

# — LENTEN MENU —

## APPETIZERS 9.-

**Caprepse salad** /6, 7, 8/  
tofu cheese, homemade pesto

**Hummus with sun-dried tomatoes** /7, 11/  
baked garlic, spicy olive salsa

**Minestrone Primavera** /9/  
spinach, beans, broccoli,  
sun-dried tomatoes, green peas

**Avocado tartare**  
tomato salsa, fried zucchini

**Quinoa salad** /8/  
mango, avocado, roasted almonds

## MAIN COURSES 12.-

**Eggplant steak** /7, 8/  
baked tomato, cheese and nut crumbles

**Avocado, baked with couscous  
and vegetables** /1, 6, 9/  
soy milk Bechamel sauce

**Pizza with grilled vegetables** /1, 7/  
spicy tomato sauce

**Village style roasted potatoes**  
mushrooms, onions

**Risotto with mushrooms** /7/  
truffle oil

il Sole

## DESSERTS 7,5.-

**Baked apple with walnuts** /8/  
raisins, chestnut honey

**Pineapple ravioli**  
strawberry, mint

**Coconut milk pistachio Panna Cotta** /8/  
raspberry sauce



## ALLERGENS

1. Cereals containing gluten
2. Crustaceans and products thereof
3. Eggs and products thereof
4. Fish and products thereof
5. Peanuts and products thereof
6. Soybeans and products thereof
7. Milk and products thereof  
(including lactose)
8. Nuts
9. Celery and products thereof
10. Mustard and products thereof
11. Sesame seeds and products thereof
12. Sulphur dioxide and sulphites  
at concentrations of more than  
10 mg/kg or 10 mg/litre in terms  
of the total SO<sub>2</sub>
13. Lupin and products thereof
14. Molluscs and products thereof

