b> <sup>G</sup>	chapssal-ttok & 바닐라 아이스크림	5,10

Our tip:

Traditionally, the Korean desserts are accompanied by a Korean drink: both complement each other.

We are happy to recommend drinks which complement the dessert you have chosen.

### Additives:

- 1 contains caffeine
- 2 colouring
- 3 antioxidants
- 4 flavor enhancers
- 5 sulphuretted
- 6 waxed
- 7 with sweeteners
- 8 with phosphates
- 9 with preservatives
- 10 contains quinine
- 11 contains taurine

- 12 contains sources of phenylalanine
- 13 can function as a laxative if consumed excessively

### Allergens:

- Ag contains gluten (barley)
- Ar contains gluten (rye)
- Aw contains gluten (wheat)
- B shellfish
- C egg
- D fish
- E peanuts

- F soybeans
- G milk
- H nuts
- I celery
- J mustard
- K sesame seeds
- L sulphur dioxide
- M lupine
- N molluscs

\* seasonally available from mid April until November



# KOREAN DRINKS

## NON-ALCOHOLIC – COLD

<b>Sikhye</b> homemade Korean malt drink with fermented rice, a touch of ginger and pine nuts	식혜	3,70
<b>Sujung-Gwa</b> homemade Korean ginger drink with cinnamon and dried persimmons	수정과	3,70
<b>Sansuyu Cha</b> homemade cornelian cherry tea	산수유차	3,70
<b>Korean Ice tea</b> (May through September) Jusa or Ume ice tea	아이스티	5,90

## NON-ALCOHOLIC – WARM

<b>Yuja Cha</b> citrus fruit tea in honey	유자차	3,70
<b>Mesil Cha</b> green plum (prunus mume) tea in honey	매실차	3,70
<b>Dechu Cha</b> red date tea in honey	대추차	3,70
<b>Senggang Cha</b> ginger tea in honey	생강차	3,70
<b>Oksusu Cha</b> tea made with roasted corn kernels	옥수수차	5,60
<b>Hyunmi Nok Cha</b> green tea with roasted brown rice	현미 녹차	3,40

## ALCOHOLIC DRINKS

<b>Rice wine</b>	막걸리	6 %	187 ml	3,40
<b>Rice wine</b>	막걸리	6 %	750 ml bottle	12,50
<b>Soju</b> (Korean potato liqueur)	소주	17 % - 20,1 %	4 cl	3,10
<b>Soju</b>	소주	17 % - 20,1 %	350 ml bottle	16,50
<b>Soju with grapefruit flavor</b>	자몽 소주	16 %	4 cl	3,10
<b>Soju with grapefruit flavor</b>	자몽 소주	16 %	350 ml bottle	16,50
<b>Insamju</b> (Korean ginseng liqueur)	인삼주	25 %	4 cl	4,70

## BEER (BOTTLED)

	0,33 l	0,5 l
Herbsthäuser Hefe-Weizen hell		4,90
Herbsthäuser Hefe-Weizen alcohol free		4,90
Herbsthäuser Edel-Pils	3,50	4,90
Herbsthäuser Edel-Pils alcohol free	3,50	4,90
Herbsthäuser Radler	3,50	4,90

## WINE (GEIGER & SONS WINERY)

	0,1 l	0,25 l	bottle 0,75 l
<b>FRANCONIAN WHITE WINES</b>			
Silvaner Kabinett dry <sup>L</sup>	3,20	4,70	(1,00 l) 16,50
Grauer Burgunder Kabinett dry <sup>L</sup>	3,40	5,30	14,50
Scheurebe Kabinett semi-dry <sup>L</sup>	3,60	5,50	15,00
treibstoff mr. white dry cuvee <sup>L</sup>	3,60	5,50	15,30
Geiger Secco semi-sparkling white wine dry <sup>L</sup>	3,70		17,50
<b>FRANCONIAN RED WINE</b>			
treibstoff mrs. red dry cuvee <sup>L</sup>	3,80	5,90	16,50

## SOFT DRINKS

	0,3 l	0,4 l	bottle 1,00 l
Water (sparkling or still)	3,00	3,80	5,90
Fanta	3,40	4,30	
Sprite	3,40	4,30	
Coca Cola <sup>1, 2</sup>	3,40	4,30	
Diet Coca Cola <sup>1, 2, 7</sup>	3,40	4,30	
Bitter Lemon <sup>10</sup>	3,30		
Spezi <sup>1, 2</sup>	3,40	4,30	
Apple juice	3,60	4,50	
Orange juice	3,60	4,50	
Black currant juice	3,80	4,70	
Apple spritzer	3,50	4,40	
Orange spritzer	3,50	4,40	
Black currant spritzer	3,60	4,50	

## WARM DRINKS

Coffee <sup>1</sup>	2,90
Espresso <sup>1</sup>	2,50
Double espresso <sup>1</sup>	3,60
Cappuccino <sup>1, G</sup>	3,80



## MA - SSIT - GE D - SEYO...

... means „enjoy your meal“!

Welcome to my kitchen, where I happily prepare many delicacies from my home country.

Our Korean food offers a wide range of flavors: spicy, sweet and sour, mild and salty. For their preparation, I only use high-quality plant oils such as wild sesame oil (perilla oil), sesame oil and Safflower oil – and of course authentic Korean pastes and spices, with no flavor enhancers. Everything is rounded off with fresh, high-quality regional ingredients.

Generally, Korean cuisine is very healthy – valuable nutrients are maintained through the especially gentle way of preparation. Low-fat cooking makes the food light and salubrious. We Koreans use dried vegetables in the winter – a way of preserving vegetables. Our basic spices are garlic, spring onions, soy sauce, ginger, chilli paste and powder, soybean paste, sesame oil and perilla oil.

Incidentally, I come from Ichon, which lies about 60 km south east of Seoul. My great-grandmother cooked for the royal house (the leader of the country has only been called „Emperor“ since 1897). The art of cooking has been a tradition in our family for over a century.

