

S0000 HEALTHY AND FRESH



THIS IS
OUR
FOOD

6



EAT. DRINK. DANCE



The gastronomy of the Forró House is a modern combination of Brazilian and European cuisine according to macrobiotic principles. Almost all ingredients come from sustainable, regional and organic cultivation.

MAIN DISHES

| | |
|--|-------------|
| POTATO-LEEK SOUP | 6.9 |
| MIXED SALAD ¹ | 6.9 |
| VEGAN MAULTASCHEN (WITH SALAD) | 13.9 |
| ROASTED VEGAN CHICKEN ¹ (WITH SALAD) | 13.9 |
| ORGANIC MAULTASCHEN (WITH SALAD) ¹ | 14.9 |
| VEGAN CHICKEN - À LA "FRANGO À PASSARINHO" (WITH RICE) | 13.9 |
| MACROBIOTIC BASIS ¹ | 13.9 |
| BROWN RICE, SMOKED TOFU & VEGETABLES (PEQUENA GRANDE) | 12.9 15.9 |
| FEIJOADA (PEQUENA GRANDE) ^{1,8} | 14.5 17.9 |
| BUNTE PKHALI (PEQUENA GRANDE) | 6.9 13.9 |
| SAMPLE PLATE (FOR 2 PEOPLE) ^{1,3,8} | 38.9 |
| MIXED SALAD, PKHALI GRANDE, FEIJOADA GRANDE, [2PCS] PAO DE QUEIJO, [2PCS] COXINHA, [1PC] CAKE | |

FINGERFOOD

| | |
|---|-----------|
| PAO DE QUEIJO [PCS PORT] ³ | 1.9 6.9 |
| COXINHA [PCS PORT] (CHICKEN OR PALM HEARTS) | 1.9 6.9 |
| CORNBREAD [2 PCS] | 4.5 |
| SAMPLE PLATE FINGERFOOD ³ [4 PCS] PAO DE QUEIJO, [2 PCS] COXINHAS, [2 PCS] PALMITO, PKHALI PEQUENA | 18.9 |

BEILAGEN

| | |
|--------------------------------|-----|
| SIDE SALAD ¹ | 4.2 |
| PORTION OF RICE | 4.5 |
| JAPANESE TOFU SALAD | 5.6 |
| NORI | 3.5 |
| HOMEMADE DRESSING ¹ | 1.9 |
| GOMASIO | 1.5 |
| ROASTED ONIONS | 1.5 |

DESSERT

| | |
|---------------------------------|-----|
| COOKIE | 1.9 |
| BRAZILIAN BANANA-CHOCOLATE CAKE | 4.5 |
| BRIGADEIRO-CARROT CAKE | 4.5 |
| ICE CREAM SCOOP | 1.8 |

POTATO-LEEK SOUP



Potatoes and leeks from German demeter farms roasted with onions and voilà!

Our house soup is here.
Served with croutons made from italian white bread from the "Eselsmühle" with a sprinkle of olive oil.

MIXED SALAD



A well balanced mix of two different leaf lettuce, cucumber, two types of carrots with the fresh element of red radish and sweet bell pepper. A few cherry tomatoes complete this work of art!

Topped with our homemade dressing and fried onions.

VEGAN MAULTASCHEN (WITH SALAD)



Crispy vegan Maultaschen, sweet and spicy, caramelized with cherry tomatoes, radishes and spring onions. Served with our fresh mixed salad with homemade dressing and fried onions.

ROASTED VEGAN CHICKEN (WITH SALAD)



Crispy vegan chicken, sweet and spicy, caramelized with cherry tomatoes, radishes and green onions. Served with our fresh mixed salad with homemade dressing and fried onions.

ORGANIC MAULTASCHEN (WITH SALAD)



Organic Maultaschen sautéed in butter
with Brazilian lime-sesame sauce.
Served with our fresh mixed salad with
homemade dressing and fried onions.

VEGAN CHICKEN - À LA "FRANGO À PASSARINHO" (WITH RICE)



Soy chunks, barely distinguishable from real chicken, sautéed with garlic and a touch of soy sauce take you on a journey to the "barsinhos" in São Paulo. Very popular in Brazil at a table with friends and beers, but this time animal friendly!

MACROBIOTIC BASIS



Whole grain rice, from the nearest organic growing area, cooked macrobiotic style. A touch of sesame oil and gomasio bring harmony to the main course of macrobiotic cuisine. To top it off, we add our homemade tofu salad with soy herb sauce and roasted and seasoned nori leaves.

BROWN RICE, SMOKED TOFU & VEGETABLES



This dish is a bowl of pure health. The base is whole grain rice with vegan chicken on top along with carrots, broccoli, bell peppers, leeks, radishes and smoked tofu. Everything is topped off with our homemade sesame sauce and some gomasio.

FEIJOADA



The Brazilian national dish in a vegan variation.

Black beans from South American organic cultures, plus carrots and red radish. Instead of meat, we use the tastiest smoked tofu and seitan products from the organic market. Brown rice and toasted cassava flour add texture to every bite.

Enjoy a bowl of Brazil in Stuttgart.

BUNTE PKHALI



Four different small dishes from Georgian cuisine, perfect for any occasion. Fresh yet filling, this dish is for both warm and cold days. Little balls made of bell pepper, carrot, beet and walnut. Served with freshly baked organic corn rolls with pomegranate seeds, fresh cilantro and balsamic dressing.

For those who want to try a little bit of everything in our kitchen.

Mixed salad

Pkhali Grande 1,8

Feijoada Grande

2 pães de queijo

2 coxinhas

1 piece of cake

S0000 DELICIOUS AND REFRESHING



**THESE
ARE OUR
DRINKS**



EAT. DRINK. DANCE

JUICE / SPRITZERS

| | | |
|--|-------------|-----------|
| JUICE | 0,2L 0,4L | 3.5 4.9 |
| JUICE SPRITZER | 0,2L 0,4L | 3.0 4.5 |
| APPLE JUICE, RHUBARB NECTAR, PASSION FRUIT NECTAR, RED CURRANT NECTAR | | |

WASSER

| | | |
|--------------------|-------------|-----------|
| WATER | 0,3 0,75L | 2.5 4.5 |
| STILL OR SPARKLING | | |

SOFT DRINKS

| | | |
|-------------------------------|------|-----|
| FRITZ KOLA ⁷ | 0,2L | 3.5 |
| FRITZ KOLA LIGHT ⁷ | 0,2L | 3.5 |
| FRITZ MISCHMASCH ⁷ | 0,2L | 3.5 |
| FRITZ LEMONADE | 0,2L | 3.5 |
| FRITZ ORANGE LEMONADE | 0,2L | 3.5 |
| FRITZ GRAPE SPRITZER | 0,2L | 3.5 |
| TONIC WATER | 0,2L | 3.5 |
| GINGER BEER ⁶ | 0,2L | 3.5 |
| MATE ⁷ | 0,3L | 4.0 |
| RED BULL ⁷ | 0,3L | 4.0 |
| GUARANÁ ⁷ | 0,3L | 4.0 |

HOMEMADE LEMONADES

| | | |
|-------------------------|------|-----|
| ORGANIC HIBISCUS-GINGER | 0,4L | 4.2 |
| ORGANIC LEMON-LIME | 0,4L | 4.2 |
| ORGANIC ELDERBERRY | 0,4L | 4.2 |

HOMEMADE SUPER JUICE

| | | |
|---------------|------|-----|
| PASSION FRUIT | 0,4L | 4.2 |
| APPLE | 0,4L | 4.2 |
| GUAVA | 0,4L | 4.2 |
| PEACH | 0,4L | 4.2 |
| MANGO | 0,4L | 4.2 |

AN INVENTION OF OUR CHEFS
WITH ORGANIC PLAN-BASED DRINKS

ICED COFFEE

| | |
|--------------|-----|
| AFFOGATO | 6.5 |
| ON ICE CUBES | 4.9 |

COFFEE

| | |
|---------------------------------|------|
| COFFEE | |
| ESPRESSO | 2.0 |
| ESPRESSO MACCHIATO | 2.5 |
| ESPRESSO DOPPIO | 3.2 |
| CORTADO | 3.8 |
| CAPPUCCINO | 3.5 |
| LARGE CAPPUCCINO | 5.4 |
| CAFE CREMA | 3.0 |
| LATTE MACCHIATO | 4.0 |
| COFFEE WITH MILK | 3.8 |
| HOT CHOCOLATE | 4.0 |
| BABYCCINO | 1.5 |
| WITH ORGANIC OAT MILK | +0.0 |
| WITH ORGANIC COCONUT RICE DRINK | +1.0 |

FRESH TEA

| | |
|---|------|
| GINGER | 4.0 |
| MINT | 4.0 |
| GINGER MINT | 4.0 |
| LEMON | 4.0 |
| BRAZILIAN HEALING TEA | 4.5 |
| (LEMON, GINGER, TURMERIC, BLACK PEPPER) | |
| + SMALL BOWL OF HONEY AGAVE SYRUP | +0.9 |

BEER

| | | |
|--------------------------|-------|-----|
| PILSNER | 0,33L | 4.0 |
| RADLER | 0,33L | 4.0 |
| PALE ALE | 0,5L | 5.0 |
| WHEAT BEER | 0,5L | 5.0 |
| PILSNER NON-ALCOHOLIC | 0,33L | 4.0 |
| WHEAT BEER NON-ALCOHOLIC | 0,5L | 5.0 |
| RADLER NON-ALCOHOLIC | 0,33L | 4.0 |

WINE

| | | |
|----------|-------------------|------------------|
| WHITE | 0,2 0,75L | 4.5 13.9 |
| ROSÉ | 0,2 0,75L | 4.5 13.9 |
| RED | 0,2 0,75L | 4.5 13.9 |
| PROSECCO | 0,1 0,2 0,75L | 3.5 4.5 13.9 |
| SPRITZER | 0,2L | 4.0 |

SPRITZ

| | |
|----------------------------|-----|
| APEROL SPRITZ ² | 7.5 |
| HUGO | 7.5 |

LONGDRINKS

| | |
|---------------------------|-----|
| GIN TONIC ⁶ | 8.9 |
| WHISKEY COLA ⁷ | 8.9 |
| RUM COLA ⁷ | 8.9 |
| VODKA MATE ⁷ | 8.9 |

COCKTAILS

| | |
|-----------------|-----|
| CAIPIRINHA | 8.9 |
| MOJITO | 8.9 |
| VIGOROUS PUTCHU | 8.9 |
| AMERICAN BUCK | 8.9 |

SPIRITS

| | GOOD | VERY GOOD | AMAZING |
|---------|------------------------------|-----------------|-----------------------|
| 2CL | 3.0 | 4.5 | 6.0 |
| BOTTLE | 60.0 | 75.0 | 110.0 |
| CACHAÇA | VELHO BARREIRO | VELHO CHICO | YPIOCA |
| TEQUILA | SIERRA | NEGRO ZAFIRO | 1800 |
| RUM | PASCAS / BRUGAL | FLOR DE CAÑA | RON MILLONARIO 15Y |
| VODKA | SKYY | FINLANDIA | BELVEDERE |
| WHISKEY | SEAGRAM'S / CANADIAN CLUB | JACK DANIELS | GLENFIDDICH 12Y |

WHAT IS THE FORRÓ HOUSE ANYWAY ?

Thank you for being our guest and thus supporting our project. Our goal is to bring people closer together, promote culture and enable healthy social encounters. Fortunately, Forró has the perfect ingredients for this.

The "Das Forró Haus e.V." is a non-profit organization that serves as an instrument to create Forró houses where teachers, dancers, musicians and the whole Forró scene can find a home.

The first step is the Forró House here in Stuttgart. The goal is to build a worldwide network of Forró houses, so that wherever there is a small Forró community, a structure is created through which Forró can develop further and teachers, musicians and dancers can be offered existential security. In addition, the Forró houses contain sustainable gastronomy and a hostel. In this way, all people, with a feeling of belonging, will be able to discover new cultures.

Become a member and thus part of this movement.

GLOSSARY

Forró [fɔ'ɾɔ]

A Brazilian couple dance and music style, but for us much more. We want to bring you closer to the Brazilian way of life and share the joy of connection.

Organic [ɔ:'gæ.n.ɪk]

In the foreground of organic farming is the avoidance of environmental impact on nature and the cultivated product.

Demeter [de'me:tə]

Demeter stands for organic farming with strict specifications. The demanding Demeter label certifies organic products produced according to biodynamic guidelines and also takes sustainability aspects into account. Demeter is the oldest organic growers' association in Germany.

Macrobiotic [ˌmæk.rəʊ.baɪ'ɒt.ɪk]

The macrobiotic diet is a predominantly vegetarian dietary concept, which provides grains mostly in the form of rice as a basis. In addition, vegetables, seaweed and legumes and rarely fruit or fish are consumed. However, fruits and vegetables should come from regional, organic farming. Seitan and soy products serve as vegetable protein sources.



EAT.DRINK.DANCE

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ADDITIVES

- 1 WITH PRESERVATIVE
- 2 WITH FOOD COLORING
- 3 WITH ANTIOXIDANT
- 4 WITH PHOSPHATE
- 5 SULFURIZED
- 6 CONTAINING QUININE
- 7 CONTAINS CAFFEINE
- 8 WITH FLAVOR ENHANCER
- 9 BLACKENED
- 10 WAXED
- 11 GENETICALLY MODIFIED

DEAR GUESTS, IF YOU ARE AFFECTED BY ALLERGIES, PLEASE
LET US KNOW. OUR SEPARATE ALLERGY CARD WILL GLADLY
PROVIDE YOU WITH INFORMATION ABOUT THE ALLERGENIC
INGREDIENTS CONTAINED IN THE DISHES.