



Allergen information week 18

Monday

Chicken skewers with za'atar (11+16)
Mint pesto with green chili (16) and tahini dressing (11+16)
Marinated potatoes with grilled vegetables, lemon oil and roasted chick peas (16)
Broccoli crunch salad with carrots, dates, tahini and parsley (11+16)
Sandwich spread: Salmon salad with chives and asparagus (3+4+10+15)
Sundried tomato salami with cream cheese and herbs (7+16)
Veggie: Grilled hispi cabbage with za'atar, feta and marinated chickpeas (7+11+16)
Vegan: Grilled hispi cabbage with za'atar, tofu and marinated chickpeas (6+11+16)

Tuesday

Flank steak with tomato sauce, red onions and capers (15+16)
Parsley pesto (16)
Pasta with aubergines, tomatoes, oregano and basil (1+3+15+16)
Red hispi cabbage, cherry tomatoes, red pepper, and mozzarella (7+16)
Cold cuts and spreads: Madagascar pepper paté (1+7) with gherkins
Honey cured ham with russian salad (3+10)
Veggie/ Vegan: Polenta with leeks, sundried tomatoes and oyster mushrooms (15+16)


Wednesday

Veal in massaman curry with coconut milk, tamarind and peanuts (4+8/peanuts+15+16)
Coconut-coriander chutney (16)
White rice with coconut
Hispi cabbage with watermelon, cucumber, edamame and cashews (6+8/Cashew+11+16)
Cold cuts and spreads: Smoked trout salad with radishes and green apples (3+4+10)
Cold pork roast with grain mustard (10) and pickled cucumbers
Veggie/ Vegan: Sweet potato samosa with onions, white beans and red curry (1+15+16)

Thursday

Salmon fishcakes with herbs and vegetables (3+4+15)
Chunky remoulade with herbs (3+10+15)
New potatoes with creamed feta, capers, cucumber and radishes (7+16)
Caesar salad with croutons and parmesan (1+3+4+7+10)
Cold cuts and spreads: Roast beef with piccalilli (10+15) and Horseradish
Chicken salad with asparagus and mushrooms (3+10)
Cake: miso white chocolate and black sesame cookie (1+3+7+11)
Veggie: Onion quiche with potatoes, spinach and mozzarella (1+3+7+15+16)
Vegan: Onion quiche with potatoes, spinach and cashew cream (1+8/Cashews+15+16)

Friday

 Pork roast sandwich with brioche bun (1+3+7)
Pickled cucumbers, red cabbage and mustard mayonnaise (3+10)
Roasted potatoes with rosemary salt
Summer cabbage, cucumbers, feta, pumpkin seeds, apples and oyster mushrooms (7+16)
Cold cuts and spreads: Sliced potatoes, tomatoes and mayonnaise (3+10)
Tuna salad with tomatoes and dill (3+4+10)
Veggie/ Vegan: Vegetable patty with white beans, mushrooms, smoked paprika and leeks (15+16)

1 = Gluten // 2 = Crustaceans // 3 = Eggs // 4 = Fish // 5 = Peanuts // 6 = Soy // 7 = Lactose // 8 = Nuts // 9 = Celery // 10 = Mustard // 11 = Sesame seeds // 12 = Sulfur dioxide // 13 = Lupin // 14 = Molluscs // 15 = Onion // 16 = Garlic

Allergen precautions in our main courses, sandwich spreads and vegetarian dishes - Should you have any further queries regarding allergens content, do not hesitate to contact us.