



MONDAY D. 20-05-2019

THE ONE

Lasagna with lentil sauce, spinach, mushrooms and mornay sauce **Allergens: 1, 7**

Radicchio, cabbage, heart lettuce, friseé with pears

Pickled cherry tomatoes with cumin

Balsamico-roasted red onions with raisins

Roasted pumpkin seeds

THE OTHER

Baked golden beets

Herb oil with oregano and green olives

Sour full cream **Allergens: 7**

White beans with grilled greens and herb dressing

Marinated black olives

FURTHERMORE

Splitpea cream with apple vinegar

Zucchini fries

BREAD

Sour dough crostini Wheat bread and rye bread from Meyers bakery **Allergens: 1**



1. Gluten



2. Krebsdyr



7. Mælk



8. Nødder

Allergens are marked with the following 4 icons:

Please note the number of the individual icons and look for it in the menu.

For further information about food allergens, please contact Meyers Frokostkøkken on 71 99 88 33





TUESDAY D. 21-05-2019

THE ONE

Chana masala - creamy tikka masala sauce with chickpeas and sweet potatoes

Topping: Spring onions and baby spinach

Carrot chutney with rosehips and chili

Baked carrots in different colors, onions and palm kale with mango sauce

Roasted peanut crumble **Allergens: 8**

THE OTHER

Baked cauliflower with coconut and black sesame

Chili oil with coriander seeds

Mint raita with cucumber **Allergens: 7**

Potatoes and peas Bihari style

Puffed wild rice

FURTHERMORE

Beetroot hummus with tahine and Meyers vinegar

Smoked greens with cress and onion sprouts

BREAD

Naan bread with nigella seeds Wheat bread and rye bread from Meyers bakery **Allergens: 1**



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7. Mælk



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WEDNESDAY D. 22-05-2019

THE ONE

Green curry with leeks, potatoes, ginger and green chili

Topping: Steamed green beans and spring onions

Steamed broccoli and pak choy with ponzu and sesame Allergens: 1

Boiled jasmin rice with mint

Sesame crumble

THE OTHER

Miso baked parsnips Allergens: 1

Asian slaw with red cabbage, spring onions, carrots and sprouts

Mul kimchi - fermented Chinese cabbage and Chinese radish

Baked beetroots and crudité with hoisin, black beans and roasted sesame

Soy marinated eggs Allergens: 1

FURTHERMORE

Rice patties with peas and kimchi

Miso mayonnaise

BREAD

Crisp rice chips (GF) Wheat bread and rye bread from Meyers bakery Allergens: 1

SHOTS

Green chili shot



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THURSDAY D. 23-05-2019

THE ONE

Mexi baked beans with mushrooms and eggplant
Green salsa - green bellpeppers, coriander, chili and cucumber
Taco kraut - fermented cabbage with jalapenos
Slaw of roots vegetables with sweet mayo and cabbage **Allergens: 7**
Roasted buckwheat, grains and seeds med oregano

THE OTHER

Baked carrots in different colors
Rucola, heart lettuce and radish, black quinoa and grapefruit
Red mole - spicy piment sauce
Avocado mash, lime and coriander
Feta crumble **Allergens: 7**

FURTHERMORE

Smoked pumpkin and fresh oregano
Potato salad with cornichons and chives

BREAD

Taco shells (GF) Wheat bread and rye bread from Meyers bakery **Allergens: 1**

SWEET

Chocolate mousse with raspberry crisp **Allergens: 1, 7**



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FRIDAY D. 24-05-2019

THE ONE

Warm pie with potatoes, asparagus and cottage cheese **Allergens: 1, 7**

Roasted chickpeas with bitter lettuces and herbs

Black eye beans with cucumber, tomatoes, red onions and parsley

Pickled walnuts and dried fruit **Allergens: 8**

Roasted sunflower seeds

THE OTHER

Baked beetroots

Rams onion 'pesto'

Creamy yogurt **Allergens: 7**

Heart lettuce and cauliflower vinagrette with eggs and spring onions

Capers

FURTHERMORE

Sweet potato spread with chickpeas

Summer salad - smoked soft cheese with radish and chives **Allergens: 7**

BREAD

Chips of rye bread Wheat bread and rye bread from Meyers bakery **Allergens: 1**



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