

WEEK 3

MONDAY JANUARY 18TH

Må vi høre din mening om dagens frokost?



Scan QR-koden med kameraet på din telefon

TODAYS FAVOURITE DISH

Chicken thighs fried with herbs, garlic and lemon

Fried small potatoes with green herbs

Cucumber relish

TODAYS GREENS SIDE

Grilled carrots, quinoa and baby spinach and sheep fetta (7)

Crispy green lettuce and green pea spread

TODAYS DELICACIES

Salami Napoli with tapenade, rocket and basil (1, 7)

Beetroot-tartare with mustard, cress and onion

TODAYS VEGETARIAN DISH

Gnocchi with kale, Jerusalem artichoke, lingonberry and crispy kernels (1, 7)

BREAD

Organic sourdough and rye bread from Meyers Bakery (1)

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



1. Gluten



2. Krebssdyr



7. Mælk



8. Nødder

WEEK 3

TUESDAY JANUARY 19th

Må vi høre din mening om dagens frokost?



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TODAYS FAVOURITE DISH

Tender slow cooked pork in a tomato sauce with olives

Fried butternut squash with onion and thyme

Gremoulata

TODAYS GREENS SIDE

Baked and raw beetroot with wheat kernels, mint and orange (1)

Green and crispy leaves with kohlrabi and vinaigrette

TODAYS DELICACIES

Roastbeef with pickles, shredded horse radish and pickled cucumber

Skordalia with baked cod, almonds and olive oil (8)

TODAYS VEGETARIAN DISH

Moussaka with eggplant, potatoes and crispy topping (1, 7)

BREAD

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WEDNESDAY JANUARY 20th

TODAYS FAVOURITE DISH

Beef baked with rosemary, thyme, oil and spices (1, 7)

Baked parsley roots with garlic, thyme, cardamum and sherry vinegar

Skyr with garlic, lemon and parsley (7)

TODAYS GREENS SIDE

Chickpeas, baked eggplant, tahin dressing and roasted cashews (7, 8)

Spinach salad with green beans, broccoli and spring onion

TODAYS DELICACIES

Chicken salad with mushrooms, spring onion and tarragon (7)

Tomato hummus with parsley

TODAYS VEGETARIAN DISH

Baked zucchini Melanzana style with crispy topping (1, 7)

BREAD

Organic sourdough and rye bread from Meyers Bakery (1)

TODAYS SHOT

Pineapple, turmeric and ginger

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WEEK 48

THURSDAY JANUARY 21st

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TODAYS FAVOURITE DISH

Pie with serrano ham, eggplant, chards and ricotta (1, 7)

Parsley salsa with garlic and lemon

TODAYS GREENS SIDE

Grilled pumpkin on sesame hummus with crispy leaves and herb topping

Crudit  of cauliflower and carrot with lemon, parsley and spinach

TODAYS DELICACIES

Prawn salad with lemon, dill and organic skyr (7, 2)

Potatoes with mild onion and tomato mayonnaise

TODAYS VEGETARIAN DISH

Pie with potatoes, eggplant, chards and ricotta (1, 7)

BREAD

Organic sourdough and rye bread from Meyers Bakery (1)

TODAYS CAKE

Brownie with salted caramel (1, 7, 8)

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8. N dder

FRIDAY JANUARY 22nd

TODAYS FAVOURITE DISH

Veal breast cooked Indian with lentils, chickpeas, potatoes, tomato and coconut

Steamed basmati rice with cardamum

Apple chutney with raisins

TODAYS GREENS SIDE

Salad of celery, several kinds of peas, cucumber and mint

Crispy cabbage, fennel and mango with coriander

TODAYS DELICACIES

Smoked common ling with red mojo, crispy cabbage and dill

Egg, tomato and mayonnaise with chives

TODAYS VEGETARIAN DISH

Indian Mulligatawny with lentils, chickpeas, potatoes, tomato and coconut

BREAD

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7. Mælk



8. Æg