

Melea

THE HEALTH CONCEPT



VEGAN MENU

Monday

- BREAKFAST Coconut and goji berry oatmeal * 8
- LUNCH Cream of apple-beetroot with roasted pumpkin seeds * 9
Fried broccoli-leek-millet cake with thyme chanterelle sauce and vegetables * 9
- DINNER Vegetable balls with bulgur and turnip salad

Tuesday

- BREAKFAST Herbal polenta with salad, tomato sauce, olives
- LUNCH Cream of ginger-sweet potato * 9
Thyme-beetroot stuffed with vegetable buckwheat * 9
- DINNER Roasted thyme-vegetables with sweet potato puree and celery patty * 1, 9

Wednesday

- BREAKFAST Vegan poke bowl * 11
- LUNCH Cream of artichoke with crispy almonds and cumin * 8, 9, 12
Herbal artichoke risotto * 9
- DINNER Ragout of chanterelles with celery-sweet potato puree * 9

Thursday

- 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 croquettes with celery risotto and baby spinach * 8, 9, 12

Friday

- BREAKFAST Spinach-chili-carrot fritters with basil sweet potato puree * 1, 6
- LUNCH Rosemary-onion soup * 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 * 5, 9, 11, 12
Mushroom udon noodles * 1, 11
- DINNER Staffed potatoes with vegetable ragout and green salad * 9

Sunday

- BREAKFAST Spring rools with spicy dip
- LUNCH Roasted turmeric tomato soup * 1, 11
Baked beetroot with sweet potato
- 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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