



FRANKFURT, GERMANY

Location:	The State of Hessen in West Central Germany
Official Language:	German
Population:	740,000 (city) 2.5 million (urban areas)
Currency:	Euro
Dialing Code:	+ 49 (country code) + 69 (city code)
Time Zone:	CET (UTC+1) / Summer (DST) EEST (UTC +2)
Drive Side:	Right
Government:	Federal Parliamentary Republic
Official Travel Website:	www.frankfurt.de , www.frankfurt-tourismus.de
Average Temperature Range:	Winter 28 F to 43 F, Spring 36 F to 66 F, Summer 54 F to 80 F, Autumn 36 F to 66 F

Quick Facts:

- Frankfurt was given its name by the Charlemagne, King of the Franks, after winning a battle over the Saxons during the Middle Ages.
- The city's full name is "Frankfurt-am-Main," which translates to "Frankfurt on the Main River."
- Frankfurt was once the center of the Holy Roman Empire.
- Best known for being the finance capital of Germany and the home of the European Central Bank.
- Fifth-largest city in Germany and the largest city in the state of Hessen.
- Frankfurt boasts the world's seventh-highest quality of life.
- The "frankfurter" gets its name from a pork sausage made famous in Frankfurt, known as "Frankfurter Würstchen."
- Has the largest inner-city forest in Germany, covering 30 square miles.
- Frankfurt is the home of Johannes Gutenberg, inventor of the printing press, the Rothschild family, as well as Johann Wolfgang von Goethe, scientist and prolific writer.
- In terms of passenger traffic, Frankfurt Airport is the largest in Germany and the third largest in Europe; it is second in terms of cargo movement.

Airports:

Frankfurt Airport – EDDF (about 7 mi [13 km] to city center)

Transportation: train, bus, taxi, private car, rental car

Shopping:

Grocery Stores:

Be aware that, by German law, grocery stores are not open or have very limited hours of operations on Sundays. Smaller convenient stores are open on Sundays but have a limited selection of products.

- Rewe – Cologne-based mega-market, with locations throughout the Frankfurt metro area. Offers a wide-variety of European and American brands, including organic and dietary-specific products. Beer, wine and liquor are also available.
- Edeka Scheck-In Center – Large grocery store with food items and non-food items, including beer, wine and liquor.
- HIT Supermarket – Located in Sachsenhausen, this modest market carries a variety of international packaged products.
- Penny Market – A low-cost market with several locations throughout the Frankfurt city area.
- Farmer's Market – There are numerous markets throughout the Frankfurt metropolitan area featuring local produce and food items, as well as local arts, crafts and goods. Be aware that most farmer's markets have varied hours of operations and most are closed on Monday and Tuesday. For additional information, see www.hfm-frankfurt.de/markt/.
- Erzeugermarkt Konstablerwache - Located north of the Main River in the Zeil area, this market features locally-grown produce, local apple wine and food stalls. Open Tuesdays and Saturdays.
- Wochenmarkt Bornheim – Established in 1980, this Bornheim neighborhood market is open Wednesdays and Saturdays. The market offers a wide-range of fresh fruit and vegetables, local cheese, bakery goods, cured meat, fresh flowers and locally-produced wine.
- Wochenmarkt Sachsenhausen – This Tuesday and Friday market is located in the entertainment-rich area of Saxony House (Sachsenhausen) and has a number of local specialties.

Organic Markets:

- Alnatura – A small, natural product market with organic food, beverages and cosmetics, as well as dietary-restricted items. A bit pricy compared to other main-line grocery outlets.
- Veganz – A 100% vegan grocery store, featuring national and private label brands. The store also features its own bakery and café.
- Basic Bio-Supermarket – An environmental-friendly market promoting healthy eating and eco-sustainability through naturally-grown ingredients and regional products.





Dining:

- Dauth-Schneider – This old German tavern sits just east of the Brückenviertel area and features traditional dishes of the Hessen culture. Seating is limited inside, but outdoor patio seating is available in the spring and summer.
- Main Tower Restaurant and Bar – Located on the 53rd floor of the fourth-tallest building in Frankfurt, the Main Tower offers a high-end culinary experience along with stunning views of the Frankfurt metropolitan area. Reservations are required.
- Restaurant Villa Rothschild – As the namesake “Rothschild” indicates, this two Michelin Star restaurant is an experience to save up for. The exquisite dining room and terrace overlook the 10-hectare former country residence of the banking magnates. The cuisine is steeped in European styles, with heavy French and German influence. Reservations are required.
- Ebbelwoi Unser – If you are looking for a true Frankfurt dining experience this pub-style restaurant is the place to be. The locally-influenced menu is well-paired with the city’s famous apple wine and other local libations. Along with traditional tables, there is also bench seating to encourage the feeling of Frankfurt family and community.

Useful Words and Phrases English to German Translation

English	Deutsch (German)
Welcome	Willkommen
Hello	Hallo
How are you?	Wie geht es Ihnen?
Good morning	Guten Morgen
Good afternoon	Guten Tag
Good evening	Guten Abend
Good night	Guten Nacht
Goodbye	Auf Wiedersehen
Cheers!	Prost!
Bon appetit	Guten Appetit!
Yes	Ja
No	Nein
Do you speak English?	Sprechen Sie Englisch?
How much is this?	Wieviel kostet das?
Sorry	Es tut mir leid.
Please	Bitte
Thank you	Danke
Reply to thank you	Bitte
Where’s the toilet?	Wo ist die Toilette?
Help!	Hilfe!
Call the police!	Rufen Sie die Polizei!





Menu Items:

Breakfast (Frühstück) – During the work week, Germans prefer a simple breakfast consisting of warm beverages, like coffee or tea, fresh bread and marmalade, muesli and a selection of cured meat and cheese. The expediency of these items provides the population with a good, quick meal, while not taking up too much time in preparation. Hot, complex breakfasts, like in the United States, are not as common. Many coffee shops and bakeries will only offer cold selections until lunch.

Cold

German Breakfast Display

Brötchen (bread rolls), Odenwälder Frühstückskäse (cheese), Wilstermarschkäse (cheese) and Aufschnitt (slice, cured meats), quark and berries with local honey, whipped butter and house-made jams

- All items are sent cold.
- They can be ordered in bulk or pre-plated.

Quark mit Erdbeeren und Granola

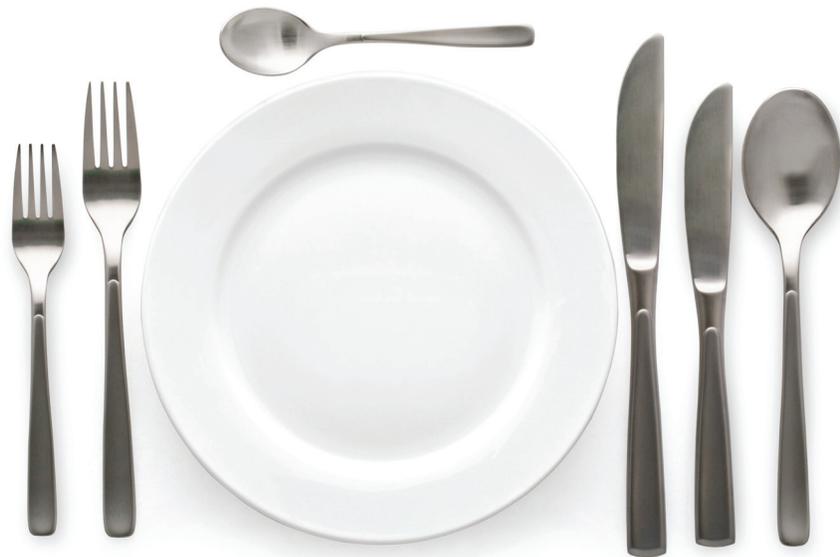
Quark with Strawberries and Granola

- Quark is similar to ricotta cheese.
- Healthy option for breakfast or a snack.
- Available in a variety of fat content.
- Recommended to order this dish either in bulk or pre-plated.

Hot

Bauernfrühstück (farmer's breakfast)

- Fried potatoes, scrambled eggs, leeks, onions and ham
- Served in a bowl with sliced tomatoes, gherkins and bread rolls on the side.
- Topped with fresh, chopped chives.
- Micro or oven options available.
- Rührei mit Kieler spratten auf Roggenmischbrot - sprats with scrambled eggs on rye toast
- Sprats are small fish, related to the herring family, and common in the northern region of Germany.
- When ordering, request that the head and tail be removed.
- Traditionally, the eggs are placed on top of the bread, and the sprats are displayed whole on top.
- Garnish with fresh scallions.
- Micro or oven available.



Cold Canape / Appetizer Selection

Ordering – It is ideal to order 1-2 pieces per passenger when it is just for an hors d'oeuvre. If it is the only food being served, go with 3-4 pieces per passenger.

Westphalian Ham Wrapped Figs Stuffed with Weiß-Blau Brie

- Weiß-Blau brie is a cross between blue and brie cheese.
- It was first produced in Germany in the 1970's.
- Westphalian ham is produced from acorn-fed pigs raised in Westphalia.
- It is recommended to order this dish either in bulk or pre-plated.

Mettwurst on Pretzel Crostini with Whole Grain Mustard and Apple Relish

- Mettwurst is an air-dried, cured sausage.
- It is seasoned with garlic, coriander, allspice, marjoram and other spices.
- The apple relish can be made with any of the many varieties of German apples.
- It is recommended to order this dish either in bulk or pre-plated.
- Potato pancakes with smoked salmon, caviar and crème fraiche
- The potato pancakes are made with chives and fresh herbs.
- The smoked salmon is folded on top and garnished with caviar and crème fraiche.
- Top each one with a parsley sprig, for garnish.
- It is recommended to order this dish either in bulk or pre-plated.

Hot Appetizers

Odenwälder Frühstückskäse Tartlets with Black Olive Caper Tapenade

- Odenwälder Frühstückskäse is a soft mild cheese.
- The cheese is a protected designation of origin (PDO) product, and only authentic Frühstückskäse is made in the Hessian Oldwald region.
- The sharpness and acidity of the tapenade accentuates the rich creaminess of the cheese.
- It is recommended to order this dish either in bulk or pre-plated.

Petite Grilled Tilsiter Sandwiches with Tomato-Onion Chutney

- Tilsiter is a native cheese of Germany that has a creamy texture with a sharp ending note.
- Sonnenblumenbrot (sunflower bread) can be used to give the texture and added crunch.
- The tomato-onion chutney is added on top just before service.
- It is recommended to order this dish either in bulk or pre-plated.

Wild Forest Mushroom Strudel with Rocket Pesto

- Seasonality determines the varieties of mushrooms.
- The mushroom mixture is combined with a bit of heavy cream, cheese and fresh herbs.
- The rocket pesto is placed on the bottom of the plate just before service.
- It is recommended to order this dish in bulk.



Salad

Celery Root and Apple Salad

- Julienne celery root, apple and fennel with toasted hazelnuts and caraway dressing over butter lettuce
- Combine the celery root, apple and fennel with the dressing.
- Place the lettuce on the bottom and the celery root and apple-fennel mixture on the top.
- Garnish with toasted hazelnuts and fresh parsley sprigs.
- It is recommended to order this dish either in bulk or pre-plated.

Soup

Hessische Brotsuppe (Bread Soup)

- Rich, creamy beef broth with ham and cheese.
- Commonly served in a bread bowl.
- Crème fraiche is added separately, for garnishing.
- Garnish with fresh herbs and toasted bread cubes.
- 16 oz / 500 ml per portion of soup.
- Soup is sent cold in a microwave container for reheating.

Main Courses

- 6 to 8 oz (170 to 225 g) of protein
- 4 oz (115g) of starch
- 3 oz (85g) of vegetables
- 2 oz (60g) of sauce (included in some dishes)
- Menu item-appropriate garnish

Slow-Braised Beef Tenderloin with Grüne Sosse

- Served with boiled potatoes and sautéed chard.
- Beef is fully-cooked and fork-tender.
- Grüne Sosse translates to “green sauce,” and is made with yogurt, sour cream, fresh herbs and boiled eggs.
- Can be sent individually-bulked or bulked.
- Garnished with fresh herbs.
- All items can be provided for an oven or a microwave.

Smoked Pork Loin with Sautéed Apples

- Served with whipped potatoes and sauerkraut.
- Pork loin is sliced into petite medallions.
- Apples are lightly-spiced with cinnamon and allspice.
- Sauerkraut can be served hot or cold.
- Can be sent individually bulked or bulked.
- All items can be provided for an oven or a microwave.



Beer-Mustard-Crusted Lamb Chops with Apfelwein Demi

- Served with parsley rosemary spätzle and braised Carrots
- Four-bone rack of lamb cooked medium rare or to your specification.
- Sauce is infused with local apple-wine.
- Spaetzle is a whole flour dumpling and sautéed in butter
- Can be sent individually bulked or bulked.
- All items can be provided for an oven or a microwave.

Rocket, Black Forest Ham and Räucherkäse Chicken Roulade

- Served with parsnip puree, bacon and sautéed spinach
- Rocket is arugula lettuce that has a peppery flavor.
- Räucherkäse is a smoked cheese from the southern region of Germany.
- Bacon is incorporated into the sautéed spinach.
- Can be sent individually bulked or bulked.
- All items can be provided for an oven or a microwave.

Smoked Fish Cakes with Citrus Grüner Sosse

- Served with fresh green salad and Champagne vinaigrette.
- These cakes, called Karfreitag, are traditionally served the Friday before Easter.
- The fish is precooked and mixed with shredded potatoes and onions.
- Grüne Sosse is made using traditional recipes with the addition of fresh-squeezed lemon.
- The fish cakes can be provided for an oven or a microwave, while the salad greens and sauce are sent cold for plating.

Side Options

The main course items have been paired with side accoutrements suggested by the local chef. However, we realize that our customers enjoy having the option to select a substitution based on their preference. We offer the following sides as an option:

Starches

Herb Mashed Potatoes
Herb Fragrant Rice
Potato Pancakes
Cheese Spätzle
Basmati Rice

Vegetables

Grilled Vegetable Medley
Roasted Sweet Carrots
Roasted Asparagus
Sautéed Haricot Vert
Braised Cabbage

Sauce

Rosemary and Garlic Sauce
Butter and Chive Sauce
Red Wine Sauce
Lemon-Butter Sauce
Port Sauce

Dessert

German Apple Crumble

- Served with cinnamon whipped-cream and mint
- The apples are slowly baked with butter and spices and topped with a crumble mixture.
- A garnish kit of fresh whipped-cream and mint are supplied on the side for plating.

Frankfurter Kranz

- Served with fresh, seasonal berries and mint sprig.
- Buttercream-filled butter cake, topped with nut brittle.
- A garnish kit of fresh berries and mint are supplied on the side for plating.

Quetschekuche

- Served with crème anglaise.
- A short-crust sheet cake topped with local plums (Zwetschge).
- Warm the cake slowly and top with the crème anglaise just before serving.

Cocktails

Spotlight Liquor: Apfelwein (Apple Wine)

Apple wine is such a tradition in the Frankfurt area, that there are bars and pubs dedicated to the golden astringent beverage. The fermented apple liquid can be found in almost every restaurant and store in the Frankfurt metro area, the locals take it so seriously that there is an annual festival to pay homage to their local libation. Apple wine, in the Hessen state, was born out of necessity due to a horticulture blight that destroyed grape crops in the early 1500s. With no local wine production, the Hessens were forced to purchase wine from outlying states and the cost became too expensive. To combat the price and quench their thirst, the Franks turned to the ancient Roman method of making the abundant countryside apples into apple wine.

The wine is traditionally served alone or accompanied with a sparkling water. We have taken this tradition and put a slight twist on it to create this refreshing cocktail:

The "Apfelwein Sparkling Rum"

2 ounces spiced rum
2 ounces apfelwein
1/2 ounce simple syrup
ice cubes for a mixer
4 ounces Champagne
2 each apple quarters
1 each cinnamon stick

Method:

1. Combine rum, apfelwein, simple sugar and ice in a shaker.
2. Shake well.
3. Place the apple slices into a high ball glass.
4. Add Champagne to the glass.
5. Pour shaken mix into the glass.
6. Add cinnamon stick, and stir.



Wines

Assmannshäuser Höllenberg Crescentia Spätburgunder Trocken

- Intense spiciness, dark-red berry and fruit flavors, full-body and dry finish.
- Originally abbey-grown and produced by the Eberbacher monks.
- This grape is ancestor of the Burgundy vine.
- Pairs well with beef roast or roasted game fowl.

Heppenheimer Centgericht Grauburgunder Trocken VDP

- Complex aromas of mango, apple and pear mixed with a slightly woody flavor.
- Named after the former Heppenheimer Landberg court.
- Hans Lang Riesling "Erstes Gewächs" Dry pairs well with cheese and fresh fruit.
- Floral and vanilla notes with a light finish.
- Fermented in aged oak barrels.
- Pairs well with lobster, shellfish and cream sauces.



Useful Tips

How much wine to buy?

The general rule is to plan on one bottle of wine per person, for your total wine purchases. The following guideline provides more suggestions:

Wine Varieties	4 Guests	6 Guests	8 Guests	10 Guests	12 Guests
2	2 bottles of each wine	3 bottles of each wine	4 bottles of each wine	5 bottles of each wine	6 bottles of each wine
3	1 bottle of each wine	2 bottles of each wine	2 bottles of each wine	3 bottles of each wine	4 bottles of each wine
4	1 bottle of each wine	1 bottle of each wine	2 bottles of each wine	2 bottles of each wine	3 bottles of each wine
5	1 bottle of each wine	1 bottle of each wine	2 bottles of each wine	2 bottles of each wine	3 bottles of each wine

**Dessert wine are considered different and served in much smaller portions. Usually the bottles are half the size of regular wine bottles.*

Measurement Conversions

1 teaspoon - 5 ml

1 tablespoon - 15 ml

1 cup - 235 ml

1 quart - 0.946 liter

1 pint - 473 ml

1 pound - 456 g

1 ounce - 28 g

1 inch - 2.54 cm

1 centimeter - 0.393 in

1 meter - 3.28084 ft

1 foot - 30.48 cm



Unique Items

As a flight attendant, you must be able to “read” your guest and find out what their likes and dislikes are. It is always a nice gesture to have a gift for them when boarding that has a little story behind it. It could be as simple as a box of specialty chocolate from that location, to a personalized picture of the trip with the date on it that they can remember the trip by. Make it fun and memorable for your passengers; highlight the extraordinary service you gave them.

Apfelwein - Frankfurt is well-known for its local libation Apfelwein, commonly called “Ebbel Woi” or apple wine. The wine is made from yeast-fermented apples with an alcohol content of between 5% to 7%. It has a very astringent taste and can be served hot or cold. Common ways of consuming Apfelwein are “Sauer-Gespirtzen (mixed with sparkling water),” “Süss- Gespirtzen (mixed with sweet sparkling water),” or “Pur (with new, additional ingredients)”.

Apple Wine “Bembel” - This salt-glazed stoneware pitcher is the traditional serving vessel for Apfelwein. It has a greyish color and is decorated with blue paint, depicting either city landmarks or simple designs.

Apple Wine “Gerippes” - Also a traditional glass made for drinking Apfelwein. The glass is about 10 ounces and is beveled with lozenge cuts to reflect the light of the wine. Some glasses are branded with specific makers of the wine, while others are decorated with scenes from Frankfurt.

Frankfurt Homburg Hat - Traditional men’s hat, upturned brim and stiff felt. It is named after the famous health spa in Bad Homburg, located 10 miles from Frankfurt. It has achieved world fashion status after it was purchased and worn by Edward VII, Prince of Wales, in the late 1800s. It is occasionally referred to as the “aristocrat” of men’s felt hats.

Struwelpeter - Author Heinrich Hoffmann composed this children’s book in 1845 for his daughter as a means of teaching her about the consequences of misbehaving. The book contains ten illustrated stories each with a moral lesson at the end. Hoffmann’s work is credited for introducing the bogeyman and other scary characters into western literature.

Frankfurter Würstchen - This lightly-smoked pork sausage is long and thin and has a protected geographical status since 1860. Only sausages made in the Frankfurt area can be called “Frankfurter Würstchen.” The sausage is traditionally cooked in boiling water and served hot with mustard, horseradish and fresh bread.

Henninger Beer - With roots tracing back as far as the 1600s, this brewery has a long and deeply-connected relationship with the city of Frankfurt. The Henninger Turm, the grain silo with revolving restaurant, was once the tallest building in Frankfurt until it was torn down in 2013. The brewer makes Kaiser Pilsner, a traditional Pilsner-style beer, as well as unique brews like Highlander, (brewed with malt whiskey), and Radler a (lemonade and beer mix).

