

# Melea

THE HEALTH CONCEPT



## NORMAL MENU

# Monday

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

# Tuesday

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- BREAKFAST Herbal polenta with salad, tomato sauce, olives, sourdough bread and parmesan \* 1, 7
- LUNCH Cream of ginger-sweet potato soup with chorizo cheese croutons \* 7, 9  
Chicken breast with thyme-red beet sauce and buckwheat \* 9
- DINNER Thyme-roasted vegetables with sweet potato puree and celery patty \* 1, 9

# Wednesday

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- BREAKFAST Poke bowl with smoked cheese \* 1, 11
- LUNCH Cream of artichoke with crispy almonds and cumin \* 8, 9, 12  
Herbal artichoke risotto with pear and blue cheese \* 7, 9
- DINNER Sirloin of veal with chanterelles and mashed potatoes \* 9

# Thursday

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- BREAKFAST Creme of avocado with potato pancakes
- LUNCH Barley soup with carrot pearls, liver dumplings and almond pesto \* 1, 8, 9  
Buckwheat pumpkin curry \* 9
- DINNER Sesame duck breast with vegetables croquettes \* 8, 9, 12

# Friday

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- BREAKFAST Spinach-chili-carrot fritters with sweet potato puree \* 1, 6
- LUNCH Rosemary-onion soup with parmesan \* 1, 7, 9, 12  
Smoked fillet of trout, dill-potato dumplings with avocado remoulade \* 1, 4, 6, 8
- DINNER Quinoa salad with chinese cabbage and seaweed-lemon dressing

# Saturday

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- BREAKFAST Pineapple-carob porridge
- LUNCH Cream of eggplant with harissa yogurt \* 1, 5, 7, 9, 11, 12  
Mushroom udon noodles with beef \* 1, 11
- DINNER Stuffed potato with vegetable ragout and green salad \* 9

# Sunday

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- BREAKFAST Spring rolls with millet and spicy dip
- LUNCH Roasted turmeric tomato soup \* 1, 11  
Baked beetroot with sweet potato and mangalica porkfillet
- 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



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