





## Menu 06.04. - 12.04.

### Monday





### Tuesday

|  |      |
|--|------|
| Crispy saithe, tartar sauce, vegetables and potatoes                   | M    |
| Melanzane di parmigiana  | G, L |
| Carrot soup  | G, L |
| Beef minute steak, bearnaise sauce, french fries and vegetables 15,50€ | G, L |
| Brie-pear salad and roasted nuts                                       | G    |
| Strawberry quark   | G, L |
| At the café: Smoked salmon or Feta salad                               | G, L |




### Wednesday

|   |       |  |
|---|-------|--|
| Blackened chicken, ranch sauce, creamy potatoes and vegetables    | G, L  |   |
| Feta-asparagus pie, rucola-nut salad with citrus                  | L     |  |
| Cauliflower soup  | G, L  |  |
| Nacho burger with cheddar sauce, french fries and jalapenos       | L     |   |
| Lentil-vegetable stuffed bell peppers, polenta and cucumber sauce | G, M  |   |
| Mango-pineapple smoothie  | G, L  |  |
| From the cafe: Mozzarella and chicken salad                       | G, VL |  |

### Thursday









|   |       |   |
|---|-------|---|
| Meat balls, pepper sauce, potatoes and vegetables                   | L     |   |
| Garlic-sesame tofu, vegetables and basmati rice                     | G, M  |    |
| Wild mushroom soup  | G, L  |   |
| Grilled salmon, beurre blanc sauce, dill potatoes and vegetables    | G, L  |   |
| Vegetable samosas, basmati rice, vegetable stir-fry and chili sauce | M     |    |
| Pancakes, strawberry jam and whipped cream                          | L     |   |
| From the cafe: Tuna and goat cheese salad                           | G, VL |   |

### Friday

|   |      |   |
|---|------|---|
| Herb-garlic chicken, oven dried tomatoes and paprika mayonnaise | G, M |   |
| Spinach and ricotta stuffed cannellonis in marinara sauce       | VL   |   |
| Tomato-chili-coriander soup                                     | G, M |   |
| Casual Pizza Friday: Pepperoni-red onion                        | L    |   |
| Casual Pizza Friday: Mozzarella-vegetable                       | L    |   |
| Cappuccino mousse   | G, L |    |

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

 ≤ 0,5 kg CO<sub>2</sub> e  Parempi valinta  
 Vegaaninen  Opiskelija-ruokailusuos.  
 Sisältää porsaanlihaa    Lihan alkuperämaa Suomi / EU / muu  
 Healthy choice Vegan Recommended student meal Including pork The country of meat origin: Finnish / EU / non-EU