

List of ingredients

Salad

Chicken salad: Chicken (marinade: **sesame** oil, rapeseed oil, honey, garlic, chili, tamari soy) Mixed salad, red cabbage, white beans, kidney beans, **sesame** seeds, pumpkin seeds, carrot, lemon, pickled carrot (water, sugar, vinegar), salt, pepper

Vegan salad: Mixed salad, root vegetables, rapeseed oil, red cabbage, lemon, roasted **hazelnuts**, salt, pepper
bean and chickpea patties: chickpeas, black beans, chia seeds, onion, carrot, ginger, cumin, chili flakes, potato flour),

Beetroot hummus: beetroots, chickpeas, **sesame** paste, olive oil, cumin, garlic and lemon

Shrimp salad: Shrimps, mixed salad, red cabbage, white cabbage, **soba noodles** (marinade: **sesame** oil, honey, rice vinegar, rapeseed oil, ginger), edamame beans, coriander, pickled carrot (water, sugar, vinegar, ginger), pickled onion (water, vinegar, sugar), sunflower seeds, salt, pepper

Snacks

KRAFT- Spinach smoothie with avocado and lemon, Oatmeal, banana, avocado, mango, spinach, lemon

ENERGI- Mango smoothie with turmeric and chili, Banana, mango, orange juice, turmeric, ginger, chili flakes

FRISK- Cranberry smoothie with strawberry, avocado and lemon

TURKISH YOGHURT with granola and berries

Yoghurt, strawberry, raspberry, potato flour, sugar

Granola: glutenfree oats, **almonds**, sunflowerseed, pumpkinseed, flaxseed, cardamom, cinnamon, roasted **coconut**, cranberry and concentrated applejuice