

Menu 16.11. - 22.11.

Maanantai

Salad Bar	G, M	
Cauliflower broccoli purée soup	G, L	CO2
Chickpea zucchini korma	M	CO2
Customer's Choice; Chicken Kiev (POL) with Curry mayonnaise	G, VL	CO2 EU

Tiistai

Salad Bar	G, M	
Tomato and goat cheese soup	G	CO2
Texas-style bean chili, garlic sour cream sauce, and jasmine rice.	G	CO2
Pulled pork (Fin)	M	FI
Celebrating Latvia Proclamation day; Rupjmaizes kartojums	L	

Keskiviikko

Salad Bar	G, M	
Salsify soup	G, L	CO2
Customer's Choice; Spinach pancakes and Lingonberry mash	L	CO2
Customer's Choice; Cold-smoked tofu and button mushroom poke bowl	G, M	CO2

Torstai

Tuna fish salad	G, M	
Sweet potato soup	G, M	CO2
Spicy lentil stew with Coriander soy yogurt sauce	G, M	CO2
Customer's Choice; Grilled salmon and Ratatouille with Lime yoghurt Chocolate mousse	G, L	

Perjantai

Salad Bar	G, M	
Lentil soup	G, M	CO2
Melanzane	G, L	
Customer's Choice; Pinsa bianca with cold-smoked salmon	VL	

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

CO2 ≤ 0,5 kg CO2 e

Parempi valinta
Healthy choice

Vegaaninen
Vegan

Opiskelija-ruokailusuos.
Recommended student meal

Sisältää porsaanlihaa
Including pork

FI EU
Lihan alkuperämaa Suomi / EU / muu
The country of meat origin: Finnish / EU / non-EU