

## **KÖKET restaurant**

### Detailed ingredients

#### **Fried herring with mashed potatoes, lingonberry jam, mustard & dill sauce and herbs**

##### FRIED HERRING

Herring fillet, Graham flour, butter, rapeseed oil, salt, white pepper

##### MASHED POTATOES

Potato, semi-skimmed milk (low lactose), sunflower oil, ghee, butter, salt, natural flavour, white pepper

##### LINGONBERRY JAM

Lingonberries, sugar, water, potassium sorbate, pectin, citric acid

##### MUSTARD & DILL SAUCE

Mustard (water, yellow and brown mustard seeds, sugar, spirit vinegar, salt, spices (incl. cinnamon, coriander), rapeseed oil, water, sugar, vinegar, modified corn starch, dill, flavour and colour (E101)

##### HERBS

Dill, chives, red onion

#### **Meatballs with mashed potatoes, cream sauce, peas, lingonberry jam and pickled cucumber**

##### MEATBALLS

Beef, pork, water, onion, wheat flour, water, salt, yeast, egg, salt, spices

#### MASH

Potato, semi-skimmed milk (low lactose), sunflower oil, ghee, butter, salt, natural flavour, white pepper

#### CREAM SAUCE

Whipping cream, milk, water, browned ox bones, onion, carrot, red wine, tomato purée, garlic, bay leaf, black pepper, soya beans, cornflour, salt, caramel colour, potassium sorbate, onion juice, onion powder, onion extract, sugar, vinegar, yeast extract, modified corn starch, xanthan gum, sunflower oil, fructose syrup, lingonberry juice, citric acid, malic acid, natural flavour, blackcurrant extract, carrot extract, dimethylpolysiloxane

#### PICKLED CUCUMBER

Cucumber, water, caster sugar, spirit vinegar, mustard seed, bay leaf, parsley

#### LINGONBERRY JAM

Lingonberries, sugar, water, potassium sorbate, pectin, citric acid

#### PEAS

Green peas

#### PARSLEY

Curly parsley

### **Plant balls with fresh pasta, mascarpone, spinach, peas, lemon & almond pesto**

#### PLANT BALLS

Water, rapeseed oil, pea protein (8%), potato, rice flour, dextrose, salt, emulsifier E471, sunflower oil, pea starch, pea protein, emulsifier E461, fried onion, onion, oats, vegetable oil (sunflower, rapeseed, coconut), spices (maltodextrin, salt, stabiliser E414, acidity regulator E330), mushroom extract, dried apple, anti-caking agent E535, tomato powder, lemon juice concentrate, black pepper, allspice

#### PASTA

Wheat flour, durum wheat flour, egg, water, salt

#### MASCARPONE

Dairy cream, pasteurised cow's milk, cream, citric acid

#### SPINACH

#### MUSHROOMS

Mushroom, garlic, onion, pasteurised cream, salt, lactic acid culture, rapeseed oil, salt, black pepper

#### LEMON & ALMOND PESTO

Almond, pasteurised cream, salt, lactic acid culture, lemon, honey

### **Veggie balls with red lentil soup, quinoa & parsley salad, garlic bread and lemon yoghurt**

#### VEGGIE BALLS

Chickpeas, green peas, carrot, red pepper, sweetcorn, kale, pea protein, onion, rapeseed oil, pea starch, salt, brown sugar, thickener (E461), yeast extract, sage, bay leaf, dried parsley, flavourings, spices, herbs, chilli, cumin, garlic, dextrose, onion, salt, oregano, yeast extract, potato starch, potato fibre, anti-caking agent (silicon dioxide), spice extract (pepper)

#### RED LENTIL SOUP

Water, red lentils, onion, carrot, celery, olive oil, garlic, apple cider vinegar, potassium bisulphite, white wine, sherry, salt, pepper extract, potassium hydrogen sulphite, water, carrot juice, onion juice, leek juice, yeast extract, sugar, flavour, parsnip, modified starch, xanthan gum, citric acid, sunflower oil, tomato, mint, cumin, black pepper, turmeric, chilli

#### QUINOA & PARSLEY SALAD

Quinoa, rapeseed oil, parsley, sumac, chilli, carrot juice, onion juice, leek juice, salt, yeast extract, sugar, flavour, parsnip, modified starch, xanthan gum, citric acid, garlic, sunflower oil

#### LEMON YOGHURT

Ultra-pasteurised cream, yoghurt culture, lemon, salt, black pepper

#### GARLIC BREAD

Wheat flour, water, rapeseed oil, sugar, salt, wheat gluten, yeast, dextrose, emulsifier E472e, malt flour of barley, dough conditioner (amylase, ascorbic acid), xylanase, olive oil, garlic, rosemary, thyme, oregano

#### **Chicken balls with green curry, coconut milk, vegetables, bamboo sprouts, coriander, jasmine rice and deep-fried egg**

#### CHICKEN BALLS

Chicken meat, chicken skin, onion, potato starch, salt, spices, onion powder, salt, ginger, pepper extract, garlic powder, black pepper, smoked paprika, cayenne pepper, cumin

#### GREEN CURRY

Coconut milk, wax beans, green beans, soya beans, black beans, rapeseed oil, coconut oil, palm oil, salt parsley, chilli, fried garlic, black pepper, bamboo sprouts, fish sauce, palm sugar, coriander, lemongrass, garlic, salt, galangal root, shrimp paste, lime leaves, coriander seeds, pepper, turmeric, caraway, Thai basil

#### JASMINE RICE

Jasmine rice, salt, lime leaves, lemongrass

#### DEEP-FRIED EGG

Egg, salt, rapeseed oil

#### PEANUTS

Peanuts, sunflower oil, salt

#### CORIANDER

#### **Fillet of salmon with creamy root vegetable stew, crayfish aioli and dill oil**

#### SALMON FILLET

Salmon fillet, salt, black pepper

#### CREAMY ROOT VEGETABLE STEW

Water, celeriac, parsnip, fennel, carrot, swede, tomato, tomato juice E330, pasteurised cream, apple juice, orange juice, white wine, sherry, pepper extract, potassium hydrogen sulphite, fish powder, salt, yeast extract, sugar, maltodextrin, onion powder, lemon juice powder, modified starch, flavour, xanthan gum, herbs, spices, cinnamon, coriander, turmeric, fenugreek, cayenne pepper, cumin, fennel, black pepper

#### CRAYFISH AIOLI

Crayfish, dill seeds, egg yolk, rapeseed oil, garlic, salt and pepper

#### DILL OIL

Dill, rapeseed oil, olive oil, lemon

#### **Wild game (pork & venison) balls with mushroom and parmesan risotto, glazed onion, cider apple, herbs and game sauce**

#### WILD GAME BALLS

Minced pork, minced venison (elk, roe deer, deer), minced boar pork, onion, rapeseed oil, potato, semi-skimmed milk (low lactose), sunflower oil, ghee, butter, salt, natural flavour, pasteurised cream, white pepper, rosemary, sage, bay leaf, thyme, juniper berry, coriander, paprika, garlic, oat bran

#### MUSHROOM & PARMESAN RISOTTO

Arborio rice, water, white wine, sherry, potato starch, salt, palm fat, yeast extract, sunflower oil, sugar, flavour, chicken extract, maltodextrin, chicken fat, caramelised sugar syrup, rosemary extract, salt, pepper extract, potassium hydrogen sulphite, mushroom, unpasteurised cow's milk, rennet, rapeseed oil, garlic, onion, cream

#### GLAZED ONION

Onion, sugar, sherry vinegar E150, E224

#### CIDER APPLE

Apple, apple cider vinegar, potassium bisulphite, rapeseed oil

## GAME SAUCE

Water, tomato purée, red wine, blackcurrant juice, salt, flavour, meat extract, caramelised sugar, reindeer meat, chanterelle, modified potato starch, extract (juniper berry, parsley), maltodextrin, onion, rapeseed oil, spices, caramelised glucose syrup, preservative (potassium sorbate), corn starch, sherry vinegar E150, E224

## HERBS

Parsley, chives, thyme, rosemary, sage

## **Poke bowl**

### SALAD

Red cabbage, black rice, soya beans, mango, spring onion, cucumber, avocado, carrot, black radish, boiled rice

Salmon

### DRESSING

Corn syrup, chilli paste (chilli, water, salt, garlic, green onions, alcohol, sugar and salt), anchovy extract, sesame oil, lime, soy, cornflour, potassium sorbate

## **Club salad**

### SALAD

Crispy lettuce, kale, tomato, carrot, red onion, parsley

### FRIED POTATOES

Potato, rapeseed oil, salt

### CHICKEN

Chicken breast fillet, potato starch, salt, rapeseed oil, dextrose, black pepper extract, chicken stock

### AIR-DRIED HAM

Pork, salt, spices, dextrose, glucose syrup, sugar, sodium ascorbate, sodium nitrite, potassium nitrate, starter culture

### GRANA PADANO

Unpasteurised milk, rennet, salt, preservative: LYSOZYME (E1105 egg protein)

### CAPERS

Caper berries, water, vinegar, sea salt

### MAYONNAISE

Swedish pressed rapeseed oil, water, egg, sugar, yellow mustard seed, salt,

acidity regulators (acetic acid, citric acid), stabiliser (guar gum, xanthan gum), preservatives (potassium sorbate, sodium benzoate)

#### CROUTONS

Wheat flour, yeast, water, salt, rapeseed oil.

### **Bookmaker salad**

#### SALAD

Celeriac, crispy lettuce, beetroot, celery, parsley, horseradish, black beans, water, salt, rapeseed oil

Egg

#### PICKLED RED ONION

Red onion, sugar, water, vinegar essence

#### DILL PICKLES

Whole gherkins with mustard seed in water, salt, vinegar, sugar, acid (citric acid), stabiliser (calcium chloride), spice extract (incl. dill and cayenne pepper) and preservative (potassium sorbate)

#### FLANK STEAK

Beef flank, salt, pepper, rapeseed oil

#### BOOKMAKER DRESSING

Swedish pressed rapeseed oil, water, egg, sugar, yellow mustard seed, salt, acidity regulators (acetic acid, citric acid), stabiliser (guar gum, xanthan gum), preservatives (potassium sorbate, sodium benzoate), vinegar essence, salt, acidity regulator (citric acid), preservative (potassium sulphite), tarragon leaves, vinegar

#### CROUTONS

Wheat flour, yeast, water, salt, rapeseed oil.

### **Veggiebab salad**

#### SALAD

Crispy lettuce, tomato, cucumber, red onion, parsley

#### LEBANESE BREAD

Wheat flour, water, sugar, salt, dried yeast

#### COUSCOUS

Durum wheat, water, salt, rapeseed oil

#### DILL PICKLES

Whole gherkins with mustard seed in water, salt, vinegar, sugar, acid (citric acid), stabiliser (calcium chloride), spice extract (incl. dill and cayenne pepper) and preservative (potassium sorbate).

#### BEANIT VEGO STRIPS

Water, pea protein, vegetable oil (colza oil, fully hardened colza oil), broad beans (8.5%), garlic (0.27%), herbs (0.26%) (rosemary, marjoram, oregano, parsley), black pepper, cinnamon, nutmeg, caraway seed, onion, brown sugar, salt, natural flavours

#### PICKLED RED ONION

Red onion, sugar, water, vinegar essence

#### CABBAGE SLAW

Cabbage, Swedish pressed rapeseed oil, water, sugar, modified potato starch, salt, lemon concentrate, preservative (E 202), cumin, salt, black pepper, lemon juice from concentrate, preservative: potassium disulphite (E224)

#### KEBAB SAUCE

Swedish pressed rapeseed oil, water, sugar, modified potato starch, salt, lemon concentrate, preservative (E202), steeped oat base (water, oats, starter culture), rapeseed oil, fully hardened coconut and rapeseed oil, potato starch, emulsifier (E472e), stabiliser (E407), acid (malic acid, lactic acid), calcium carbonate, calcium phosphate, tomatoes, tomato purée, sugar, vinegar essence, salt, onion, spices (garlic, allspice, CELERY, ginger, cayenne pepper), acidity regulator (citric acid), preservatives (E202, E211), cinnamon flavour, chilli extract, cucumber, sugar, vinegar, onion, paprika, salt, modified starch, mustard seed, preservative (potassium sorbate), stabiliser (calcium chloride), spice extract (cayenne pepper), spices and colours (E141 and riboflavin). Pineapple juice from concentrate of pineapple juice. Apple cider vinegar 5% acetic acid, preservative (potassium disulphite). Black pepper, cumin, oregano, paprika, cayenne pepper, garlic, turmeric, coriander, chilli pepper

### **Vietnamese shrimp salad**

#### SALAD

Red cabbage, cabbage, carrot, spring onion, bean sprouts, coriander, little gem lettuce, red onion

#### LEBANESE BREAD

WHEAT flour, water, sugar, salt, dried yeast

#### MAYONNAISE

Swedish pressed rapeseed oil, water, egg, sugar, yellow mustard seed, salt,

acidity regulators (acetic acid, citric acid), stabiliser (guar gum, xanthan gum),  
preservatives (potassium sorbate, sodium benzoate)

#### EGG NOODLES

Wheat flour, water, egg, salt, rapeseed oil

#### SHRIMPS

Shrimps (*Pandalus borealis*), water, salt, acidity regulators (E330, E331),  
preservatives (E211, E202), sugar

#### DRESSING

Lime, sesame oil, anchovy extract, salt, sugar, water, soya beans, cornflour, salt,  
caramel colour, potassium sorbate, boiled rice, corn syrup, chilli paste (chilli,  
water, salt, garlic and spring onion), water, salt, chilli (gochugaru), alcohol, sugar  
and salt

### **Sushi salad**

#### SALAD

Napa cabbage, cucumber, carrot, black rice

#### PICKLED GINGER

Ginger, water, sugar, vinegar essence

#### NOODLES

Mung beans, water

#### SALMON

Salmon, salt, rapeseed oil

#### SURIMI

Fish-base from blue whiting (*Micromesistius poutassou*) 40%, water, thickeners  
(potato starch, corn starch, modified tapioca starch), refined rapeseed oil, salt,  
flavours from crab, sugar, powdered EGG white, stabiliser (carrageenan E407),  
colours (paprika, cochineal)

#### BONITO FLAKES

Tuna Fish, salt

#### SEAWEED CHIPS

Algae, corn oil, sesame oil, sugar, salt, sesame seed

#### ALGAE SALAD

Wakame, agar agar, kombu, red gígartina

#### DRESSING

Swedish pressed rapeseed oil, water, EGG, sugar, yellow mustard seed, salt,  
acidity regulators (acetic acid, citric acid), stabiliser (guar gum, xanthan gum),

preservatives (potassium sorbate, sodium benzoate). horseradish, mustard, modified corn starch, acidity regulator: E300, colours: E102, E133.

#### OMELETTE

Egg, water, soya beans, cornflour, salt, caramel colour, potassium sorbate, sugar, salt

### **Skagen salad**

#### SALAD

Potato, beetroot, kale, egg, lemon, red onion, dill, cucumber, salmon, shrimps

#### SKAGEN SHRIMP HASH

Rapeseed oil, surimi, fish, water, tapioca starch, salt, sugar, sunflower oil, egg white, crab flavouring, crab extract, colouring (E120, E160c, E170), shrimps, seaweed pearls (seaweed extract), flavouring, spices, preservatives (E202, E211), stabiliser (E415), antioxidant (E330), colouring (E160c), egg yolk, dill, mustard seed, spirit vinegar, vinegar, chilli, dried shrimp powder, fish powder, tomato powder, dextrose, white pepper, shrimp flavouring, thickener (E415, E1442), acidity regulator (E330)

### **Sandwich cake**

#### BREAD

Plain flour, water, sifted rye flour, E471, flavour, antioxidants, citric acid, colouring, dark brown syrup, yeast, sugar, sugar beet fibre

#### SEAFOOD HASH FILLING

Rapeseed oil, surimi, fish, water, tapioca starch, salt, sugar, sunflower oil, egg white, crab flavour, crab extract, colouring (E120, E160c, E170), shrimps, seaweed pearls (1.6% seaweed extract), flavour, spices, preservatives (E202, E211), stabiliser (E415), antioxidant (E330), colouring (E160c), egg yolk, dill, mustard seed, spirit vinegar, vinegar, chilli, dried shrimp powder, fish powder, tomato powder, dextrose, crab extract, white pepper, shrimp flavour, thickener (E415, E1442), acidity regulator (E330)

#### HAM FILLING

Ham, water, salt, maltodextrin, dextrose, natural flavours, stabilisers (E451, E450, E407), antioxidants (E331, E301), preservative (E250), smoke flavouring, red onion, vinegar, Dijon mustard, egg yolk, yoghurt

#### GARNISH

Varies by season

### **Children's pancake**

#### PANCAKES

Buttermilk, wheat flour, egg, rapeseed oil, salt

#### JAM

Sugar, strawberries, water, pectin, citric acid, potassium sorbate

Cream

### **Children's pasta with tomato sauce**

#### **PASTA**

Durum wheat, semolina, water, sunflower oil, salt

#### **TOMATO SAUCE**

Tomato purée, sugar, onion, citric acid

#### **CHEESE**

Pasteurised milk, salt, starter culture, milk coagulating enzyme (rennet), surface finishing agent (E202)

### **Skagen shrimp hash on sourdough bread**

#### **SKAGEN SHRIMP HASH**

Rapeseed oil, crabfish MSC (whitefish, water, tapioca starch, salt, sugar, sunflower oil, egg white, crab flavour, crab extract, colouring), shrimps MSC, lumpfish roe MSC, sherry, preservatives E202 and E211, thickeners E415 and E1448, acidity regulator E330, colourings E120 and E160a, spirit vinegar, egg powder, dill, mustard seed, vinegar, cayenne pepper, fish powder, tomato powder, dextrose, white pepper, maltodextrin

#### **SOURDOUGH BREAD**

Water, wheat flour, durum wheat, wheat sourdough, salt, yeast. May contain traces of almonds and walnuts.

#### **HERB OIL**

Rapeseed oil, thyme, rosemary, parsley, chilli, garlic, vinegar, salt, pepper

#### **GARNISH**

Salad, chives, red onion, lemon

Butter

### **Sourdough roll with cheese**

#### **ROLL**

Water, wheat flour, wheat sourdough (wheat flour and water), durum wheat flour, granary flour, salt, malt syrup, yeast. Whole grain 3%, of which dry weight 3.3%. May contain traces of nuts.

#### **CHEESE**

Milk, salt, starter culture, microbial milk coagulating enzyme

#### **BUTTER**

Pasteurised milk, pasteurised cream, milk protein, acidity regulator: citric acid, thickener: fruit kernel flour, preservative: potassium sorbate, natural flavour

Cucumber

### **Veggi wrap**

#### SWEDISH FLATBREAD

Wheat flour, sifted rye flour, sourdough (rye)\* (11.2%), water, syrup, sugar, wheat gluten, rapeseed oil, salt, emulsifier (E472e), yeast, baking powder (ammonium carbonate), fructose, malt flour (barley), dough conditioner (ascorbic acid), enzyme

#### HOUMOUS

Chickpeas, water, sesame paste, rapeseed oil, salt, acidity regulator: citric acid, garlic powder, (E202)

#### DILL PICKLES

Cucumber, mustard seed, water, salt, vinegar, sugar, (E330), stabiliser (calcium chloride), spice extracts, preservative (potassium sorbate)

#### VEGGIE BALLS

Chickpeas, green peas, carrot, red pepper, maize, kale, pea protein, onion, rapeseed oil, pea starch, salt, brown sugar, thickener (E461), yeast extract, sage, bay leaves, dried parsley, flavourings, spices, herbs

Spring onion

Avocado

### **Cheese curd cake with whipped cream and strawberry jam**

#### CHEESE CURD CAKE

Skimmed milk, rapeseed and coconut oil, egg, wheat flour, sugar, sweet almonds, bitter almonds, emulsifier (E471), rennet, calcium chloride

#### JAM

Strawberries, jam sugar, lemon

Whipped cream

### **Raw food fudge**

#### FUDGE

Toasted almonds (salt and water), coconut oil, vanilla powder, syrup (agave), cacao

### **Cinnamon buns**

#### DOUGH

Wheat flour, sugar, yeast, salt, cardamom, brown sugar, sugar syrup, icing sugar, cinnamon, vanilla sugar, nib sugar, bread icing, rapeseed oil, wheat starch, glucose, maltodextrin

#### MARGARINE

Palm oil, coconut oil, shea oil, rapeseed oil, salt, emulsifier E471, flavouring

#### VANILLA CREAM

Sugar, modified potato starch, vegetable fat powder (coconut oil), glucose syrup, milk protein, stabiliser E451i, thickener E401, natural vanilla flavour, colour E160a, margarine

### **Apple pie with vanilla sauce**

#### APPLE PIE

Butter, apple, cornflour, sugar, flour, baking powder, egg, cinnamon, oats

#### VANILLA SAUCE

Milk, sugar, modified starch, sunflower oil, glucose syrup, salt, flavour (incl. vanilla flavour), milk protein, colouring (beta carotene)

### **Coconut biscuits**

Butter, coconut, egg, sugar, vanilla sugar, chocolate

### **Chocolate ball**

Butter, sugar, cacao, oats, vanilla sugar, coffee, coconut

### **Vegan brownie with cookie dough**

Linseed, water, coconut oil, agave syrup, cacao, vanilla sugar, salt, almond flour, oats, chocolate, chickpeas, tahini

*Last updated: 2021-04-13*