

WIJKANDERS

RESTAURANG

Lunchmeny V.9, 2019

VEGETARISK

Vegetarisk lasagne, grönkål, svamp, färskost & rostade valnötter

Vegetarian lasagna, green cabbage, mushrooms, cream cheese & roasted walnuts

Kikärt- & blomkålscurry, potatis, garam masala, koriander & picklad gurka

Chickpea & cauliflower curry, potato, garam masala, coriander & pickled cucumber

Moussaka på sojafärs, kål & spenatsallad

Moussaka with soy protein, cabbage & spinach salad

Quesadilla, ost, avokado, pico de gallo, bönor & koriander

Quesadilla, cheese, avocado, pico de gallo, beans & coriander

Kikärtsbiff, sesamdressing, bulgur, rostade grönsaker & koriander

Chickpea patty, sesame dressing, bulgur, roasted vegetables & coriander

FISK

MÅNDAG

Chilibakad fisk, rostad potatis & rotfrukter, sesammayo, böngroddsallad

Chili baked fish, roasted potatoes & vegetables, sesame mayo, bean sprout salad

TISDAG

Ostbakad fisk, tomatsås, saffranskockt avorioris, rostad zucchini

Cheese baked fish, tomato sauce, saffron cooked avorio rice & roasted zucchini

ONSDAG

Ceviche Mixto på lax, räkor & torsk; sötpotatis, rostad majs, bakad hjärtsallad

Ceviche Mixto of salmon, shrimps & cod; sötpotatis, roasted corn, baked gem salad

TORSDAG

Stekt panerad sej, mango- & currykräm, ärtskott, dill & smörslungad potatis

Fried crumbed saithe, mango & curry cream, pea sprouts, dill & butter seasoned potatoes

FREDAG

Pankobakad fisk, krämig spenat, kokt potatis & rostad lök

Panko baked fish, creamed spinach, boiled potatoes & roasted onion

KÖTT

Jalapeno- & ostkorv, mozzarellagratinerad pasta, rostad tomat & spenat

Jalapeno & cheese sausage, mozzarella gratinated pasta, roasted tomato & spinach

Fläkschnitzel, rostad potatis, tartarsås, citron & kålsallad

Pork schnitzel, roasted potatoes, tartar sauce, lemon & cabbage salad

Pannbiff fylld med soltorkad tomat, tzatziki, råstekta potatis & baby leaf sallad

Beef patty filled with sundried tomatoes, tzatziki, roasted potatoes & baby leaf salad

Pulled pork, pitabröd, sallad, tomatsalsa, bönor, koriander & yoghurt

Pulled pork, pita bread, salad, tomato salsa, beans, coriander & yoghurt

Bräserat urbenat kycklinglår, potatismos, dill- & citronsky, rostad morot

Brasied boneless chicken leg, mashed potatoes, dill & lemon gravy, roasted carrot

Med reservation för ändring av råvaror