



## WEEK 26 MONDAY JUNE 27TH

### **TODAYS WARM DISH**

Moroccan inspired chicken ragout with turmeric and dates. Pearl barley with herbs and ginger (1). Pickled turnip cabbage with lemon and parsley (V).

### **TODAYS VEGETARIAN DISH**

Sweet potatoes in spiced sauce with turmeric and dates. Pearl barley with herbs and ginger (1). Pickled turnip cabbage with lemon and parsley (V).

### **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**

Roasted turkey and hummus.

Grilled eggplants with baby spinach, marinated chickpeas, parsley and pomegranate-vinaigrette (V).

### **TODAYS VEGETARIAN SALAD**

Mozzarella and hummus.

Grilled eggplants with baby spinach, marinated chickpeas, parsley and pomegranate-vinaigrette (7).

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### **TODAYS CLASSIC SANDWICH**

Today's sandwich with meat

### **TODAYS GREEN SANDWICH**

Today's sandwich with greens

### **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**

Cold cut of pork with red cabbage, apples and mavo

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Roastbeef with remoulade, horseradish and fried onions

### **VEGETARIAN OPEN SANDWICHES**

Egg salad with curry, skyr, parsley and pickled turnip cabbage (7)

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Hummus with smoked vegetables and herbs

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

Romaine lettuce with green beans, broccoli, spring onions and tahini dressing (V).

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













### **TODAYS WARM DISH**

Pork roast sandwich with crispy pork rinds. Pickled red cabbage and freshly sliced red cabbage (V). Sourdough bun, pickled cucumbers and dijonnaise (1).

### TODAYS VEGETARIAN DISH

Organic celeriac patty with smoked bay leaves salt. Pickled red cabbage and freshly sliced red cabbage (V).

### **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**

Roasted pork and pesto.
Pearl barley and endive with salad cheese,

chervil, cucumber and toasted, chopped hazelnuts (1, 7, 8).

### **TODAYS VEGETARIAN SALAD**

Boiled organic eggs and pesto.
Pearl barley and endive with salad cheese, chervil, cucumber and toasted, chopped hazelnuts (1, 7, 8).

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### **TODAYS CLASSIC SANDWICH**

Today's sandwich with meat

### **TODAYS GREEN SANDWICH**

Today's sandwich with greens

### **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**

Cold cut of pork with red cabbage, apples and mayo

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Roastbeef with remoulade, horseradish and fried onions

### **VEGETARIAN OPEN SANDWICHES**

Egg salad with curry, skyr, parsley and pickled turnip cabbage (7)

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Hummus with smoked vegetables and herbs

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

Crudité of radishes and carrots with lemon, parsley and lettuce (V).

Subbject to change.

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### **WEEK 26**

### **WEDNESDAY JUNE 29TH**

### **TODAYS WARM DISH**

Turkey in red curry with ginger and squash. Brown rice with fried onions (V). Salsa with tomato, pickled jalapeños, lime and cilantro (V).

### **TODAYS VEGETARIAN DISH**

Lentil stew with mushrooms, parsley, spinach and baked garlic (V).

Brown rice with fried onions (V).

Salsa with tomato, pickled jalapeños, lime and cilantro (V).

### 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**

Chicken breast and cauliflower puree. Pearl barley, grated cauliflower, almonds, lemon and parsley [1, 8, V]

### **TODAYS VEGETARIAN SALAD**

Smoked vegetables and cauliflower puree. Pearl barley, grated cauliflower, almonds, lemon and parsley (1, 8, V).

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### TODAYS SHOT

Cranberries, carrot, beetroot and apple (V).

# 30-60% økologi

### TODAYS CLASSIC SANDWICH

Today's sandwich with meat

### **TODAYS GREEN SANDWICH**

Today's sandwich with greens

#### 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**

Cold cut of pork with red cabbage, apples and mayo

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Roastbeef with remoulade, horseradish and fried onions

### **VEGETARIAN OPEN SANDWICHES**

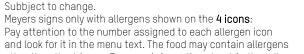
Egg salad with curry, skyr, parsley and pickled turnip cabbage (7)

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Hummus with smoked vegetables and herbs

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

Potatoes with red salads and apple-vinaigrette (V).



other than the 4 icons. For more information about further allergens, please contact Meyers Lunch Kitchen on  $39\,18\,69\,00$ 











# WEEK 26 THURSDAY JUNE 30<sup>TH</sup>

### **TODAYS WARM DISH**

Fish cakes of cod and salmon with dill – 2 pr. Person (7). Boiled potatoes with kale (V). Tartare sauce and lemon (7).

#### TODAYS VEGETARIAN DISH

Nordic falafels with mushrooms, split peas, mild chili and apple (V). Boiled potatoes with kale (V). Tartare sauce and lemon (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**

Baked salmon and crème fraiche with herbs. Baked fennel with tarragon, parsley, lentils, fresh peat and pear-dressing (7).

### **TODAYS VEGETARIAN SALAD**

Fried oyster mushrooms and crème fraiche with herbs.

Baked fennel with tarragon, parsley, lentils, fresh pear and pear-dressing (7).

#### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

### **TODAYS CAKE**

Subbject to change.

Fragilité with chocolate (1, 7, 8).

# 30-60% økologi

### **TODAYS CLASSIC SANDWICH**

Today's sandwich with meat

### **TODAYS GREEN SANDWICH**

Today's sandwich with greens

#### 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**

Cold cut of pork with red cabbage, apples and mayo

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Roastbeef with remoulade, horseradish and fried onions

### **VEGETARIAN OPEN SANDWICHES**

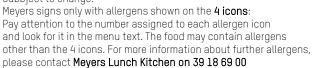
Egg salad with curry, skyr, parsley and pickled turnip cabbage (7)

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Hummus with smoked vegetables and herbs

### <u>WITH THE WARM DISH, SANDWICH AND OPEN</u> FACED SANDWICH

Crispy salad of beans, tomatoes, cucumber and oregano (V).















## WEEK 26 FRIDAY JULY 1ST

#### **TODAYS WARM DISH**

Ragout with beef in tomato sauce with red wine and herbs. Pasta penne with olive oil (1). Parsley and parmesan (7).

### **TODAYS VEGETARIAN DISH**

Fried tofu in tomato sauce with herbs (V). Pasta penne with olive oil (1). Parsley and parmesan (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**

Roasted beef and white bean crème. White quinoa, sweet potato, parsley, red pepper and piment-vinaigrette (V).

### **TODAYS VEGETARIAN SALAD**

Falafels and white bean crème. White quinoa, sweet potato, parsley, red pepper and piment-vinaigrette (V).

### THIS WEEKS SIDE-SNACK/SPREAD

A small snack or spread will be served on the side

#### **TODAYS CLASSIC SANDWICH**

Today's sandwich with meat

#### **TODAYS GREEN SANDWICH**

Today's sandwich with greens

### **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**

Cold cut of pork with red cabbage, apples and mayo

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Roastbeef with remoulade, horseradish and fried onions

### **VEGETARIAN OPEN SANDWICHES**

Egg salad with curry, skyr, parsley and pickled turnip cabbage (7)

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Hummus with smoked vegetables and herbs

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

Finely sliced hispi cabbage, squash, turnip cabbage, dill, toasted sunflower seeds and spring onions (V).

