

MONDAY



28.09.2026

Soup		
MENU	MAIN	SIDE
Main 1	PUBLIC HOLIDAY	
Main 2		
Main 3 VEG		
Main 4* DIET		
Salad		GOOD CHOICE
Sandwich		

TUESDAY

29.09.2026



Soup	Creamy zucchini soup 7 VEG (zucchini, potatoes, rice flour, onion, cream, parsley, oil, salt)	
MENU	MAIN	SIDE
Main 1 Main EY	Roasted chicken leg with wild spice mix 7 (chicken leg, onion, bacon, wild spices)	mashed potatoes 7 (potatoes, milk, butter)
Main 2	Baked beef with "frankfurtska" creamy sauce with sausage 1, 7, 9 (beef meat, beef consommé, onion, sausage, cream, rice flour, oil, ground paprika)	bread dumplings 1, 3, 7 (bread, yeast, milk, flour, egg)
Main 3 VEG	Ratatouille 0 VEG (zucchini, tomatoes, aubergine, peppers, onion, garlic, rosemary, thyme, oil)	jasmine rice 0 (rice)
Main 4* DIET	Ratatouille 0 VEG (zucchini, tomatoes, aubergine, peppers, onion, garlic, rosemary, thyme, oil)	jasmine rice 0 (rice)
Salad	Pasta salad with fresh vegetable and pesto 1, 3, 7, 10 VEG (pasta, cucumber, pepper, corn, mayonnaise, olive, white yoghurt)	
Sandwich	Club sandwich 1, 3, 10 (sandwich bread, iceberg lettuce, tomato, bacon, chicken meat, egg, mayonnaise)	



WEDNESDAY

30.09.2026



Soup	Chicken soup "kaldoun" 7, 9 (chicken meat, celery, carrot, parsley, bay leaf, nutmeg, cream)	
MENU	MAIN	SIDE
Main 1 Main EY	Pasta with chicken in creamy herbs sauce 1, 3, 7 (chicken meat, herbs, pasta, cream, butter, oil, parmesan cheese)	
Main 2	Turkey oreganata 0 (turkey, olive oil, lemon juice, oregano, parsley, garlic, salt)	rice 0 (rice)
Main 3 VEG	Baked zucchini with crushed tomatoes and parmesan cheese 7 VEG (zucchini, crushed tomatoes, mozzarella, parmesan cheese, basil, oil, garlic)	cous cous 1 (cous cous)
Main 4* DIET	Turkey oreganata 0 (turkey, olive oil, lemon juice, oregano, parsley, garlic, salt)	rice 0 (rice)
Salad	Lentil-bulgur bowl with chicken meat, egg and cauliflower 1, 3 VEG (lentil, bulgur, mix of leaves salad, chicken breast, egg, pickled cauliflower)	
Sandwich	Reuben sandwich with shredded pork 1, 3, 7, 10 (sandwich bread, pork meat, mayonnaise, mustard, gherking, cabbage, cheddar cheese)	



* suitable for intolerance to three main allergens (gluten, lactose and eggs)



THURSDAY 01.10.2026		
Soup	Cauliflower curry soup 11 VEG (cauliflower, onion, coconut milk, spring onion, garlic, oil, turmeric, sugar, lemon juice, sesame oil)	
MENU	MAIN	SIDE
Main 1 Main EY	Chicken strips with baby carrots and bean pods 7 (chicken meat, baby carrots, green beans, country mix seasoning, salt, butter, honey, oil)	crushed potatoes 7 (potatoes, milk, onion)
Main 2 Main EY 2	Rabbit ragout with leek 1, 7 (rabbit meat, onion, leek, flour, butter, thyme)	rice 0 (rice)
Main 3 VEG	Wok fried turmeric tofu 6, 7, 11, 14 VEG (tofu, cream, milk, zucchini, carrot, chickpeas, bamboo shoots, soy sauce, oyster sauce, potato starch, lemon juice, oil, sugar, turmeric, garlic, coriander, sesame oil)	rice 0 (rice)
Main 4* DIET	Chicken strips with baby carrots and bean pods 7 (chicken meat, baby carrots, green beans, country mix seasoning, salt, honey, oil)	AF crushed potatoes 0 (potatoes, LF milk, onion)
Salad	Poke salad with smoked salmon and yellow radish 4 (sushi rice, smoked salmon, yellow radish, pea, red cabbage, lime, coriander, sprouts, lamb's lettuce)	
Sandwich	Caesar wrap 1, 3, 4, 7, 10 (tortilla, romaine lettuce, spice gyros, chicken meat, eggs, parmesan cheese, mayonnaise, anchovies, mustard)	

FRIDAY 02.10.2026		
Soup	Sweet potato soup with smoked paprika 7 VEG (sweet potatoes, parsley, onion, smoked paprika, rice flour, oil, cream)	
MENU	MAIN	SIDE
Main 1 Main EY	Chicken tikka masala 7 (chicken meat, onion, garlic, yoghurt, vindaloo, peppers, tomatoes, cream)	rice 0 (rice)
Main 2	Slovak potato gnocchi "halušky" with smoked pork and cabbage 1 (gnocchi "halušky", smoked pork meat, pepper, salt, lard, bacon, cabbage, sugar, vinegar)	
Main 3 VEG	Chilli con vegetables 1 VEG (garlic, onion, red lentil, green lentil, white beans, red beans, oil, peppers, crushed tomatoes)	corn nachos 0 (corn nachos)
Main 4* DIET	Chilli con vegetables 0 VEG (garlic, onion, red lentil, green lentil, white beans, red beans, oil, peppers, crushed tomatoes)	rice 0 (rice)
Salad	Spinach salad with apples and bacon 10 (baby spinach, apples, bacon, chives, honey, mustard, lettuce, olive oil)	
Sandwich	Sandwich with tzatziki spread, cheese and cucumber 1, 7 VEG (sandwich bread, cottage cheese spread, cucumber, tzatziki spices)	



ALLERGENS

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1 CEREALS containing gluten	2 CRUSTACEANS and products thereof	3 EGGS and products thereof
4 FISH and products thereof	5 PEANUTS AND PRODUCTS OF PEANUTS, NUTS	6 SOYBEANS and products thereof
7 MILK and products thereof	8 TREE NUTS All nuts and nut products	9 CELERY and products thereof
10 MUSTARD and products thereof	11 SESAME SEEDS and products thereof	12 SULPHUR DIOXIDE AND SULPHITES In concentrations above 10 mg/kg



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MONDAY

05.10.2026

Soup	Potato cream with vegetable 7, 9 VEG (potatoes, carrot, onion, celery, cream, oil, butter, parsley, mace)	
MENU	MAIN	SIDE
Main 1 Main EY	Chicken stir fry with vegetables 6, 11 (chicken breast, carrot, pak choi, spring onion, garlic, onion, soya sauce, sesame oil)	rice 0 (rice)
Main 2	Ham with green pea 0 (pork ham)	mashed potatoes 7 (butter, potatoes, milk)
Main 3 VEG	Potato cones with poppy seeds and sugar 1, 3, 7 VEG (potatoes, flour, milk, egg, poppy seeds, sugar, butter)	
Main 4* DIET	Ham with green pea 7 (pork ham, green pea)	LF mashed potatoes 7 (potatoes, LF milk)
Salad	Bulgur salad with olives and balkan cheese 1, 7 VEG (bulgur, capers, olives, lettuce, dried tomatoes, garlic, basil, olive oil, balkan cheese)	
Sandwich	Baguette with cheese and salad 1, 7 VEG (baguette, soft cheese, butter, gouda, ermine cheese, mozzarella, lettuce)	

TUESDAY

06.10.2026

Soup	Chicken consommé with tarhoña pasta 1, 3, 9 (chicken meat, celery, carrot, parsley, garlic, salt, pepper, bay leaf, all spice, tarhoña pasta)	
MENU	MAIN	SIDE
Main 1 Main EY	Gnocchi Amatriciana 1 (gnocchi, onion, parsley, bacon, tomatoes, olive oil)	
Main 2	Chicken leg with vegetables 0 (chicken leg, carrot, cabbage, onion, zucchini, peppers, corn)	rice 0 (rice)
Main 3 VEG	Creamy dill sauce with egg 1, 3, 7, 9 VEG (egg, milk, onion, rice flour, dill, sugar, celery, vinegar, cream)	bread dumplings 1, 3, 7 (flour, yeast, egg, milk, bread)
Main 4* DIET	Chicken leg with vegetables 0 (chicken leg, carrot, cabbage, onion, zucchini, peppers, corn)	rice 0 (rice)
Salad	Pasta salad with baked vegetable and yoghurt 1, 7 VEG (pasta, yoghurt, zucchini, carrot, herbs, onion, pepper)	
Sandwich	Chef's tortilla 1, 3, 7 (tortilla, lettuce, egg, ham, cheese, yoghurt, tomato purée, tomatoes)	

WEDNESDAY

07.10.2026

Soup	Cauliflower soup with vegetable 0 VEG (cauliflower, onion, potatoes, carrot, parsley, salt)	
MENU	MAIN	SIDE
Main 1 Main EY	Chilli con carne with nachos 0 (beef meat, beans, onion, tomatoes, garlic, coriander, corn nachos)	corn nachos 0 (corn nachos) 
Main 2 Main EY	Roast pork with mushroom sauce 7 (pork meat, thyme, garlic, mushrooms, salt, oil, cream, onion)	crushed potatoes 7 (potatoes, butter)
Main 3 VEG	Baked potatoes with broccoli and cauliflower 7 VEG (potatoes, broccoli, cauliflower, cream, edam cheese, potato starch, nutmeg, salt, pepper)	
Main 4* DIET	Chilli con carne 0 (beef meat, beans, onion, tomatoes, garlic, coriander)	rice 0 (rice) 
Salad	Caesar salad with grilled chicken 1, 3, 4, 7, 10 (romaine lettuce, chicken meat, spice, egg, croutons, parmesan cheese, mayonnaise, anchovies, mustard)	
Sandwich	Sandwich Caprese 1, 7 VEG (sandwich bread, tomatoes, basil, mozzarella)	

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Riverside School

MENU 12.10.-16.10. 2026

MONDAY 12.10.2026		
Soup	Chicken consommé with meat, vegetables and noodles 1, 3, 9 (cauliflower, parsley, broccoli, carrot, chicken meat, onion, celery, salt, garlic, all spice, pepper, bay leaf, oil, noodles)	
MENU	MAIN	SIDE
Main 1	Indian butter chicken curry 7 (chicken, garlic, sugar, yoghurt, spices, ginger, butter, milk, oil, tikka masala paste, tomato paste, cream)	rice 0 (rice)
Main 2 Main EY	Pork ragout with vegetables 1, 9 (pork meat, onion, celery, carrot, tomato, parsley, flour, thyme)	mashed potatoes 7 (potatoes, butter, milk)
Main 3 VEG	Legumes ragout 9 VEG (tomatoes, celery stalks, carrot, chickpeas, onion, lentils, beans, oil, sugar, garlic, parsley, basil, salt)	pita bread 1 (pita bread)
Main 4* DIET	Legumes ragout 9 VEG (tomatoes, celery stalks, carrot, chickpeas, onion, lentils, beans, oil, sugar, garlic, parsley, basil, salt)	rice 0 (rice)
Salad	Nicoise salad 0 VEG (potatoes, beans pods, olives, tomatoes, parsley)	
Sandwich	Baguette with ham, cheese and egg 1, 3, 7 (baguette, pork ham, cheese, eggs, tomato, soft cheese)	

TUESDAY 13.10.2026		
Soup	Cream of mushrooms 7 VEG (mushrooms, cumin, oil, butter, rice flour, milk, cream, salt, potatoes, thyme)	
MENU	MAIN	SI
Main 1 Main EY	Gnocchi pomodoro with basil 1, 7 VEG (gnocchi, garlic, basil, onion, salt, olive oil, crushed tomatoes, parmesan cheese)	
Main 2 Main EY	Chinese noodles with chicken meat, vegetables and egg 1, 3, 4, 6, 9, 14 (noodles, chicken meat, coriander, celery stalks, garlic, onion, spring onion, carrot, oil, soya sauce, fish sauce, oyster sauce, peppers, leek, pak choy, cabbage, soya sprouts,)	
Main 3 VEG	Gnocchi pomodoro with basil 1, 7 VEG (gnocchi, garlic, basil, onion, salt, olive oil, crushed tomatoes, parmesan cheese)	
Main 4* DIET	Beef with herbs sauce 0 (beef meat, onion, rosemary, thyme, oil)	rice 0 (rice)
Salad	Chef's salad 1, 3, 7 (lettuce, tomato, cucumber, ham, egg, cheese, bread, yoghurt, tomato purée, mayonnaise)	
Sandwich	Baguette with basil pesto, tomatoes and mozzarella 1, 7 VEG (baguette, mozzarella, tomatoes, basil, parmesan cheese, garlic)	

WEDNESDAY 14.10.2026		
Soup	Beef consommé with meat, vegetables and egg 3, 7, 9 (beef meat, garlic, salt, pepper, bay leaf, all spice, onion, carrot, celery, parsley, celery stalks, egg, milk)	
MENU	MAIN	SIDE
Main 1 Main EY	Baked cod with herbs 4 (cod, basil, parsley, olive oil)	crushed potatoes 7 (potatoes, milk)
Main 2 Main EY	Smoked pork with creamy spinach 1, 7 (smoked pork meat, spinach, garlic, onion, flour, cream, oil)	spaetzle 1, 3 (egg)
Main 3 VEG	Vegetarian paella 9 VEG (rice, tomatoes, bell pepper, oil, carrot, salt, saffron, pepper, onion, garlic, celery, thyme, parsley, rosemary)	
Main 4* DIET	Baked cod with herbs 4 (cod, basil, parsley, green pea, olive oil)	LF crushed potatoes 7 (potatoes, LF milk)
Salad	Esquites Mexican Street corn Salad 3 VEG (corn, spring onion, pepper, mayonnaise, coriander, lime, garlic)	
Sandwich	Baguette with roastbeef 1, 7, 10 (dried tomatoes, onion, butter, mustard, roastbeef, amazon spice, horseradish, baguette)	

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THURSDAY			15.10.2026
Soup	Potato soup with barley groats 1, 7, 9 VEG (potatoes, celery, onion, cumin, garlic, barley groats, marjoram, butter, flour, carrot, oil, salt, pepper, mushrooms, broccoli)		
MENU	MAIN	SIDE	
Main 1 Main EY	Chicken gyros with tzatziki 7 (chicken meat, cucumber, dill, garlic, yogurt, gyros spice, salt, oil)	baked potatoes 0 (potatoes, oil)	
Main 2	Baked pork with bacon 1, 10 (pork, onion, flour, bacon, mustard, oil)	bread dumplings 1, 3, 7 (bread, flour, egg, yeast, milk)	
Main 3 VEG	Jamie's Oliver vegetable curry 0 VEG (zucchini, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)	rice 0 (rice)	
Main 4* DIET	Jamie's Oliver vegetable curry 0 (zucchini, onion, mushrooms, peppers, cauliflower, garlic, ginger, coriander, tomatoes, coconut milk)	rice 0 (rice)	
Salad	Kenya beans salad 0 (sweet corn, spring onion, bacon, garlic, pepper, lettuce)		
Sandwich	Wrap with chicken meat and vegetables 1, 3, 7 (tortilla, chicken, cucumber, iceberg lettuce, white yogurt, fresh cheese "lučina", mayonnaise, tzatziki seasoning, grill seasoning, salt, pepper)		

FRIDAY			16.10.2026
Soup	Vegetable cream with croutons 1, 7, 9 VEG (oil, carrot, celery, onion, parsley, zucchini, celery stalks, salt, pepper, milk, cream, butter, leek, rice flour, croutons)		
MENU	MAIN	SIDE	
Main 1 Main EY	Turkey goulash 1, 7 (turkey meat, flour, cream, ground paprika, onion)	pasta 1, 3 (pasta)	
Main 2	Lasagne with chicken ragout à la bolognese 1, 7, 9 (pasta, basil, celery, onion, chicken meat, nutmeg, butter, milk, carrot, tomatoes, cream, cheese)		
Main 3 VEG	Sweet potatoes frittata with spinach and ricotta cheese 3, 7 VEG (sweet potatoes, ricotta cheese, spinach, egg, cream, herbs)		
Main 4* DIET	Turkey goulash 0 (turkey meat, rice flour, ground paprika, onion)	rice 0 (rice)	
Salad	Poke salad with fava beans and pickled vegetables 0 VEG (sushi rice, vinegar, fava beans, pumpkin, carrot, cucumber, radicchio lettuce, sprouts, lime)		
Sandwich	Egg sandwich 1, 3 VEG (sandwich bread, eggs, mayonnaise)		



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MONDAY 19.10.2026		
Soup	Chickpea and tomato soup 0 VEG (chickpea, onion, garlic, chilli, oil, pepper, tomatoes, salt, romaine cumin)	
MENU	MAIN	SIDE
Main 1 Main EY	Turkey with creamy vegetable "svíčková" sauce 1, 3, 7, 9, 10 (turkey meat, thyme, bay leaf, carrot, celery, flour, butter, all spice, oil, mustard, lemon, cream)	bread dumplings 1, 3, 7 (bread, yeast, milk, egg)
Main 2	Pasta with tuna in tomato sauce 1, 4, 7 (pasta, tuna, tomatoes, onion, garlic, basil, parmesan cheese)	
Main 3 VEG	Stir fried vegetables with tofu 6 VEG (bamboo sprouts, tofu, coriander, zucchini, onion, garlic, carrot, ginger)	cous cous 1 (cous cous)
Main 4* DIET	GF pasta with tuna in tomato sauce 4 (GF pasta, tuna, tomatoes, onion, garlic, basil)	
Salad	Pipirrana Salad 0 VEG (peppers, red onion, cucumbers, tomatoes, olive oil, herbs)	
Sandwich	Veggie New Yorker sandwich 1, 3, 7, 10 VEG (sandwich bread, carrot, rucola, gherkin, red cabbage, mayonnaise, mustard, vinegar, cheddar cheese)	

TUESDAY 20.10.2026		
Soup	Vegetable minestrone 9 VEG (tomatoes, zucchini, potatoes, onion, celery, carrot, green beans, oil, basil, bay leaf, pepper, salt)	
MENU	MAIN	SIDE
Main 1 Main EY	Roast turkey cubes with red cabbage 7 (turkey meat, onion, cabbage, sugar, rice flour, garlic, oil, salt, caraway seeds, butter, onion, herbs)	potato gnocchi 1, 3 (potato gnocchi)
Main 2	Grilled chicken 0 (chicken meat, olive oil, spice)	bulgur with dried tomatoes 1 (bulgur, dried tomatoes)
Main 3 VEG	Spinach frittata with side salad 3, 7 VEG (spinach, cream, eggs, potatoes, onion, garlic, cheddar cheese, pepper, mix of leaves salad)	
Main 4* DIET	Grilled chicken with baby carrot and bean pods 0 (chicken meat, olive oil, spice, baby carrot, bean pods)	crushed potatoes 0 (potatoes, LF milk, onion)
Salad	Beluga lentil with tofu and vegetable 6 VEG (beluga lentil, red lentil, onion, pepper, gherkin, herbs, tofu, dried tomatoes, capers)	
Sandwich	Baguette with tuna, egg and lettuce 1, 3, 4, 7 (baguette, butter, tuna, egg, lettuce, spring onion)	

WEDNESDAY 21.10.2026		
Soup	Semolina soup with egg 1, 3, 7, 9 VEG (carrot, celery, parsley, semolina, egg, butter, oil, salt)	
MENU	MAIN	SIDE
Main 1 Main EY	Gnocchi with chicken meat in creamy spinach sauce 1, 3, 7 (gnocchi, chicken meat, spinach, cream, parmesan cheese)	
Main 2	Pork curry with vegetables and coconut milk 1, 6, 7, 11 (coriander, spring onion, lemon juice, sugar, garam masala, turmeric, tandoori masala, ginger, butter, coconut milk, carrot, oil, sesame oil, soya sauce, cream, soya beans, pork)	rice 0 (rice)
Main 3 VEG	Peperonata 0 VEG (basil, garlic, onion, salt, oil, peppers, crushed tomatoes)	pita bread 1 (pita bread)
Main 4* DIET	Peperonata 0 (basil, garlic, onion, salt, oil, peppers, crushed tomatoes)	rice 0 (rice)
Salad	Mix of leaf salads with sundried tomatoes, mozzarella and balsamico 7 VEG (iceberg lettuce, rucola, red chard, romaine lettuce, chicory, olives, capers, mozzarella, balsamico)	
Sandwich	Sandwich with paprika chicken and bacon 1, 7 (sandwich bread, chicken breast, bacon, spread butter, ground paprika, lettuce)	

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THURSDAY			22.10.2026
Soup	Carrot and pumpkin soup with herbs 7 VEG (carrot, pumpkin, rice flour, cream, onion, watercress, lemon juice, sugar, salt, pepper, butter, milk)		
MENU	MAIN	SIDE	
Main 1	Beef goulash 1 (beef meat, flour, onion, ground paprika, garlic, marjoram)	bread dumplings 1, 3, 7 (egg, milk, yeast, bread)	
Main 2 Main EY	Chicken with honey carrot and green peas 7 (chicken meat, spice, butter, carrot, green pea)	crushed potatoes 0 (potatoes, onion, oil)	
Main 3 VEG	Germknödel with plum jam, vanilla cream, poppy seeds and sugar 1, 3, 7 VEG (flour, egg, yeast, milk, cream, butter, plum jam, vanilla, poppy seeds, sugar)		
Main 4* DIET	Beef goulash 0 (garlic, onion, beef meat, cumin, ground paprika, salt, pepper, rice flour, oil, tomato puree)	GF pasta 0 (GF pasta)	
Salad	Caesar salad with eggs and croutons 1, 3, 4, 7, 10 (romaine lettuce, spice, egg, bread, cheese, mayonnaise, anchovies, mustard)		
Sandwich	Sandwich with grilled vegetables and hummus 1, 11 VEG (sandwich bread, zucchini, peppers, aubergine, chickpea, coriander, lemon, garlic, tahini sesame paste, herbs)		

FRIDAY			23.10.2026
Soup	Chicken consommé with vegetables, meat and fried green peas 9 (chicken meat, cauliflower, spice, onion, garlic, carrot, celery, parsley, broccoli, green pea)		
MENU	MAIN	SIDE	
Main 1 Main EY	Minced pork schnitzel with gherkin 1, 3, 7 (pork meat, egg, gouda cheese, marjoram, breadcrumbs, oil, gherkin)	mashed potatoes 7 (potatoes, milk, butter)	
Main 2	Creamy potato bake with chicken meat and cheese 7 (potatoes, garlic, chicken meat, oil, cream, edam cheese)		
Main 3 VEG	Aubergine masala 7 VEG (aubergine, coriander, onion, star anise, bay leaf, cardamom, cinnamon, crushed tomatoes, oil, cream)	rice 0 (rice)	
Main 4* DIET	Aubergine masala 0 (aubergine, coriander, onion, star anise, bay leaf, cardamom, cinnamon, crushed tomatoes, oil)	rice 0 (rice)	
Salad	Pasta salad with vegetable and broccoli pesto 1, 7 VEG (pasta, broccoli, olive oil, dried tomatoes, basil, cherry tomatoes, parmesan cheese)		
Sandwich	Tortilla with roastbeef and red cabbage coleslaw salad 1, 3, 7 (tortilla, roastbeef, red cabbage, carrot, mayonnaise, yoghurt)		



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