

List of ingredients

Wrap with curry chicken and mango salsa: Salad, yellow onion, chicken fillet, curry, **crème fraiche**, ketchup, mango, green onion, coriander, white wine vinegar, sugar, cucumber, salt.
Tortilla bread: **Wheat flour**, rapeseed oil, salt, baking powder

Sourdough sandwich with beef burger stuffed with olives & capers, spicy tomato sauce and crispy vegetables: Burger: Ground beef, green olives, capers, yellow onions, **eggs**, garlic, salt, pepper, **cheese** Tomato sauce: Yellow onion, garlic, crushed tomatoes, salt, pepper, oregano, sambal oelek. Vegetable mix: Broccoli, red onion, carrot, red pepper, garlic, salt, and pepper

Sallads

Summer salad: Salad, red onion, smoked salmon, lemon, dill, new potatoes, asparagus, radishes, green onions, capers Dressing: **mayonnaise**, **Turkish yogurt**, mustard, salt, black pepper

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

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), carrot, sugar, vinegar, water, parsley leaves, green kale
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, rice vinegar, rapeseed oil, honey, ginger), edamame beans, pickled carrot (water, sugar, vinegar, ginger), pickled onion (water, vinegar, sugar), sunflower seeds, salt, pepper, parsley leaves, green kale

Snacks

ENERGI- Mango smoothie with banana, turmeric, oatmilk, ginger, vanilla powder and chiliflakes

FRISK- Cranberry smoothie with strawberry, avocado and lemon

FRUIT SALAD - Fruit and berry salad with fruits and berries from the season

TURKISH YOGHURT with granola and berries Yoghurt, strawberry, raspberry, potato flour, sugar Granola: glutenfree oats, **almonds**, sunflowerseed, pumpkinseed, flaxseed, cardamom, cinna mon, roasted **coconut**, cranberry and concentrated applejuice

Picnic bag

Wrap with curry chicken and mango salsa: Salad, yellow onion, chicken fillet, curry, **crème fraiche**, ketchup, mango, green onion, coriander, white wine vinegar, sugar, cucumber, salt, Tortilla bread: **Wheat flour**, rapeseed oil, salt, baking powder

Wrap with smoked salmon, new potatoes, asparagus, and radish: Salad, red onion, salmon, lemon, dill, new potatoes, asparagus, radishes, green onions, capers Dressing: **mayonnaise**, **Turkish yogurt**, mustard, salt, black pepper Tortilla bread: **Wheat flour**, rapeseed oil, salt, baking powder

Weggiewrap with vegan bean & chickpea patties: Bean & chickpea patties: chickpeas, black beans, chia seeds, yellow onion, carrot, garlic, ginger, cumin, chili flakes, potato flour mixed salad, red cabbage, lemon, rapeseed oil. Beetroot hummus: beets, chickpeas, **sesame paste**, olive oil, cumin, garlic, lemon, salt, pepper, pickled carrot (water, sugar, vinegar) Red cabbage, lemon, rapeseed oil, parsley Tortilla bread: **Wheat flour**, rapeseed oil, salt, baking powder

Fruit and berry salad: Seasonal fruits and berries

Sugar-smart Raspberry puck: **Oats**, raspberries, **coconut oil**, **flour**, **almond**, **coconut flakes**, honey, corn starch, cinnamon, salt, baking powder

Rhubarb & vanilla square with crumbs: **Butter**, **flour**, sugar, **milk**, rhubarb, **egg**, lemon juice, corn starch, vanilla sugar

Wrap with curry chicken, salad, and cucumber sticks: Yellow onion, chicken fillet, curry, **crème fraiche**, ketchup, cucumber, salad

Sourdough buns

Levain bun: **flour**, **ray flour**, salt, yeast

Sourdough bun with cranberries: **flour**, **ryeflour**, sunflowerseeds, oats, cranberry, salt, yeast

Sourdough bun with apricot and raisin: **flour**, **ryeflour**, apricot, raisin, salt, yeast

Sourdough bun with poppy seeds: **flour**, **ryeflour**, salt, yeast, poppy seeds

Raw boll carrot

Almonds, carrots, dates, **coconut flakes**, cardamom, sea salt

Raw boll oat

Dates, oats, **coconut oil**, **coconut flakes**

Brownie with black beans: black beans, eggs, **coconut oil**, cacao, dark chocolate, dates, honey, baking powder, salt, vanilla sugar

Cinnamon bun: **flour**, sugar, **butter**, **almondpaste**, syrup, **vanilla cream powder**, yeast, salt, cardamom, cinnamon

Banana bread: banana, **rye flour**, **egg**, honey, **coconut oil**, salt, cinnamon, bicarbonate, vanilla sugar. To spread – **Peanut butter**