

Allergen information week 30


Monday

Chicken skewers with honey, soy, sesame and scallions (6+11+16)
 Sweet chili with coconut (16)
 Noodle salad with veggies, miso dressing and cashews (3+6+8/cashew+16)
 Broccoli, kohlrabi, radishes, pineapple and mizuna (16)
 Sandwich spread: Shrimp salad with apples and curry (2+3+10)
 Smoked "rullepølse" with aspic and onions (15)
 Veggie/Vegan: Veggie loaf topped with sesame and scallions (11+15+16)

Tuesday

Beef Bolognese with veggies (15+16)
 Tomato pesto (16)
 Linguine pasta with parsley and lemon (1+3)
 Grilled vegetables with mozzarella, arugula and balsamic (7+16)
 Sandwich spread: Tuna salad with avocado, gherkins and cress (3+4+10)
 Sliced potatoes with herb mayonnaise (3+10) and tomatoes
 Veggie/Vegan: Lentil Bolognese with mushrooms and vegetables (15+16)


Wednesday

 Quiche with ham, cheddar, onions and spinach (1+3+7+15+16)
 Sauce verte (7+16)
 Marinated new potatoes with cress, radishes, avocado and peas (16)
 Tomato salad with arugula, feta, cucumber and olives (7+15+16)
 Sandwich spread: Veal with tonnato sauce (3+4+10) and capers
 Shellfish salad with asparagus and paprika (2+3+10)
 Veggie: Quiche with broccoli, cheddar, onions and spinach (1+3+7+15+16)
 Vegan: Quiche with broccoli, onions, spinach and cashew cream (1+8/Cashews+15+16)

Thursday

Fish cakes with vegetables, lemon and herbs (3+15)
 Chunky remoulade with herbs and red onions (3+10+15)
 Potato wedges with herb salt
 Green beans, frissé, olives and mustard vinaigrette (10+15)
 Sandwich spread: Chicken salad with curry and celery (3+9+10)
 Roast beef with sour cream n onion (3+7+10) and pickled red onions (15)
 Veggie: Frittata with brie, spinach and cranberries (3+7+15+16)
 Vegan: Stuffed beefsteak tomato with tofu, quinoa, cranberries and spinach (6+15+16)
 Cake: Chocolate brownie with hazelnuts (1+3+7+8/Hazelnuts)

Friday

 Pork chili with beans and chocolate (15+16)
 Guacamole (7+16), tomato salsa (15+16) and nachos
 Rice and beans
 Gem lettuce with ranch dressing, avocado and mango (3+7+10+16)
 Sandwich spread: Provencal paté (1+7) with gherkins
 Smoked ham with russian salad (3+10)
 Veggie/Vegan: Multi bean chili with corn and chocolate (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.