



## menu week 19.10

### Soup

Soup of the day  
50cl / 4 - 75cl / 6

### Breads

Baguette Cheese, mustard mayo, tomato, cucumber, egg & lettuce / 5.5  
Wrap Hummus, roasted roots, goat cheese, pumpkin seeds & curly kale / 6.5  
Wrap Smoked Salmon, horseradish mayo, grated beetroot, carrot, dill & mixed salad / 7  
Focaccia w. Chicken, pesto, courgetti & feta / 7

### Power bowls

Beetroot Burger w. Roasted Roots / 11.5  
w. hummus, cumin roasted cauliflower, raisin couscous & herb tahini  
  
Coconut Chicken w. Shredded Kale & Brussels Sprouts / 12.5  
w. roasted vegetables, herbed lentils & turmeric roasted cashew  
  
Beef Chimichurri w. Sweet Potato / 13.5  
w. green herbed beans, baked red onion, roasted parsnip, rucola & almond flakes

### Comfort bowls

Orecchiette w. Broccoli Pesto / 10.5  
w. chili flakes, parmesan & rucola  
  
Stuffed Eggplant w. Minced Meat & Beans / 11.5  
w. lemon mascarpone sauce, rosemary potatoes, parmesan & fresh herbs  
  
Rice Noodle Salad w. Minced Chicken / 12.5  
w/ crunchy vegetables, lime peanut sauce & baby spinach