

WIJKANDERS

RESTAURANG

Lunchmeny V.43, 2018

VEGETARISK

Chili sin carne på sojafärs, ris, smetana & saltgurka
Chili sin carne of soy protein, rice, smetana & pickles

0,16 kg CO₂e

Kikärtcurry, kokos, linssallad, koriander, picklad lök & tofu

Chick pea curry, coconut, lentil salad, coriander, pickled onions & tofu

Rödbetsbiff, yoghurt dressing, gröna linser & rostade solrosfrön
Beetroot patty, yoghurt dressing, green lentils & roasted sunflower seeds

Svamprisotto, gröna ärtor, citron, Grana Padano & baby leaf sallad
Mushroom risotto, green peas, lemon, Grana Padano & baby leaf salad

Vegetarisk lasagne på sojafärs, mozzarella, bakad tomat & spenat
Vegetarian lasagna of soy protein, mozzarella, baked tomato & spinach

FISK

MÅNDAG

Örtbakad lax, potatismos, hummersås, dill & citron
Herb baked salmon, mashed potatoes, lobster sauce, dill & lemon

TISDAG

0,49 kg CO₂e

Pankobakad sej, bulgursallad, rostad broccoli & blomkål, örtmajonnäs
Panko baked saithe, bulgur salad, roasted broccoli & cauliflower, herb mayonnaise

ONSDAG

Stekt strömming, potatismos, lingon, brynt smör & dill
Fried herring, mashed potatoes, lingonberries, browned butter & dill

TORSDAG

Stekt panerad sej, dansk remoulad, kokt potatis, dill & citron
Fried crumbed saithe, danish remoulade sauce, boiled potatoes, dill & lemon

FREDAG

Pocherad torsk, bakade rödbetor, skirat smör, pepparrot & örtslungad potatis
Poached cod, baked beets, clarified butter, horseradish & herb seasoned potatoes

Med reservation för ändring av råvaror

KÖTT

Fläsklägg, rotmos, senapsås, pepparrot & persilja
Pork shank, root mash, mustard sauce, horseradish & parsley

0,4 kg CO₂e

Rotfruktspytt, 63° ägg, rostade frön, grönkål & kycklinglår
Roasted vegetables, 63° egg, roasted seeds, green cabbage & chicken leg

Helstekt kotlettrad, choronsås, bakad tomat & råstekt potatis
Roasted pork loin, choron sauce, baked tomatoes & roasted potatoes

BBQ-marinerad fläskfilé, krossad sötpotatis, rostad kål & yoghurt
BBQ marinated fillet of pork, mashed sweet potatoes, roasted cabbage & yoghurt

Nattbakat svenskt högrev, pepparsås & rostad potatis
Slow cooked swedish beef chuck, pepper sauce & roasted potatoes