

# WIJKANDERS

## RESTAURANG

Lunchmeny V.14, 2020

### VEGETARISK

**Sojaprotein, bönor, tomat, ris, paprika, persilja & smetana**  
*Soy protein, beans, tomatoes, rice, bell pepper, parsley & smetana*

**Canneloni, ricotta, spenat, krämig paprikasås, picklad paprika, rostade frön & ruccola**  
*Cannelloni, ricotta, spinach, creamy bell pepper sauce, pickled bell pepper, roasted seeds & rocket salad*

**Ostgratinerad rotselleri, gröna linser, kronärtsskocka, tomatsås & pumpafrön**  
*Cheese gratinated celeriac, green lentils, artichoke, tomato sauce & pumpkin seeds*

**Grönsaksbiffar, quinoa, bakad vitkål, örkräm, solrosfrö & ruccola**  
*Vegetable patty, quinoa, baked cabbage, herb cream, sunflower seeds & rocket salad*

**Lasagne, röda linser, kokos, kål & groddsallad, curry & koriander**  
*Lasagna, red lentils, coconut, cabbage & sprout salad, curry & coriander*

### FISK

#### MÅNDAG

**Pankobakad fisk, blomkål- & potatismos, kapris, tomat & kallpressad rapsolja**  
*Panko baked fish, cauliflower & mashed potatoes, capers, tomatoes & canola oil*

#### TISDAG

**Ört- & citronbakad fisk, kokt potatis, vitvinsås, dill & sockerärter**  
*Herb & lemon baked fish, boiled potatoes, white wine sauce, dill & sugarsnaps*

#### ONSDAG

**Grön currybakad fisk, rostad potatis, misokräm & vitkålssallad**  
*Green curry baked fish, roasted potatoes, miso cream, cabbagesalad*

#### TORSDAG

**Pocherad fisk, hackat ägg, räkor, smör, kokt potatis & dill**  
*Poached fish, boiled egg, shrimps, butter, boiled potatoes & dill*

#### FREDAG

**Torskfärsbiff, gröna ärtor, dill, lök, kallpressad rapsolja & potatismos**  
*Cod patty, green peas, dill, onion, canola oil & mashed potatoes*

**Med reservation för ändring av råvaror**

### KÖTT

**Kycklinggryta, kokos, lime, paprika, ris & koriander**  
*Chicken stew, coconut, lime, bell peppers, rice & koriander*

**Helstekt kotlettrad, rostad potatis, rostad tomat, ruccola & skysås**  
*Roasted pork loin, roasted potatoes, roasted tomatoes, rocket salad & gravy*

**Linguini, bacon, champinjon, grädde, spenat & Grana Padano**  
*Linguini, bacon, mushrooms, cream, spinach & Grana Padano*

**Hjortskav, potatismos, champinjon, lök, lingon & persilja**  
*Venison "skav" casserole, mashed potatoes, mushroom, onion, lingonberries & parsley*

**Kalvfärsbiff, potatismos, dragonsås, rostad lök & persilja**  
*Veal patty, mashed potatoes, tarragon sauce, roasted onions & parsley*