



WEEK 1

MONDAY 3RD JANUARY

THE ONE

Japanese red curry with mushrooms, tofu, turnips and spring onions

Steamed jasmin rice with lemongrass

Edamame beans, beans sprouts and spring onions

Crispy kale salad with miso dressing and sesame (1)

Peanut sauce with chopped peanuts (8)

THE OTHER ONE

Baked cauliflower

Goma sauce

Kimchi – fermented cabbage with chili and ginger

Noodle salad with toasted sesame oil, soy, lime, cucumber and marinated sea weed (1)

Toasted sesame sprinkle

BESIDES

Okonomiyako with cabbage, carrots and spring onions with hoisin sauce

Japanese potato salad with carrots and salted cucumber

Bread:

Meyers wheatbread (1)

Meyers Rye Bread (1)

Der tages forbehold for ændringer.

Meyers skilte 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. Krebssdyr



7. Mælk



8. Nødder



WEEK 1

TUESDAY 4TH JANUARY

THE ONE

Plant based Bolognese with organic tomato, carrot, celeriac and lentils

Pasta penne with olive oil (1)

Pesto with basil, sunflower seeds and parmesan (7)

Quinoa with grated beetroot, tarragon and black currants vinaigrette

Toasted pumpkin seeds

THE OTHER ONE

Baked beetroots

Herb salsa with oregano and green olives

Drained yoghurt (7)

Cauliflower couscous with organic skyr, herbs and toasted almonds (7, 8)

Marinated black olives

BESIDES

Hummus of split peas with grilled bell pepper

Squash fritters

Bread:

Meyers wheatbread (1)

Meyers Rye Bread (1)

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1. Gluten



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7. Mælk



8. Nødder



WEEK 1

WEDNESDAY 5TH JANUARY

THE ONE

Celery patty with chia seeds and fennel

Roasted potatoes with red onions, cherry tomatoes and bell peppers

Aioli with potatoes and garlic

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

Chopped smoked almonds (8)

THE OTHER ONE

Baked aubergine with sesame

Tahin-yoghurt (7)

Meyers spicy pickled carrots

Green beans, kale and spiced tomato dressing

Crispy roasted chickpeas

BESIDES

Hummus with carrots

Smoked beetroot with creamy cream cheese and flower cress

Bread:

Meyers wheatbread (1)

Meyers Rye Bread (1)

Shot:

Ginger, cucumber, lemon

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8. Nødder



WEEK 1

THURSDAY 6TH JANUARY

THE ONE

Tagine ras el hanout with apricots and olives

Arabian rice with lentils, roasted vermicelli and dukkah (1, 8)

Yoghurt with salted lemon, cucumber and mint (7)

Grilled vegetables with split peas, parsley salsa, fennel seeds and anise
Zaatar

THE OTHER ONE

Baked pumpkin

Raita with cucumber and mint (7)

Meyers pickled cauliflower

Crispy turnip cabbage, radishes and black sesame

Toasted peanut crunch (8)

BESIDES

Lentil spread with curry and mustard seeds

Egg salad with chives and homemade mayonnaise

Bread:

Meyers wheatbread (1)

Meyers Rye Bread (1)

Cake:

Danish 'Dream cake' (1, 7)

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7. Mælk



8. Nødder



WEEK 1

FRIDAY 7TH JANUARY

THE ONE

Vegetarian "No fish Pie" with sea weed, mushrooms, kale, carrots, dill and spinach gratinated with potato puree (1, 7)

Meyers pickled cauliflower

Grilled fennel with tarragon, parsley oil, lentils and Meyers pear vinegar (1)

Salted cucumbers with herbs

THE OTHER ONE

Roasted sweet potatoes

Chimichurri – spicy herb oil with oregano and chili

Crema – creamy dip of sour cream and chipotle chili (7)

Slaw with carrots, apple, parsley roots, creamy dressing and seller seeds (7)

Toasted sunflower seeds with smoked paprika

BESIDES

Hummus with spiced chickpeas

Guacamole spread with red onions and coriander (7)

Bread:

Meyers wheatbread (1)

Meyers Rye Bread (1)

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1. Gluten



2. Krebsdyr



7. Mælk



8. Nødder