



## WEEK 36

MONDAY 6<sup>th</sup> SEPTEMBER

### THE ONE

Vegan lasagna with mushrooms,  
vegetables marjoram and organic tomatoes

Basil pesto (7)

Fennel and apple salad with arugula and  
herbs

Roasted cauliflower and potatoes with  
tahini yoghurt and pomegranate seeds (1)

Roasted buckwheat kernels

### THE OTHER ONE

Baked yellow beets

Tapestry of black olives (7)

Mozzarella with olive oil and black pepper  
(7)

Sliced hispi cabbage with cilantro, green  
onions, parsley and tomato vinaigrette

Capers

### BESIDES

White bean cream with sun-dried tomatoes  
and olive oil (7)

Smoked greens from Nordhavnen with tarragon

#### Bread:

Meyers wheatbread (1)

Meyers Rye Bread (1)

Der tages forbehold for ændringer.

Meyers skiltes udelukkende med allergener vist på de 4 ikoner:  
Vær opmærksom på det nummer, det enkelte allergenikon er tildelt,  
og se efter det i menuteksten. Maden kan indeholde andre allergener  
end de 4 ikoner. Ønsker du info omkring yderligere allergener,  
kan du kontakte **Meyers Frokostkøkken på 39 18 69 00**



1. Gluten



2. Krebsdyr



7. Mælk



8. Nødder



## WEEK 36

TUESDAY 7<sup>th</sup> SEPTEMBER

### THE ONE

Chili stew with black beans, dark chocolate, spicy peppers and mushrooms

Pickled jalapenos

Guacamole with lime and chili (7)

Green beans, cabbage and spicy tomato dressing

Tortilla chips

### THE OTHER ONE

Baked butternut with smoked paprika

Sour cream mixed with organic skyr from Løgismose (7)

Tomato salsa with cucumber and coriander

Salad with celery leaves, apple, pearl barley, pear vinaigrette and lots of spices (1)

Pepitas – roasted spicy pumpkinseeds

### BESIDES

Romesco cream of grilled pepper and roasted almonds (8)

Grilled slices of eggplant

#### Bread:

Meyers wheatbread (1)

Meyers Rye Bread (1)

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## WEEK 36

WEDNESDAY 8<sup>th</sup> SEPTEMBER

### THE ONE

Butterchicken tofu style with garam masala, coriander and ginger  
Steamed basmati rice with cardamom and fennel seeds

Green topping: Baby spinach, spring onions, cilantro

Raita with cucumber and mint (7)

Beetroot with blackcurrant vinegar, tossed with beluga lentils, cottage cheese and parsley (7)  
Crispy onions

### THE OTHER ONE

Baked sweet potatoes with black sesame

3 kinds of cabbagesalad with daikon radish

Lemon dressing

Salad of carrot & apple with salted sunflower seeds & dried cranberries

Roasted cashews (8)

### BESIDES

Cream of splitpeas with herbs (7)

Summersalad with smoked cheese, radishes and cucumber (7)

#### Bread:

Meyers wheatbread (1)

Meyers Rye Bread (1)

#### Shot:

Apple, ginger, lemon

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## WEEK 36

THURSDAY 9<sup>th</sup> SEPTEMBER

### THE ONE

Frittata with spinach, potato and cottage cheese (1.7)

Chopped marinated olives with tomato & parsley

Parmesan & citrus dressing

Crispy turnip cabbage, carrots, radishes and black sesame

Feta crumble (7)

### THE OTHER ONE

Baked hispi cabbage with olive oil and ground black pepper

Herbal oil

Creamy yogurt (7)

Grilled roots with split peas, parsley salsa, fennel seeds and anise

Roasted sunflower seeds

### BESIDES

Smoked celeriac with cress

Egg salad with curry and watercress (7)

#### Bread:

Meyers wheatbread (1)

Meyers Rye Bread (1)

#### Cake:

Lemonfromage (7)

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## WEEK 36

FRIDAY 10<sup>th</sup> SEPTEMBER

### THE ONE

Falafels of chickpeas, cumin and coriander with squash and parsley

Chili sauce with onion, pepper, fennel seeds and Meyer's apple cider vinegar

Yoghurt dressing with mild garlic and lemon (7)

Grilled fennel with tarragon, parsley oil, pearl barley and pear vinegar  
Salt pickled turnips

### THE OTHER ONE

Baked cauliflower with za'atar

Tahindressing

Tomato salsa with pomegranate and fresh parsley

Cabbage slaw with carrots, parsley and creamy dressing with cumin and celery seeds (7)

Roasted almonds (8)

### BESIDES

Creamy hummus with sumac

Boiled eggs with watercress

#### Bread:

Flatbread 1 piece (1)

Meyers wheatbread (1)

Meyers Rye Bread (1)

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