

# Melea

THE HEALTH CONCEPT



## LIGHT MENU

## Monday

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- BREAKFAST Oatmeal with coconut and goji berry with dried fruits \* 8
- LUNCH Cream of apple-beetroot with marinated beet balls, herbal yogurt \* 7, 9  
Leek-millet fritters with thyme artichoke sauce and roasted vegetables \* 9
- DINNER Vegetable balls with millet and green salad

## Tuesday

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- BREAKFAST Herb-infused polenta with tomato sauce and carrot salad
- LUNCH Cream of ginger-sweet potato \* 9  
Stuffed beetroot with thyme, buckwheat and beet sauce \* 9
- DINNER Celery patty with sweet potato puree and roasted beetroot \* 1, 9

## Wednesday

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- BREAKFAST Poke bowl with rice noodles \* 11
- LUNCH Cream of avocado with sweet crispy almonds and cumin \* 8, 9, 12  
Herbal artichoke risotto \* 9
- DINNER Warm millet salad with beets and butterhead lettuce \* 5, 6, 10

## Thursday

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- BREAKFAST Cream of avocado with sweet potato pancakes and salad
- LUNCH Barley soup with carrot pearls and almond pesto \* 1, 8, 9  
Buckwheat-pumpkin curry \* 9
- DINNER Vegetable-walnut croquette with celery risotto, baby spinach \* 8, 9, 12

# Friday

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- BREAKFAST Chili-carrot fritters with basil yogurt dip \* 1, 7
- LUNCH Rosemary-onion soup \* 9, 12  
Dill-potato dumplings with avocado remoulade \* 1, 6, 8
- DINNER Quinoa salad with roman lettuce and seaweed-lemon dressing

# Saturday

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- BREAKFAST Carob porridge with yogurt, mango and passion fruit \* 7
- LUNCH Cream of eggplant with harissa yogurt \* 5, 9, 11, 12  
Mushroom udon noodles \* 1, 11
- DINNER Stuffed potatoes with vegetable ragout and green salad \* 9

# Sunday

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- BREAKFAST Spring rolls with cottage cheese dip \* 7
- LUNCH Roasted turmeric tomato soup \* 1, 11  
Baked beetroot with sweet potato
- DINNER Avocado, sun-dried tomato and green salad with thyme croutons \* 9

## ALLERGENS

1. Gluten 2. Crustaceans & Shells 3. Egg 4. Fish 5. Peanut 6. Soy-Bean 7. Milk  
8. Nuts 9. Celery 10. Mustard 11. Sesame



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