

KÖKET restaurant

Detailed ingredients

Meatballs with mashed potatoes, peas, cream sauce and lingonberry jam

MEATBALLS

Beef, pork, water, onion, breadcrumbs (wheat flour, water, salt, yeast), egg, salt, spices

MASHED POTATOES

Potato, semi-skimmed milk (low lactose), sunflower oil, ghee, salt, natural flavour, white pepper

CREAM SAUCE

Water, potato starch, maltodextrin, palm fat, flavourings, salt, apple powder, yeast extract, caramelised syrup, glucose syrup, sugar, milk protein, stabiliser E450iii, onion powder, garlic powder, white pepper, turmeric, bay leaves, egg, celery, mustard. May contain traces of gluten.

LINGONBERRY JAM

Lingonberries, sugar, water, potassium sorbate, pectin, citric acid

Green peas

Parsley

Plant balls with potato salad, kimchi, chickpeas, herbs and elderflower vinaigrette

PLANT BALLS

Water, rapeseed oil, pea protein, potato, rice flour, dextrose, salt, emulsifier E471, sunflower oil, pea starch, pea protein, emulsifier E461, fried onion, onion, oats, vegetable oil (sunflower, rapeseed, coconut), spices (maltodextrin, salt, stabiliser E414, acidity regulator E330), mushroom extract, dried apple, anti-caking agent E535, tomato powder, lemon juice concentrate, black pepper, allspice

POTATO SALAD

Potato, cucumber, mustard seeds, water, salt, vinegar, sugar, acid (citric acid), stabiliser (calcium chloride), spice extracts (dill and cayenne pepper), preservative

(potassium sorbate), soy base (water, soya beans), polydextrose (dietary fibre), glucose, modified corn starch, sugar, tricalcium phosphate, vitamins (D2, riboflavin, folic acid, B12), stabiliser (pectin), salt, starter culture, linseed

KIMCHI

Cabbage, pointed white cabbage, savoy cabbage, corn syrup, water, wheat flour, chilli powder, salt, wheat grain, glutinous rice, alcohol, garlic, onion, soybean powder, rice and malted barley, coriander, dill, spring onion

CHICKPEAS

Chickpeas, rapeseed oil, lemon

ELDERFLOWER VINAIGRETTE

Rapeseed oil, sugar, lemon juice, grape juice, water, elderflower extract, acid (citric acid), preservatives (potassium sorbate and sodium benzoate), apple cider vinegar, preservative (potassium metabisulphite)

Herbs

Veggie balls with green lentils, tomato & spinach ragout, bean mix, mustard seeds, rocket and 'prästost' cheese

VEGGIE BALLS

Chickpeas, carrot, green peas, red pepper, sweetcorn, kale, pea protein, onion, rapeseed oil, pea starch, salt, brown sugar, stabiliser (E461), flavourings, yeast extract, sage, black pepper, dried carrot, bay leaves, dried parsley, turmeric

MUSTARD SEEDS

Mustard seeds, water, vinegar, sugar

TOMATO & SPINACH RAGOUT

Tomato, onion, spinach, roasted yellow pepper, vegetable oil (rapeseed, coconut, palm*, sunflower), palm fat*, salt, tomato purée, apple juice concentrate, cumin, paprika, chilli pepper, oregano, turmeric, garlic

BEAN MIX

Green soya beans, red kidney beans, white kidney beans

PRÄSTOST CHEESE

Pasteurised milk, salt, starter culture, milk coagulating enzyme (rennet), surface finishing agent (E202)

Green lentils

Rocket leaves

**Certified sustainable palm oil/palm fat*

Chicken balls with rosti, ginger dip and carrot salad

CHICKEN MEATBALLS

Chicken (leg/thigh/breast), chicken skin, onion, potato starch, onion powder, salt, ground ginger, pepper extract

ROSTI

Potato, onion, modified starch, rapeseed oil, sunflower oil, dextrose, salt

GINGER DIP

Soy base (water, soya beans), polydextrose (dietary fibre), glucose, modified corn starch, sugar, tricalcium phosphate, vitamins (D2, riboflavin, folic acid, B12), stabiliser (pectin), salt, starter culture, ginger, water, salt, acidity regulator (malic acid, acetic acid, citric acid), sweeteners E951 E954 E950 E955, preservative E202

CARROT SALAD

Carrot, spring onion, pea shoots, bean sprouts, alfalfa sprouts, rapeseed oil

Cod & salmon balls with quinoa, coleslaw, soygurt dip and lemon tahini

COD & SALMON BALLS

Atlantic salmon, Atlantic cod, rice flour, rapeseed oil, salt, dextrose, lemongrass, dried seaweed, ginger, garlic, onion, chilli, sunflower oil, white pepper, lovage

Red quinoa

COLESLAW

Savoy cabbage, red cabbage, white cabbage, red apple, dill, water, salt, vinegar, sugar

SOYGURT DIP

Rapeseed oil, water, sugar, modified potato starch, salt, lemon concentrate, preservative (E202) soya (water, soya beans), polydextrose (dietary fibre), glucose, modified corn starch, sugar, tricalcium phosphate, vitamins (D2, riboflavin, folic acid, B12), stabiliser (pectin), salt, starter culture

LEMON TAHINI

Paste of toasted sesame seeds, lemon, rapeseed oil, water

Pea soup with roast pumpkin, horseradish dip, pumpkin seeds and sunflower shoots

PEA SOUP

Water, dried yellow peas, onion powder, salt, yeast extract, modified corn starch,

herbs and spices (e.g. thyme and marjoram), vegetable juice concentrate (celery, carrot, leek, onion)

ROAST/PICKLED PUMPKIN

Pumpkin, rapeseed oil, water, sugar, vinegar

HORSERADISH DIP

Soya base (water, soya beans), polydextrose (dietary fibre), glucose, modified corn starch, sugar, tricalcium phosphate, vitamins (D2, riboflavin, folic acid, B12), stabiliser (pectin), salt, starter culture, horseradish

TOASTED PUMPKIN SEEDS

Pumpkin seeds, rapeseed oil, salt

Grated horseradish

Sunflower shoots

Spring onion

Salmon fillet with herb mash, apple salad, soygurt sauce and elderflower vinaigrette

Salmon fillet

HERB MASH

Potato, semi-skimmed milk (low lactose), sunflower oil, ghee, salt, natural flavouring, white pepper, dill, spring onion, parsley, rapeseed oil, water, mustard seeds, vinegar essence, salt, acidity regulator (citric acid), preservative (potassium metabisulphite)

APPLE SALAD

Apple, radish, peas, spring onion, dill, parsley

SOYGURT SAUCE

Soya base (water, soya beans), polydextrose (dietary fibre), glucose, modified corn starch, sugar, tricalcium phosphate, vitamins (D2, riboflavin, folic acid, B12), stabiliser (pectin), salt, starter culture, algae extract, water, salt, citric acid, xanthan gum, potassium sorbate, sodium benzoate, carotenes, spices, herbs

ELDERFLOWER VINAIGRETTE

Rapeseed oil, sugar, lemon juice, grape juice, water, elderflower extract, acid (citric acid), preservatives (potassium sorbate and sodium benzoate), apple cider vinegar, preservative (potassium metabisulphite)

Skagen salad

SALAD

Potato, beetroot, kale, egg, lemon, red onion, dill, cucumber, salmon, shrimps

SKAGEN SHRIMP HASH

Rapeseed oil, surimi, fish, water, tapioca starch, salt, sugar, sunflower oil, egg white, crab flavouring, crab extract, colouring (E120, E160c, E170), shrimps, seaweed pearls (seaweed extract), flavouring, spices, preservatives (E202, E211), stabiliser (E415), antioxidant (E330), colouring (E160c), egg yolk, dill, mustard seed, spirit vinegar, vinegar, chilli, dried shrimp powder, fish powder, tomato powder, dextrose, white pepper, shrimp flavouring, thickener (E415, E1442), acidity regulator (E330)

Sandwich cake

BREAD

Plain flour, water, sifted rye flour, E471, flavour, antioxidants, citric acid, colouring, dark brown syrup, yeast, sugar, sugar beet fibre

SEAFOOD HASH FILLING

Rapeseed oil, surimi, fish, water, tapioca starch, salt, sugar, sunflower oil, egg white, crab flavour, crab extract, colouring (E120, E160c, E170), shrimps, seaweed pearls (1.6% seaweed extract), flavour, spices, preservatives (E202, E211), stabiliser (E415), antioxidant (E330), colouring (E160c), egg yolk, dill, mustard seed, spirit vinegar, vinegar, chilli, dried shrimp powder, fish powder, tomato powder, dextrose, crab extract, white pepper, shrimp flavour, thickener (E415, E1442), acidity regulator (E330)

HAM FILLING

Ham, water, salt, maltodextrin, dextrose, natural flavours, stabilisers (E451, E450, E407), antioxidants (E331, E301), preservative (E250), smoke flavouring, red onion, vinegar, Dijon mustard, egg yolk, yoghurt

GARNISH

Varies by season

Children's pancake

PANCAKES

Buttermilk, wheat flour, egg, rapeseed oil, salt,

JAM

Sugar, strawberries, water, pectin, citric acid, potassium sorbate

Cream

Children's pasta with tomato sauce

PASTA

Durum wheat, semolina, water, sunflower oil, salt

TOMATO SAUCE

Tomato purée, sugar, onion, citric acid

CHEESE

Pasteurised milk, salt, starter culture, milk coagulating enzyme (rennet), surface finishing agent (E202)

Sandwiches and wraps

You can also choose from a wide range of different sandwiches, large or small.

Tea, coffee, cakes and desserts

Fancy something sweet? Choose from our delicious cakes, buns and desserts.

The ingredients in our soups, salads, sandwiches and pastries vary depending on season and availability. Feel free to ask the restaurant staff if you have any questions.

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