

WEEK 2 MONDAY 11th

Må vi høre din mening om dagens frokost?



Scan QR-koden med kameraet på din telefon

TODAYS WARM DISH

Calf brisket in a light sweet n' sour dill sauce with steamed potatoes (1, 7)

TODAYS VEGETARIAN DISH

Pie with potatoes, leek and feta (1, 7)

TODAYS VEGAN DISH

Today's vegan dish looks like today's vegetarian dish, but it's made **without** animal-based products

TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternatives

TODAYS SALAD

Light root vegetables fried with lemon and lovage
Finely chopped kale
Smoked ling
Dijondressing (7)

TODAYS VEGETARIAN SALAD

Organic eggs
Light root vegetables fried with lemon and lovage
Finely chopped kale
Boiled eggs
Dijondressing (7)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Pan fried chicken with pesto, tomato and red onion (7)

TODAYS VEGETARIAN

Sliced avocado with vegan mayo, kohlrabi and chili flakes

TODAYS VEGAN SANDWICH

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

WEEKLY OPEN SANDWICHES

Rilette of smoked and baked salmon with skyr and lots of herbs (7)
-
Spiced meat roll with stiffened jus and mild onions

VEGETARIAN OPEN SANDWICHES

Baked Jerusalem Artichokes with mushroom mayo and pickled mushrooms (7)
-
Smoked beetroot with pickled roots and horse radish crème (7)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Mixed beets with sea buckthorn.

Subject to change.

Meyers signs only with allergens shown on the **4 icons**: Pay attention to the number assigned to each allergen icon and look for it in the menu text. The food may contain allergens other than the 4 icons. For more information about further allergens, please contact **Meyers Lunch Kitchen** on 39 18 69 00



WEEK 2 TUESDAY 12th



TODAYS WARM DISH

Pasta with spinach, parsley pesto and hot smoked salmon (1, 7)

TODAYS VEGETARIAN DISH

Pasta with spinach, pesto and cottage cheese (1, 7)

TODAYS VEGAN DISH

Today's vegan dish looks like today's vegetarian dish, but it's made **without** animal-based products

TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternatives

TODAYS SALAD

Romaine lettuce
Pearl barley with pickled onion
Fried chicken
Parmesan dressing (1, 7)

TODAYS VEGETARIAN SALAD

Romaine lettuce
Pearl barley with pickled onion
Smoked celeriac
Parmesan dressing (1, 7)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Ham salad with chives, cornichons and skyr (7)

TODAYS VEGETARIAN

Fried celeriac with smoke, cream cheese and lots of herbs (7)

TODAYS VEGAN SANDWICH

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

WEEKLY OPEN SANDWICHES

Rillettes of smoked and baked salmon with skyr and lots of herbs (7)

-

Spiced meat roll with stiffened jus and mild onions

VEGETARIAN OPEN SANDWICHES

Baked Jerusalem Artichokes with mushroom mayo and pickled mushrooms (7)

-

Smoked beetroot with pickled roots and horse radish crème (7)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Mixed tomatoes, red onion and rocket

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WEEK 2

WEDNESDAY 13th

TODAYS WARM DISH

Chicken in a classic curry-sauce with steamed rice and spiced apple chutney with mango and lime (1, 7)

TODAYS VEGETARIAN DISH

Tofu and palm cabbage in a classic curry-sauce with steamed rice and spiced apple chutney with mango and lime (1, 7)

TODAYS VEGAN DISH

Today's vegan dish looks like today's vegetarian dish, but it's made **without** animal-based products

TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternatives

TODAYS SALAD

Potatoes with mustard dressing
Green lettuce
Boiled eggs and smoked bacon
Mild onions

TODAYS VEGETARIAN SALAD

Potatoes with mustard dressing
Green lettuce
Boiled eggs and smoked tomato
Mild onions

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

TODAYS SANDWICH

Beef salami with remoulade and fried onions (1)

TODAYS VEGETARIAN

Egg salat with cottage cheese and black pepper (7)

TODAYS VEGAN SANDWICH

Today's vegan sandwich looks like today's vegetarian dish, but it's cooked **without** animal-based products

TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

WEEKLY OPEN SANDWICHES

Rillette of smoked and baked salmon with skyr and lots of herbs (7)

-

Spiced meat roll with stiffened jus and mild onions

VEGETARIAN OPEN SANDWICHES

Baked Jerusalem Artichokes with mushroom mayo and pickled mushrooms (7)

-

Smoked beetroot with pickled roots and horse radish crème (7)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Crispy cabbage and china radish with chili pickled cucumber

TODAY'S SHOT:

Carrot, apple and ginger

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1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

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WEEK 2

THURSDAY 14th

TODAYS WARM DISH

Pita with beef fried with tomato and bell peppers, chili dressing and pickled red onions (1, 7)

TODAYS VEGETARIAN DISH

Pita with mushrooms fried with tomato and bell peppers, chili dressing and pickled red onions (1, 7)

TODAYS VEGAN DISH

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TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's warm dish without gluten and lactose looks like today's warm dish with meat/poultry but it's made **with** gluten and lactose-free alternatives

TODAYS SALAD

Spinach and crispy lettuce
Chickpeas and red onion in tomato vinaigrette
Pulled turkey
Yoghurt with sumac (7)

TODAYS VEGETARIAN SALAD

Spinach and crispy lettuce
Chickpeas and red onion in tomato vinaigrette
Feta cheese
Yoghurt with sumac (7)

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

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TODAYS SANDWICH

Tuna salad with sundried tomatoes, red onions and basil (7)

TODAYS VEGETARIAN

Fried and raw zucchini with green olive tapenade and parmesan (7)

TODAYS VEGAN SANDWICH

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TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

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WEEKLY OPEN SANDWICHES

Rillettes of smoked and baked salmon with skyr and lots of herbs (7)

-

Spiced meat roll with stiffened jus and mild onions

VEGETARIAN OPEN SANDWICHES

Baked Jerusalem Artichokes with mushroom mayo and pickled mushrooms (7)

-

Smoked beetroot with pickled roots and horse radish crème (7)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Red and green lettuce with lemon and seeds.

TODAY'S CAKE:

Orange mousse with dark baked crumble (1, 7, 8)



WEEK 2 FRIDAY 15th

TODAYS WARM DISH

Fried pork shank in creamy mushroom sauce with steamed rice, pickled pumpkin and kale (1, 7)

TODAYS VEGETARIAN DISH

Fried tempeh in creamy mushroom sauce with steamed rice, pickled pumpkin and kale (1, 7)

TODAYS VEGAN DISH

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TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

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TODAYS SALAD

Green and purple kale with mango dressing
Quinoa
Slow cooked beef with warm spices
Pomegranate and buckwheat

TODAYS VEGETARIAN SALAD

Green and purple kale with mango dressing
Quinoa
Parsley roots with warm spiced
Pomegranate and buckwheat

THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

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TODAYS SANDWICH

Pan fried chicken with curry mayo, mushrooms and tomato (7)

TODAYS VEGETARIAN

Fried potato with mayo and mild onions

TODAYS VEGAN SANDWICH

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TODAYS VEGAN SANDWICH WITHOUT GLUTEN, LACTOSE AND NUTS

Today's vegan sandwich without gluten and lactose looks like today's sandwich with meat/poultry but it's made **with** gluten and lactose-free alternatives and **is** served with a gluten-free bun

WEEKLY OPEN SANDWICHES

Rillettes of smoked and baked salmon with skyr and lots of herbs (7)

-

Spiced meat roll with stiffened jus and mild onions

VEGETARIAN OPEN SANDWICHES

Baked Jerusalem Artichokes with mushroom mayo and pickled mushrooms (7)

-

Smoked beetroot with pickled roots and horse radish crème (7)

WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Red cabbage and lettuce with pear vinaigrette

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