

Melea

THE HEALTH CONCEPT



MEDITERRANEAN MENU

Monday

- BREAKFAST Coconut and goji berry oatmeal with fruits * 8
- LUNCH Creme of apple-beetroot with goat cheese and pine nuts * 1, 9
Fillet of cat fish with thyme-mushroom sauce and vegetables * 4, 9
- DINNER Vegetable balls with millet and turnip salad

Tuesday

- BREAKFAST Herbal polenta with salad, tomato sauce, olive salad and parmesan * 7
- LUNCH Cream of orange-ginger-sweet potato with black olive croutons * 9
Thyme-infused beetroot stuffed with vegetable buckwheat and beet sauce * 9
- DINNER Roasted vegetables with sweet potato puree and celery patty * 1, 9

Wednesday

- BREAKFAST Poke bowl with smoked trout * 4, 11
- LUNCH Cream of artichoke with crispy almonds and cumin * 8, 9, 12
Herb-infused artichoke risotto with pear and blue cheese * 7, 9
- DINNER Chanterelle ragout with celery sweet potato puree * 9

Thursday

- BREAKFAST Avocado cream with sweet potato pancakes and salad
- LUNCH Carrot pearl barley soup with almond pesto and liver dumplings * 1, 8, 9
Buckwheat pumpkin curry * 9
- DINNER Vegetable walnut croquette with celery risotto, pumpkin seed oil baby spinach * 8, 9, 12

Friday

- BREAKFAST Spinach and chili carrot fritters with basil-sweet potato puree * 1, 6
- LUNCH Rosemary onion soup with parmesan * 1, 7, 9, 12
Dill potato dumplings with avocado remoulade * 1, 6, 8
- DINNER Quinoa salad with chinese cabbage and seaweed-lemon dressing

Saturday

- BREAKFAST Pineapple and carob porridge
- LUNCH Cream of eggplant with harissa yogurt * 1, 5, 6, 9, 11, 12
Mushroom udon noodles with parmesan * 1, 7, 11
- DINNER Potato stuffed with vegetable ragout and green salad * 9

Sunday

- BREAKFAST Spring rolls with spicy dip
- LUNCH Turmeric roasted tomato soup * 1, 11
Fillet of cod with baked beetroot and sweet potato * 4
- DINNER Avocado, sun-dried tomato and lentil salad

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



+36 95 523 900

info@melea.hu

H-9600 Sárvár, Rákóczi Ferenc u. 28.

www.melea.hu