

# ALLERGENS

1. Cereal products containing gluten and products based on products containing gluten.
  2. Crustaceans and products based on crustaceans.
  3. Eggs and egg-based products.
  4. Fish and fish-based products.
  5. Peanuts and products based on peanuts.
  6. Soy and soy-based products.
  7. Milk and milk-based products. (including lactose)
  8. Nuts and products based on nuts.
  9. Celery and products based on celery.
  10. Mustard and products based on mustard.
  11. Sesame seeds and products based on sesame seeds.
  12. Sulphur dioxide and sulphites.
  13. Lupin and products based on lupin.
  14. Molluscs and products based on molluscs.
  15. Seeds and Grains.
- (V) Vegan choices.



## **GOOD MORNING:**

- Oatmeal (1,V)
- Chia pudding (8,15,V)
- Vegan yogurt (8,V)
- Curd (7)
- Cornflakes (1,V)
- Muesli (1,8,15,V)
- Strawberry yogurt (7)
- Junket sprinkles (1)
- Nut mix (8)
- Hazelnut cream (7,8)
- Preserved berries (V)
- Dried apricots (V)
- Cranberries (V)
- Acacia honey
- Flower honey
- Ginger Shots (V)
- Salami (7)
- Rolled meat
- Turkey cold cuts
- Hummus (11,V)
- Danish cheeses (7)
- Organic butter (7)
- Whipped cream (7)
- Breakfast cheeses (7)
- Becel (V)
- Pickles (10.V)

## **WARM DELICIOUS TREATS:**

- Homemade rye bread and beer porridge (1,15)
- Homemade pancakes with syrup (1,3,7)
- Scrambled eggs (3,7)
- Bacon
- Brunch sausages
- Soft-boiled eggs (3)
- Ratatouille (9, V)

## **SWEET BREAKFAST:**

- Merethe's homemade specialties:
- Strawberry jam (V)
- Blackcurrant jam (V)
- Raspberry jam (V)
- Seasonal juice - e.g. rhubarb, cranberry, etc. (V)

## **BREAKFAST FROM THE FIELD AND GARDEN:**

- Apples (V)
- Pears (V)
- Cucumber (V)
- Bell pepper (V)
- Tomatoes (V)
- Pickled red onions (V)
- In addition, varying types of fruit and vegetables in season (V)

## **VIP BREAKFAST:**

- Omelette with ham / cheese & mushrooms (3,7)
- Poached egg with spinach and grated 'Havgus' cheese (3,7)
- 3 fried eggs (3)
- 1 glass of freshly squeezed orange juice (V)
- Healthy breakfast drink of the day (V)

## **HOME BAKED BREAKFAST BREAD:**

- Crusty rolls (1,7,11,15)
- Sourdough rolls (1,11,15,V)
- Rye bread (1,11,15,V)
- Sourdough bread / White bread (V)
- Crispbread (1,11,15,V)
- Danish pastries (1,3,7,8,15)
- Toast bread (1,7,15)
- Gluten-free bread (V)
- Stone Age bread (3, 8,11,15)

## **COLD AND HOT DRINKS:**

- Coffee (V)
- Selection of tea + organic lemon slices (V)
- Cocoa (7)
- Cow's milk (7)
- Oat milk (V)
- Soy milk (6.V)
- Orange juice (V)
- Apple Juice (V)
- Ice water (V)