



DAS CHADIM



YOUR INSTRUCTIONS FOR HAPPINESS

HAPPINESS MAKER:

AURELIA, BARBARA, ELISABETH, JULIA S., IRENE, KARIN, LARA, MILICA, SHABNAM, ALI, AHMED, ASIF,
ERBIN, FRANO, HASNAIN, LUCAS, MARTIN, MEHMET, ROLAND, SEMI, STEFAN, TOBIAS

= YOUR CHADIM-TEAM - NICE THAT YOU'RE HERE!



HERE'S TO A GOOD START

STARTER

	0,1 lt.	0,75 lt.
BIO TROPICAL FRIZZANTE Winery Dujmo Vino	5, ⁹⁰	34, ⁹⁰
BIO UHUDLER FRIZZANTE Winery Dujmo Vino	5, ⁹⁰	34, ⁹⁰
CRANBERRY- GIN Cranberry Julce, Gin, Sugar, Orange, Ice		10, ⁹⁰
CRANBERRY-FRIZZANTE Uhudler Frizzante, Cranberry Juice, Orange Liquor, Mint and Orange Slice		8, ⁵⁰
SLOE GIN 5cl Monkey 47 Black Forest Dry Gin, Thomas Henry Wild Berry Tonic, Berries		7, ⁹⁰
GIN TONIC		6, ⁹⁰
APEROL SPRITZ Original with Prosecco with white wine	6, ⁹⁰ 5, ⁹⁰	
HUGO SPRITZ Prosecco, Soda, Elderflower syrup, Lime and Mint with white wine		5, ⁹⁰
LILLET BERRY Lillet Berry, Thomas Henry Wild Berry Tonic		5, ⁹⁰
MOSCOW MULE		10, ⁹⁰

FIZZY REFRESHING DRINKS

	0,1 lt.	0,75 lt.
Glas Sacchetto „San Rocco“ Frizz.	4, ⁸⁰	
Glas Sacchetto „San Rocco“ Frizz. mit Hollunder	5, ⁵⁰	
Prosecco Prapian Extra Dry Cantine Sacchetto, Trebaseleghe	5, ²⁰	35, ⁹⁰
Prosecco Prapian Brut Cantine Sacchetto, Trebaseleghe,	5, ²⁰	35, ⁹⁰
Schlumberger Brut		42, ⁹⁰
Schlumberger Rose		42, ⁹⁰
<p>– GREAT OCCASIONS</p> <p>REQUIRE GREAT DRINKS –</p> <p>CHAMPAGNE</p> <p><i>"After the victory you deserve it, after the defeat you need it."</i></p> <p>Napoleon Bonaparte, (1769–1821) French general, statesman and emperor.</p>		
DRAPPIER Carte d'Or, Urville, Frankreich	9, ⁸⁰	89,-
BRUT RÉSERVE Champagne Charles Heidsieck, Reims, Frankreich		119, ⁹⁰
ROSÉ RÉSERVE Champagne Charles Heidsieck, Reims, Frankreich		139, ⁸⁰
CHAMPAGNE BRUT ROSÉ Ruinart, Reims, Frankreich		169,-
CHAMPAGNE BRUT R DE RUINART The oldest champagne house in the world will be celebrating its 400th year of existence in 2029!		129,-



STARTERS

Beef tartare

80 | 150 | 200 grams - 11,⁹⁰ | 15,⁹⁰ | 19,⁸⁰
fine butter | crispy toast (M, D, C, G)

Salmon Tatar - 15,⁹⁰ (D, C, M)

Vegetable Tartar

75 | 150 | 200 Gramm - 8,⁹⁰ | 12,⁹⁰ | 15,⁹⁰
Paprika humus, dried tomatoes, green peppers
Finely marinated (A, F, G, H, M)

Trilogy - a little something from everything - 18,⁹⁰

Beef tartare | Vegetable tartare | Salmon Tartar
(M, D, C, G, M, A, F, H)

Trilogy for two - perfect for sharing - 28,⁹⁰

Beef tartare | Vegetable tartare | Salmon Tartar
(M, D, C, G, M, A, F, H)



SOUPS

Hearty beef broth

With sliced pancakes and herbs - 5,⁹⁰
with baked liver dumplings - 7,⁹⁰
(L, A, C, G)

FROM AUSTRIAN COUNTRY CHICKEN

Cordon Bleu from country chicken breast

Stuffed baked chicken schnitzel
with ham and cheese with fries - 19,⁸⁰ (A, C, G)

Grilled chicken breast

fillet with grilled vegetables and
rosemary potatoes - 18,⁹⁰ (G)
Sauvignon Blanc, Wohlmuth, Gamlitz, STMK.

Parisian schnitzel from country chicken breast

with homemade potato salad - 17,⁹⁰ (A, C, G)

Baked chicken schnitzel

with homemade potato salad - 16,⁹⁰ (A, C, G)



VIENNESE TAVERN CULTURE

Crispy Original Viennese Schnitzel

of Austrian veal baked in clarified butter in baker's
crumbs with homemade Viennese potato and
lettuce salad - 26,⁹⁰ (A, C, G, L, M)

Natural veal schnitzel

with parsley potatoes - 27,⁹⁰ (A, G)
*Grüner Veltliner Ried Stangl Kamptal DAC,
Weixelbaum, Strass, NÖ.*

Fine Viennese Tafelspitz

potato pancake | apple horseradish
chive sauce - 26,⁹⁰
On request with frittatas
for soup enjoyment - (+1,⁹⁰) (A, C, G, L, M)

Girardi roast

Roast roast with onions, bacon, mushrooms,
Capers and roasted potatoes - 25,⁹⁰ (L, M)
*Zweigelt Ried Schüttenberg 1ÖTW Carnuntum DAC -
2020, Weingut Philipp Grassl, Göttlesbrunn,
Niederösterreich*

Znojmo roast

Roast roast with onions, pickles, capers
and roasted potatoes - 25,⁹⁰ (L, M)
*Blaifränkisch hochberg - BIO - 2019
Weingut Gesellmann, Deutschkreutz, Mittelburgenland*

Tender Viennese onion roast

onion jus | rosemary apples | homemade
gherkins crispy onion - 24,⁹⁰
Available as a vegan version - 17,⁹⁰ (L, M) 

ORIGINAL CHADIM BEEF ROLL

Hand rolled - carrot | yellow beet | cucumber |
bacon | homemade butter dumplings - 22,⁹⁰
(A, C, G, L, M)

OUT OF THE WATER

Radlberger char fillet
with parsley potatoes - 24,⁹⁰ (A, C, D, G)

Carp baked (A, C, D, G)
with homemade potato salad - 22,⁹⁰ (A, C, D)

CHADIM-DELICACIES

Chadim-Schnitzel
Chicken schnitzel, with sheep's cheese
Spinach and salad garnish - 18,⁹⁰ (A, C, G, M)

Hearty devil's pan

Chicken filelet strips, pickles in a spicy cream sauce
with butter dumplings.
Levels of spiciness: Mild, medium, hot (A, C, G) - 18,⁹⁰

Styrian crispy salad - 16,⁹⁰
with strips of chicken breast baked in pumpkin seed
breading on fresh lettuce, cucumber, tomato,
paprika and Styrian pumpkin seed oil (A, C, G, M)

Grilled chicken fillet strips - 16,⁹⁰
from Sultal country chicken on fresh lettuce,
Cucumber, tomatoes, peppers and
homemade garlic sauce (G, M)

Fried sheep cheese
with garlic on leaf lettuce, garnished
with olive oil (G) - 16,⁹⁰

Hearty cheese dumplings
With mountain cheese and salad - 15,⁹⁰ (A, C, G)

Spinach dumplings
Homemade dumplings, cream,
Sheep cheese and leaf spinach - 15,⁹⁰ (A, C, G)

Egg dumplings with leaf salad - 14,⁹⁰ (F, G)

Baked zucchini slices
with parsley potatoes and garlic sauce - 12,⁹⁰ (A, C, G)

WE AVOID WASTING OUR PRECIOUS FOOD. ASK OUR SERVICE TEAM, SHOULD IT HAVE BEEN TOO LITTLE FOR YOU.
COVER CHARGE: 3,⁹⁰ PER PERSON (THREE KINDS OF HOMEMADE BREAD, BUTTER AND SPREAD).
ALLERGEN INFORMATION CAN BE FOUND ON THE LAST PAGE OF THE MENU. ALL PRICES ARE INCLUSIVE OF TAX.

SAVORY SIDE DISHES

Parsley potatoes | Rosemary potatoes |
Fries | Butter dumplings | Ducat Chips
Buttered vegetables | mashed potatoes - 4,⁹⁰
(A, C, G)

FRESH SALADS

Potato and lettuce salad | green salad
Mixed salad (lettuce, cucumber, tomatoes, peppers,
potato salad) - 4,⁹⁰
(L, M)

HOMEMADE SAUCES

Cocktail sauce | garlic sauce - 2,⁹⁰

Classics

Wild cranberries | tomato ketchup | mustard 1,⁹⁰
(A, C, G, L, M)

WE PREFER TO WORK WITH FRESH PRODUCE FROM OUR REGION.

Regional quality meat from beef, veal and
chicken:

- ✓ Exclusive meat range from Wiesbauer Gourmet
Milk and Dairy Products & Free Range Eggs:
- ✓ Austrian products with the AMA seal of approval
- ✓ ORGANIC potatoes and onions: Gerald Kaiser,
Stockerau
- ✓ Apples and root vegetables: From local farms
- ✓ Asparagus (seasonal): Sulzmann family,
Marchfeld
- ✓ Trout and char: From local waters
- ✓ Wine: Gemischter Satz from Rainer Christ winery,
Jedlersdorf/Vienna



LIQUID GOLD

*"Beer is proof that God loves us
and wants us to be happy."*

Benjamin Franklin (1706-1790) American statesman

OPEN RED- & WHITE WINES FROM THE BEST VINEYARDS

*"If you want to find the truth in wine, you mustn't
give up the search after the first glass."*

Werner Mitsch (1936-2009) German aphorist

1/8 lt. | 0,75 lt.

BREWED ESPECIALLY FOR US AT THE HAINFELD BREWERY

PIFF 0,2L | SEIDL 0,3l | KRÜGERL 0,5l

Franz CHADIM-LAGER 2,90 | 3,90 | 5,20
*Very smooth beer. Brewed especially for us in the
Hainfeld brewery. The long storage allows this beer
to bring out its characteristic note to the best
advantage.*

Franz CHADIM-MIXED 2,90 | 3,90 | 5,20
Mild and pleasantly malty.

Franz CHADIM-ZWICKL 2,90 | 3,90 | 5,20
*A natural beer specialty.
The Zwickl is unfiltered and naturally cloudy.*

Franz CHADIM-EDELPILS 2,90 | 3,90 | 5,20
*The Edel Pils is the premium among the beer
specialties with 11.5 degrees original wort and 4.8%
alcohol content.*

Radler 3,90 | 4,90
Lemon | Almdudler | Soda

Becks Blue (non-alcoholic) Fl.0,33l 3,90

Sparkling wine! (red or white)
1/4 lt. 3,90

Fancy ROSÉ - 2022 5,20 29,80
Weingut Michael Auer, Höflein,
Niederösterreich Carnuntum

Wiener Gemischter Satz DAC 5,20 29,80
Weingut Christ, Jedlersdorf, Wien

**Wiener Gemischter Satz
DAC 68er - 2021** 4,90 28,90
Weingut Fuhrgassl-Huber, Wien

Gelber Muskateller - 2021 5,20 29,80
Weingut Buchegger, Dross, Niederösterreich

Chardonnay 4,80 27,90
Weingut Vinum Panonia Allacher,
Gols/Neusiedlersee

**Grüner Veltliner Ried Stangl
Kamptal DAC** 5,20 29,80
Weingut Weixelbaum,
Strass, Niederösterreich

**Sauvignon Blanc Südsteiermark
DAC - 2021** 5,30 30,90
Wohlmuth - Meinhardt Hube,
Gamlitz, Südsteiermark

Zweigelt ROSÉ 30,90
Weingut Bründelmayer, Lanngenlois/Kamptal

**Wiener Gemischter Satz DAC
Ried Ulm Nussberg IÖTW - BIO - 2020** 45,90
Weingut Fritz Wiener, Stammersdorf, Wien

REDWINES FROM THE BEST VINEYARDS

"The good life takes care of worries. And worry

breakers are the vines."

Johann Wolfgang von Goethe, 1749-1832: West-Eastern Divan

1/8 lt. | 0,75 lt.

Rotgipfler Ried Rodauner – 2021 39,⁹⁰
Weingut K. Alphart, Traiskirchen

**Roter Veltliner Ried Fumberg Wagram
DAC – BIO – 2021** 38,⁹⁰
Weingut Leth, Fels am Wagram, Niederösterreich

Grüner Veltliner Federspiel Loibner 2022 45,⁹⁰
Knoll Emmerich / Wachau / Unterloiben

Grüner Veltliner Rotes Tor Federspiel 2022 49,⁹⁰
Hirtzberger, Wachau

Grüner Veltliner Smaragd Spitaler – 2021 55,⁹⁰
Wein Hofmeisterei Mathias Hirtzberger, Wösendorf,
Niederösterreich Wachau

Grüner Veltliner Rotes Tor Smaragd 2017 89,⁹⁰
Hirtzberger, Wachau

**Weißburgunder Ried Steinbach
ISTK Südsteiermark DAC – BIO – 2020** 46,⁹⁰
LacknerTinnacher, Gamlitz, Südsteiermark

Chardonnay Ried Steinriegel – BIO – 2020 46,⁹⁰
Weingut Gesellmann, Deutschkreutz, Mittelburgenland

**GRAUBURGUNDER RIED SAZIANI
GSTK – BIO – 2020** 65,⁹⁰
Weingut Neumeister, Straden,
Vulkanland, Steiermark

**SAUVIGNON BLANC RIED ZIEREGG GSTK
SÜDSTEIERMARK DAC – BIO – 2019** 89,⁹⁰
Tement, Berghausen, Steiermark Südsteiermark

**Riesling Ried Heiligenstein
IÖTW Zöbing Kamptal DAC – BIO – 2020** 54,⁹⁰
Weingut Hirsch, Kammern/Langenlois

Blaufränkisch 7301 – 2020 5,⁵⁰ 31,⁹⁰
Weingut Kirnbauer, Deutschkreutz

Zweigold Neusiedlersee DAC – 2020 4,⁸⁰ 27,⁹⁰
Weingut Robert Goldenits, Tatten,
Burgenland Neusiedlersee

Pinot Noir 5,²⁰ 29,⁸⁰
Weingut Johanneshof-Reinisch,
Tattendorf/Thermenregion

Q2 5,⁵⁰ 41,⁹⁰
Blaufränkisch, Cabernet Sauvignon, Syrah
Weingut Gager, Deutschkreutz/Burgenland

Cabernet Sauvignon Reserve – 2018 41,⁹⁰
Salzl Seewinkelhof, Illmitz, Burgenland Neusiedlersee

Pinot Noir Furth – 2020 36,⁹⁰
Weingut Malat, Palt/Krems, Niederösterreich

Alter Rebstock – BIO – 2020 32,⁹⁰
Sankt Laurent, Blaufränkisch, Blauer Zweigelt
Johanneshof Reinisch, Tattendorf, Niederösterreich
Thermenregion

Wiener Trilogie – BIO – 2018 37,⁹⁰
Zweigelt, Cabernet Sauvignon, Merlot
Weingut Fritz Wieninger, Stammersdorf

Vulcano 2019

Blaufränkisch, Zweigelt,
Merlot, Cabernet Sauvignon 42,⁹⁰
Weingut Hans Igler, Deutschkreutz, Mittelburgenland

Merlot Schützner Stein - BIO - 2019 46,⁹⁰
Weingut Prieler, Schützen am Gebirge, Burgenland
Leithaberg

Zweigelt Ried Schüttenberg
IÖTW Carnuntum DAC - 2020 51,⁹⁰
Weingut Philipp Grassl, Göttlesbrunn,
Niederösterreich Carnuntum

Blaufränkisch hochberc - BIO - 2019 66,⁹⁰
Weingut Gesellmann, Deutschkreutz,
Mittelburgenland

BIG JOHN 39,⁹⁰
(Zweigelt, Cabernet Sauvignon, Pinot Noir)
Weingut Scheiblhofer, Andau, Neusiedlersee

Steinzeiler 2019 82,⁹⁰
Blaufränkisch, Blauer Zweigelt,
Cabernet Sauvignon
Weingut Kollwentz-Römerhof, Großhöflein, Burgenland

MAGNUM BOTTLES (1.5 LITERS)

Grüner Veltliner Wahre Werte 79,⁸⁰
Weingut Weixelbaum,
Strass, Niederösterreich

Commodor 2008 oder 2016 129,-
Weingut Anita und Hans Nittnaus
Gols, Burgenland

Vulcano 2013 oder 2016 82,⁹⁰
Weingut Hans Igler
Deutschkreutz, Burgenland

SWEET WINES

1/6

SPÄTLESE 3,⁹⁰ 32,⁹⁰
WEINGUT HANS TSCHIDA, Illmitz, Bgl.
Welschriesling, Sämling 88, Chardonnay, Traminer

TRAMINER AUSLESE 34,⁹⁰
Feiler-Artinger, Rust am See

AUSLESE MUSKAT OTTONEL 0,375 lt. 34,⁹⁰
Weinlaubenhof Kracher, Illmitz

WITHOUT ALCOHOL

Homemade lemonade Gl. 0,40l 4,⁰⁰
Lemon-Ginger | still or sparkling

NATURAL JUICSE FROM FRANZ JOSEF RAUCH

Apple juice naturally cloudy Fl. 0,20 3,⁵⁰
Currant Fl. 0,20 3,⁵⁰
Apricot Fl. 0,20 3,⁵⁰
Orange Fl. 0,20 3,⁵⁰
Spritzed with soda Gl. 0,50l 4,⁹⁰
Spritzed with water Gl. 0,50l 3,⁹⁰

SODA - YOUTH DRINKS

Soda Gl. 0,40l 3,²⁰
Soda elderflower syrup Gl. 0,40l 3,⁵⁰
Soda lemon Gl. 0,40l 3,⁵⁰
Portion of freshly squeezed lemon
4 cl 1,⁹⁰

LEMONADES

Coca-Cola Fl. 0,33l 3,⁵⁰
Coca-Cola Zero Fl. 0,33l 3,⁹⁰
Sprite Fl. 0,33l 3,⁹⁰
Frucade Fl. 0,33l 3,⁹⁰
Almdudler Fl. 0,33l 3,⁹⁰
Iced tea peach oder lemon Fl. 0,33l 3,⁹⁰
Tonic Fl. 0,20l 3,⁹⁰
Red Bull Do. 0,25l 4,⁹⁰

MINERALWASSER

Römerquelle sparkling or still Fl. 0,35 3,⁵⁰
Römerquelle sparkling or still Fl. 0,75 5

TEA WARMS THE HEART, COFFEE THE SOUL

ORGANIC COFFEE AND TEA

- Great Espresso or Brauner - 4,⁵⁰
- Small Espresso or Brauner - 2,⁹⁰
- Extended or Viennese Melange - 4,²⁰
- Cappuccino - 4,⁷⁰
- Caffè Latte - 4,⁹⁰
- Teapot (Earl Grey, fruit, chamomile, peppermint, green tea) - 5,⁰⁰
- Hot chocolate - 5,⁹⁰



„TO THE ABSOLUTE HIGHEST

PLEASURES BELONGS A SCHNAPPS“

DISTILLES from Hödl Hof

FRANZ CHADIM'S HOFMARKEN

- | | |
|--|------------------|
| | 2cl |
| Hazelnut spirit - unique taste and popular. | 3, ⁵⁰ |
| <i>Tastes of roasted hazelnuts and fine nougat.</i> | |
| Marille | 3, ⁵⁰ |
| <i>A full and fine aroma of cooked apricots, accompanied by fine roasted aromas and a hint of almond.</i> | |
| Obstler | 3, ⁵⁰ |
| <i>Ripe pears dominate the nose alongside the delicate apple aroma, accompanied by green walnut and herbal tones.</i> | |
| Raspberry Spirit | 3, ⁵⁰ |
| <i>An intense raspberry scent flatters the nose. Also on the palate it enchants with its fruity style, spice and fruit in interplay.</i> | |
| Blueberry | 3, ⁵⁰ |
| <i>In the nose an intense scent of fully ripe blueberries.</i> | |
| Almond Liqueur | 3, ⁵⁰ |
| <i>Nutty aroma with notes of marzipan, vanilla and bitter almonds.</i> | |
| Plum | 3, ⁵⁰ |
| <i>A soft and fine plum on the nose, reminiscent of almonds.</i> | |

NOBLE BRANDIES

2cl

- | | | |
|--|------------------|-------------------|
| Old plum | 5, ⁵⁰ | |
| <i>It has a delicate aroma of dried plums with toasted notes, is full-bodied and presents ripe plums in taste. It is soft and pleasant on the finish.</i> | | |
| Williams pear | 5, ⁵⁰ | |
| <i>Simply the classic among the noble brandies. Like no other fruit, the Williams pear manages to its fresh character into the distillate.</i> | | |
| Rowanberry | 5, ⁵⁰ | |
| <i>Harmonious aroma of marzipan and dark chocolate. Nutty spice with light toasty aromas. It is strong and well balanced with a velvety finish.</i> | | |
| Quince | 5, ⁵⁰ | |
| <i>Spicy and stimulating scent of fresh quinces with exotic lime and fine herbs, very calm and floral nose. Its refreshing and fruity taste is complex and elegant at the same time. Tart-sweet power on the dense palate.</i> | | |
| DIGESTIF | | |
| Averna | 4cl | 4, ⁹⁰ |
| Grappa Nebiolo Piemont | 2cl | 4, ⁵⁰ |
| Martini Extra Dry, | | |
| Bianco, Rosso oder Fiero | 2cl | 4, ⁹⁰ |
| Ramazotti Amaro Kräuterlikör | 2cl | 3, ⁹⁰ |
| Zwack Unicum Bitter | 2cl | 3, ⁵⁰ |
| Karlsbader Becherovka | 2cl | 3, ⁵⁰ |
| Tequila Gold | 2cl | 3, ⁵⁰ |
| GIN | | |
| Franz von Durst Gin | | |
| Bombay Monkey 47 Sloe Gin | 4cl | 4, ⁵⁰ |
| RUM | | |
| Diplomatico Reserva Exclusiva | 2cl | 6, ⁹⁰ |
| WHISKEY | | |
| Dimple Golden Selection | 2cl | 6, ⁹⁰ |
| Jameson Select Reserve | 2cl | 6, ⁹⁰ |
| COGNAC | | |
| Hennessy Very Special | 2cl | 5, ⁹⁰ |
| Metaxa 7***** | 2cl | 6, ⁹⁰ |
| Martell V.S.O.P | 2cl | 5, ⁹⁰ |
| Remy Martin XO | 2cl | 14, ⁹⁰ |

SWEET FOR THE SOUL



Poppy seed noodles with butter ^(A, C, G) – 10,⁹⁰

Homemade apple or curd strudel

With whipped cream or vanilla sauce ^(A, G) – 8,⁹⁰ / - 10,⁹⁰

Fluffy pancakes two pieces – 9,⁸⁰

Optionally filled with

Raspberry jam ^(A, C, G) / *Apricot jam* ^(A, C, G) / *fine Nutella*
^(H)

House style tiramisu ^(A, C, G) – 7,⁹⁰

Chocolate cake

with liquid core and whipped cream ^(A, F, G, H) – 6,⁹⁰

Homemade Kaiserschmarren ^(A, C, G)

On request- ask our service team! Up 2 people per
ser serving 12,⁹⁰

VIENNA COFFEE SPECIALTIES

Maria Theresia- Double espresso, milk, orange

liqueur, whipped cream ^(O, G) – 7,⁵⁰

Baileys Kaffee – Double Espresso, Baileys, hot Milk,

whipped cream ^(C, O, G) – 7,⁵⁰

Biedermaier - Double Espresso, Apricotliqueur,

whipped cream ^(C, O, G) – 6,⁹⁰

Fiaker – Double Espresso, Rum ^(O) – 5,⁹⁰

Einspänner – Double Espresso, whipped cream ^(G) –

4,⁹⁰

Franziskaner – Double espresso, milk foam,

whipped cream ^(G) – 4,⁸⁰

Allergy information according to Codex recommendation	
Short description	Letter code
Grains containing gluten	A
Crustaceans	B
Egg	C
Fish	D
Peanuts	E
Soy	F
Milk or lactose	G
Edible nuts	H
Celery	L
Mustard	M
Sesame	N
Sulphites	O
Lupines	P
Molluscs	R

Information about sweeteners

(in accordance with FMH [Federal Ministry of Health] regulation from 10/07/2014, Federal Law Gazette No. II/175/2014)

***) Contains a source of phenylalanine**

*****) Can have a laxative effect if consumed excessively**