



## **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)

### **Oriental beef salad**

#### SALAD

Carrots, pak choi, cucumber, spring onion, red cabbage, coriander, sugar snap peas, toasted sesame seeds

#### FLANK STEAK

Beef

#### GLASS NOODLES

Mung beans, water

#### PICKLED GINGER

Ginger, sugar and apple cider vinegar

#### DRESSING

Olive oil, rapeseed oil, fish sauce, rice vinegar, sweet chilli, lime

### **Poke bowl**

#### SALAD

Red cabbage, black rice, soya beans, mango, spring onion, cucumber, avocado, carrot, black radish, boiled rice

#### SALMON

#### DRESSING

Corn syrup, chilli paste (chilli, water, salt, garlic, green onions, alcohol, sugar and salt), anchovy extract, sesame oil, lime, soy, cornflour, potassium sorbate

### **Goat's cheese salad**

#### SALAD

Kale, beetroot, beluga lentils, red cabbage, apple

#### GOAT'S CHEESE

Pasteurised goat's milk, salt, starter culture, cheese enzymes, white mould culture

#### AIR-DRIED HAM

Ham, salt, sugar, dextrose, garlic, pepper, coriander, flavouring, hydrolysed vegetable protein, spice extracts, fenugreek, preservative (E250), antioxidant E301

#### DRESSING

Olive oil, apple cider vinegar

## **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)

### **Skagen shrimp hash on sourdough bread**

#### SKAGEN SHRIMP HASH

Rapeseed oil, crabfish MSC (whitefish, water, tapioca starch, salt, sugar, sunflower oil, egg white, crab flavour, crab extract, colouring), shrimps MSC, lumpfish roe MSC, sherry, preservatives E202 and E211, thickeners E415 and E1448, acidity regulator E330, colourings E120 and E160a, spirit vinegar, egg powder, dill, mustard seed, vinegar, cayenne pepper, fish powder, tomato powder, dextrose, white pepper, maltodextrin

#### SOURDOUGH BREAD

Water, wheat flour, durum wheat, wheat sourdough, salt, yeast. May contain traces of almonds and walnuts.

#### HERB OIL

Rapeseed oil, thyme, rosemary, parsley, chilli, garlic, vinegar, salt, pepper

#### GARNISH

Salad, chives, red onion, lemon

Butter

### **Sourdough roll with cheese**

#### ROLL

Water, wheat flour, wheat sourdough (wheat flour and water), durum wheat flour, granary flour, salt, malt syrup, yeast. Whole grain 3%, of which dry weight 3.3%. May contain traces of: nuts.

#### CHEESE

Milk, salt, starter culture, microbial milk coagulating enzyme

#### BUTTER

Pasteurised milk, pasteurised cream, milk protein, acidity regulator: citric acid, thickener: fruit kernel flour, preservative: potassium sorbate, natural flavour

Cucumber

### **Veggiwrap**

#### SWEDISH FLATBREAD

Wheat flour, sifted rye flour, sourdough (rye)\* (11.2%), water, syrup, sugar, wheat gluten, rapeseed oil, salt, emulsifier (E472e), yeast, baking powder (ammonium carbonate), fructose, malt flour (barley), dough conditioner (ascorbic acid), enzyme

#### HOUMOUS

Chickpeas, water, sesame paste, rapeseed oil, salt, acidity regulator: citric acid, garlic powder, (E202)

#### DILL PICKLES

Cucumber, mustard seed, water, salt, vinegar, sugar, (E330), stabiliser (calcium chloride), spice extracts, preservative (potassium sorbate)

#### VEGGIE BALLS

Chickpeas, green peas, carrot, red pepper, maize, kale, pea protein, onion, rapeseed oil, pea starch, salt, brown sugar, thickener (E461), yeast extract, sage, bay leaves, dried parsley, flavourings, spices, herbs

Spring onion

Avocado

### **Cheese curd cake with whipped cream and strawberry jam**

#### CHEESE CURD CAKE

Skimmed milk, rapeseed and coconut oil, egg, wheat flour, sugar, sweet almonds, bitter almonds, emulsifier (E471), rennet, calcium chloride

#### JAM

Strawberries, jam sugar, lemon

Whipped cream



## **Raw food fudge**

### FUDGE

Toasted almonds (salt and water), coconut oil, vanilla powder, syrup (agave), cacao

## **Cinnamon buns**

### DOUGH

Wheat flour, sugar, yeast, salt, cardamom, brown sugar, sugar syrup, icing sugar, cinnamon, vanilla sugar, nib sugar, bread icing, rapeseed oil, wheat starch, glucose, maltodextrin

### MARGARINE

Palm oil, coconut oil, shea oil, rapeseed oil, salt, emulsifier E471, flavouring

### VANILLA CREAM

Sugar, modified potato starch, vegetable fat powder (coconut oil), glucose syrup, milk protein, stabiliser E451i, thickener E401, natural vanilla flavour, colour E160a, margarine

*Last updated: 2020-09-15*