



# WEEK 18 MONDAY 3<sup>th</sup> MAY

# TODAYS WARM DISH

Pulled pork asian-style with danish pig in sweet and strong soya marinated, a lot of fast pickled vegetables, miso dressing and warm boa buns (1)

### TODAYS VEGETARIAN DISH

Fried egg plants and oyster mushrooms Asian-style in sweet and strong soya marinated, a lot of fast pickled vegetables, miso dressing and warm boa buns (1)

# 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

Todays 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

Romain salad White quinoa with pickled onion Fried chicken Parmesan dressing (1, 7)

# **TODAYS VEGETARIAN SALAD**

Romain salad White quinoa with pickled onion Fried and smoked mushrooms Parmesan dressing (1, 7)

# THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

# **TODAYS SANDWICH**

Egg with mayo, baked and fresh tomato and salads with a lot of chives

# **TODAYS VEGETARIAN**

Whole fried celery with smoke, cream cheese and a lot 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

Salads of baked and smoked north sea fish with kohlrabi and dill (7)

Roast beef with spring pickles and horse radish

### **VEGATARIAN OPEN SANDWICHES**

Smoked cheese with radish, kohlrabi, cucumber and cress (7)

Potato food with lovage mayo, potato chips and pickled shallot

# WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Chinese cabbage, edamame beans and rice with lime and cilantro

Subbject to change.







# WEEK 18 TUESDAY 4<sup>th</sup>

# TODAYS WARM DISH

Meyers meatballs of danish pig with fried beetroots in elderflower vinegar and horse radish (1, 7)

### **TODAYS VEGETARIAN DISH**

Split pea "meat" balls with fried beetroots in elderflower vinegar and horse radish (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

Todays 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

Green and purple cabbage with mango dressing Quinoa Slowly fried ox with warm spices Pomegranate and buck wheat

# **TODAYS VEGETARIAN SALAD**

Green and purple cabbage with mango dressing Quinoa Black beans with warm spices Pomegranate and buck wheat

# THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

# TODAYS SANDWICH

Cold smoked salmon with smoked cheese dressing and crispy kohlrabi (7)

# **TODAYS VEGETARIAN**

Avocado in pieces with paprikamayo, kohlrabi and chili

### **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

Salads of baked and smoked north sea fish with kohlrabi and dill (7)

Roast beef with spring pickles and horse radish

### **VEGATARIAN OPEN SANDWICHES**

Smoked cheese with radish, kohlrabi, cucumber and cress (7)

Potato food with lovage mayo, potato chips and pickled shallot

# WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Salad of pearl barley with pointed cabbage, asparagus and lovage

Subbject to change.







# WEEK 18 WEDNESDAY 5<sup>th</sup>

# TODAYS WARM DISH

Feijoada, Brazilian spiced food with oz, turkey chorizo, black beans, orange and jalapenos

### **TODAYS VEGETARIAN DISH**

Vegan Feijoada with black beans, mushrooms, orange and jalapenos

#### **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

Todays 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 salads Chick peas and red onion In tomato vinaigrette Pulled turkey Yoghurt with sumac (7)

### **TODAYS VEGETARIAN SALAD**

Spinach and crispy salads Chick peas 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

#### TODAYS SHOT

Pineapple, turmeric and ginger

#### **TODAYS SANDWICH**

Tuna salad with sun dried tomato, red onion and basill (7)

#### **TODAYS VEGETARIAN**

Egg salad 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

Salads of baked and smoked north sea fish with kohlrabi and dill (7)

Roast beef with spring pickles and horse radish

#### **VEGATARIAN OPEN SANDWICHES**

Smoked cheese with radish, kohlrabi, cucumber and cress (7)

Potato food with lovage mayo, potato chips and pickled shallot

### WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Salad of fresh tomato, cabbage, red onion and cilantro

Subbject 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**  L. Gluten 2. Krebsdyr 7. Heik 8. Nødder





# WEEK 18 THURSDAY 6<sup>th</sup>

## TODAYS WARM DISH

Pasta pesto with warm smoked salmon, spinach and basil (1, 7)

### **TODAYS VEGETARIAN DISH**

Pasta pesto with fresh and baked tomato, spinach and basil (1, 7)

# TODAYS VEGAN DISH

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# TODAYS WARM DISH WITHOUT GLUTEN, LACTOSE AND NUTS

Todays 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 leaves Boiled egg and smoked bacon Mild onion

# **TODAYS VEGETARIAN SALAD**

Potatoes with mustard dressing Green leaves Boiled egg and semidried tomato Mild onion

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

# TODAYS CAKE

Organic triple chocolate cookie (1, 7)

# **TODAYS SANDWICH**

Fried chicken with pesto, tomato and red onion (7)

### **TODAYS VEGETARIAN**

Fried potato with mayo and several onion (7)

### **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

Salads of baked and smoked north sea fish with kohlrabi and dill (7)

Roast beef with spring pickles and horse radish

### **VEGATARIAN OPEN SANDWICHES**

Smoked cheese with radish, kohlrabi, cucumber and cress (7)

Potato food with lovage mayo, potato chips and pickled shallot

# WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Black lentils with celery and lemon dressing

Subbject to change.







# WEEK 18 FRIDAY 7<sup>th</sup>

### TODAYS WARM DISH

Red carry with turkey and spring onion. Served with aromatic steamed rice

## TODAYS VEGETARIAN DISH

Red carry with tofu, turnip and spring onion. Served with aromatic steamed rice

### 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

Todays 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

Two kind of green peas with lemon vinaigrette Red and green salads with dill Smoked mackerel Creamy horse radish (7)

### **TODAYS VEGETARIAN SALAD**

Two kind of green peas with lemon vinaigrette Red and green salads with dill Smoked and fried tempeh Creamy horse radish (7)

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

## **TODAYS SANDWICH**

Ox pastrami with chives cream cheese and gherkin (7)

#### **TODAYS VEGETARIAN**

Fried and raw courgetter with olive tapenade and parmesan (7)

### **TODAYS VEGAN SANDWICH**

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## WEEKLY OPEN SANDWICHES

Salads of baked and smoked north sea fish with kohlrabi and dill (7)

Roast beef with spring pickles and horse radish

### **VEGATARIAN OPEN SANDWICHES**

Smoked cheese with radish, kohlrabi, cucumber and cress (7)

Potato food with lovage mayo, potato chips and pickled shallot

# WITH THE WARM DISH, SANDWICH AND OPEN FACED SANDWICH

Carrot and Chinese radish with pickled cucumber

#### Subbject to change.

