

Menu 22.04. - 28.04.

Monday

Beef tortillas, nachos, rice, salsa, jalapenos and avocado creme (incl. coriander)	L	
Rolled oats-sweet chili and BBQ seitan tortillas, nachos, rice, salsa, jalapenos and avocadocrema (incl. coriander)	M	
Parsnip soup	G, L	
Grilled chicken Caesar salad	L	
Fruit smoothie	G, L	
From the garden: Pepperoni-brussels sprouts-mushroom (G,M) and Pineapple-tofu (G,M,soy)		

Tuesday

Chicken in sweet chili sauce, noodles and vegetables	G, M	
Breaded flounder, hollandaise sauce and dill potatoes	L	
Cheesy cauliflower soup	G, L	
Pork minute steak, spice butter, french fries and grilled vegetables	G, L	 
Pineapple quark	G, L	
From the garden: Kale tofu (M,G,chili) and Halloumi-spinach-radish (G)	L	

Wednesday

Beef stir-fry with hoisin sauce and basmati rice	M	
Falafels, quinoa tabbouleh and hummus	G, M	
Beetroot soup	G, L	
Shrimp poke bowl	G, M	
Marianne mousse	G, VL	
From the garden: Turkey omelette (G,L, basil) Pesto chicken (G,L,nut,milk)	L	

Thursday

Beef patties, mashed potatoes and bearnaisesauce	G, L	 
Carrot-oat pancakes and lingonberry	L	
Champignon soup	G, L	
Grilled salmon, hollandaise sauce, vegetables and potato wedges 13,50€	G, M	
Mixed berry kissel	G, M	
From the garden: Curry soy strips (G, M, vegan, citrus) Marinated chicken (M, wheat, soy, chili, vs, mustard, sesame, ginger)	L	

Friday

Chicken, curry sauce and rice (incl. turmeric)	G, L	
Gratinated cauliflower and chickpea-vegetable salad	G, L	
Andalusian vegetable soup	G, L	
Chocolate swiss roll	L	
From the garden: Sweet chili soy strips (G, M, chili, soy, citrus) and Kale shrimp (G, M, soy, vs)		

Muutokset ruokalistoilla ja tuoteselosteissa mahdollisia. Henkilökunta auttaa mielellään ruoka-aineallergioihin liittyvissä asioissa.
Changes in menus and list of ingredients are possible. Our staff is always ready to help you if you have any questions concerning allergies.

G Gluteeniton | Gluten free **L** Laktoositon | Lactose-free **M** Maidoton | Milk-free **VL** Vähälaktoosinen | Low-lactose