



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

Deep-fried bread with shrimp & smoked salmon hash, dill and lemon

LANGOS

wheat flour, water, rapeseed oil, sunflower oil, sugar, salt, wheat gluten, yeast, dextrose, emulsifier (E472e), malt flour of barley, dough conditioner (amylase, ascorbic acid), xylanase

SHRIMP & SMOKED SALMON HASH

shrimps (*Pandalus borealis*), water, salt, acidity regulator (E330, E331), preservative (E211, E202), sugar, salmon, rapeseed oil, water, egg, sugar, yellow mustard seed, salt, acidity regulators (acetic acid, citric acid), stabiliser (guar gum, xanthan gum), preservative (potassium sorbate, sodium benzoate), ultra-pasteurised cream, yoghurt culture, dill, red onion, parsley, spring onion

DILL

LEMON

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

Chicken balls with okra ragout, saffron rice, grilled bread, pickled vegetables and lemon yoghurt

CHICKEN MEATBALL

Minced chicken, water, onion, chicken skin, fried onion (onion, rapeseed oil), potato starch, salt, onion powder, white pepper, ginger powder, allspice

OKRA RAGOUT

Tomatoes, tomato juice, citric acid, onion, garlic, okra, concentrated vegetable stock 67% (water, carrot juice, onion juice, leek juice), salt, yeast extract, sugar, flavour, parsnip, modified starch, thickener (xanthan gum), acid (citric acid), garlic, sunflower oil, apple cider vinegar 5% acetic acid, preservative (potassium disulphite), olive oil, coriander, cumin, black pepper

SAFFRON RICE

Water, basmati rice, durum wheat, chickpeas, potato starch, salt, palm fat, yeast extract, sunflower oil, sugar, flavour, chicken extract 3.2%, maltodextrin, chicken fat 1.5%, caramelised sugar syrup, antioxidant (rosemary extract), onion, garlic, saffron, turmeric, rapeseed oil, water, white wine, sherry, salt, pepper extract and antioxidant (potassium hydrogen sulphite)

PICKLED VEGETABLES

Water, cabbage, cornichons, carrot, tomato, green bell pepper, salt, red bell pepper, acidity regulator (acetic acid, citric acid), strong pepperoni, stabiliser (calcium chloride), preservative (sodium benzoate, potassium sorbate), natural garlic flavour

GRILLED BREAD

wheat flour, water, rapeseed oil, stabiliser (E422), glucose (from wheat), salt, emulsifier (E471), raising agent (E450, E500), acidity regulator (E296)

LEMON YOGHURT

Ultra-pasteurised cream, yoghurt culture, lemon, olive oil, garlic, cumin

Plant balls with fresh gnocchi, rich tomato sauce, rocket, parmesan and deep-fried capers

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)

GNOCCHI

Potato purée 80% (water, potato flakes), wheat flour, corn starch, durum wheat flour, salt, acidity regulator (tartaric acid), natural flavour, olive oil, rapeseed oil, garlic, parsley, bay leaf, rosemary, thyme, oregano Produced in a factory that also handles milk and egg

TOMATO SAUCE

Tomatoes, tomato juice, tomato concentrate, antioxidant (citric acid), celery, onion, carrot, olive oil, garlic, mushroom stock 60% (water, mushroom extract 5.7%, butter mushrooms 1.0%), salt, sugar, onion juice concentrate, maltodextrin, modified corn starch, flavour, thickener (xanthan gum), garlic powder, bay leaf, black pepper, vegetable stock 67% (water, carrot juice, onion juice, leek juice), yeast extract, flavour, parsnip, modified starch, sunflower oil, soya beans, potassium sorbate

PARMESAN

Unpasteurised milk, salt, rennet

ROCKET

DEEP-FRIED CAPERS

Capers, water, vinegar, salt, rapeseed oil, sunflower oil

Veggie balls with exotic salad, plantain fritter, coconut yoghurt and lime

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 (paprika)

EXOTIC SALAD

Cabbage, papaya, mango, pineapple, pomegranate, lime

PLANTAIN FRITTER

Banana, rapeseed oil, sunflower oil, water, lime, salt

COCONUT YOGHURT

Water, OATS, rapeseed oil, potato starch, potato protein, acid (malic acid, lactic acid), stabiliser (pectin), calcium carbonate, calcium phosphate, iodised salt, vitamins (D2, B12), coconut, coconut extract

SPRING ONION

CHILLI

Sugar-salted salmon fillet with seasonal vegetables, dill-creamed potatoes and grilled lemon

SALMON FILLET

salmon, sugar, salt

CREAMED POTATOES

Potato, milk (lactase enzyme, vitamin D, ultra-pasteurised), kernel wheat flour, dough conditioner (ascorbic acid), pasteurised cream, water, white wine, sherry, salt, pepper extract and antioxidant (potassium hydrogen sulphite), nutmeg, mustard seed, spirit vinegar, acidity regulator (citric acid), dill, horseradish

SEASONAL VEGETABLES

Asparagus, wax beans, green beans, soya beans, black beans, rapeseed oil, coconut oil, palm oil, salt, parsley, chilli, fried garlic, black pepper

GRILLED LEMON

PEA SHOOTS

HORSERADISH

Poké bowl

SALAD

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

PICKLED GINGER

Ginger, water, sugar, vinegar essence

SMOKED SALMON

Salmon fillet, salt

DRESSING

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), sriracha (chilli 61%, liquid sugar 25% (sugar 67 %, water 33%), salt 5.1%, garlic 5.0%, water 2.86%, flavour enhancer: E621 0.5%, stabiliser (E415 0.3%), acidity regulator (E260 0.1%, E330 0.05%), preservative (E202 0.09%)), salt

SESAME SEEDS

Club salad with chicken, 'French Fries' crisps, parma chips and crostini.

SALAD

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

DEEP-FRIED POTATOES

Potato, rapeseed oil, salt

CHICKEN

Chicken breast fillet, potato starch, salt, black pepper, 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, rapeseed oil

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

Oriental beef salad

SALAD

Napa cabbage, cucumber, carrot, sugar snap peas, spring onion, red cabbage, coriander

PICKLED GINGER

Ginger, water, sugar, vinegar essence

BEEF

Flank steak, salt, pepper

GLASS NOODLES

Mung beans, water

SESAME SEEDS

DRESSING

Rapeseed oil, fish sauce (anchovy extract, salt, sugar), rice vinegar (water, rice, alcohol), sweet chilli sauce (sugar, water, vinegar, red chillies, garlic, modified starch, salt, xanthan gum (E415), paprika), lime, ginger

Pasta salad with olives, baby-leaf spinach, parsnip and pesto.

SALAD

Baby leaf spinach, oak leaf lettuce, red cabbage, red onion, parsnip

PASTA

Durum wheat, semolina, water, sunflower oil, salt

SUNFLOWER SEEDS

KALAMATA OLIVES

LIKE KEBAB

Water, soy protein concentrate, rapeseed oil, sea salt, palm fat, dextrose, vinegar, cane sugar, spice extract, antioxidant, ascorbic acid, salt, maltodextrin, natural flavour, garlic, chilli, parsley

PESTO

Sunflower seeds, garlic, chilli, rosemary, thyme, rapeseed oil, salt

Roast beef salad with pickled cucumber, capers, black radish and remoulade sauce.

SALAD

Napa cabbage, leek, potato, black radish, cherry tomatoes, horseradish, flat-leaf parsley

ROAST BEEF

Top rump of beef, salt, oregano, onion, tomato, chillies, ginger, paprika, black pepper, cumin, garlic, fenugreek, caraway, lovage, dextrose, spice extract (paprika)

PICKLED CUCUMBER

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

CAPERS

Capers, water, vinegar, salt

DRESSING

Mayonnaise (rapeseed oil, egg, water, mustard (water, mustard seed, sugar, vinegar, salt, spices), sugar, salt, vinegar, stabiliser (E415, E412), acidity regulator (E330), preservative (E202, E211), salad pickles (cucumber, sugar, vinegar, salt, dried onion, carrot, kohlrabi, water, mustard seed, preservative (E202, E211)), yellow onion, parsley, lemon, curry (coriander, turmeric, fenugreek seeds, fennel, ginger, cumin, black pepper, cayenne pepper, garlic, cloves, cinnamon)

Salmon salad with boiled egg, rye breadcrumbs, broccoli and black beans.

SALAD

Napa cabbage, cucumber, potato, red onion, broccoli, fennel, black beans

MIXED HERBS

Dill, chives, red onion, parsley

EGG

RYE BREADCRUMBS

wheat flour, wheat flakes, rye flakes, rye flour, sunflower seeds, wheat starch, linseeds, barley malt, rye sourdough powder, salt, dry 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)

GREEK YOGHURT

Skimmed milk, vegetable fat (palm kernel oil), milk protein, modified starch (maize, tapioca), yoghurt culture, stabiliser (gelatine 0.2% (animal))

SMOKED SALMON

Salmon fillet, salt

OLIVE OIL

Shrimp salad with boiled egg, pickled red onion, broccoli and beetroot.

SALAD

Napa cabbage, rocket, potato, beetroot, broccoli, dill, parsnip, lemon

PICKLED RED ONION

Red onion, water, spirit vinegar, mustard seed, bay leaf, jam sugar (sugar, gelling agent (pectin), acidity regulator (citric acid, sunflower), preservative (potassium sorbate))

EGG

SHRIMPS

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

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

Oven pancake with fried pork and lingonberries

Or

Oven pancake with jam and cream

OVEN PANCAKE

Buttermilk, wheat flour, egg, buttermilk powder, powdered egg white, salt with iodine, rapeseed oil.

LINGONBERRY JAM

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

FRYING PORK

Pork, water, salt, glucose syrup, meat broth, stabiliser (E450), antioxidant (E331, E301), dextrose, preservative (E250).

Alternative

WHIPPED CREAM

Pasteurised cream.

JAM

Strawberries, jam sugar, lemon.

Fish figures with mashed potato, vegetables and remoulade sauce

FISH FIGURES

Fish, breadcrumbs (wheat flour, yeast, salt, spices (turmeric, paprika)), rapeseed oil, water, wheat flour, wheat starch, salt, rice flour, baking powder (e450, e500, wheat starch), sugar, onion powder and spices (white pepper, garlic).

MASHED POTATO

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

VEGETABLES

Wax beans, green beans, SOYA beans, black beans, rapeseed oil, coconut oil, palm oil, salt, parsley, chilli, fried garlic, black pepper.

REMOULADE SAUCE

Water, rapeseed oil, cabbage, sugar, vinegar, cauliflower, cucumber, modified starch, spices (contains MUSTARD), pasteurised EGG yolks, onion, salt, thickeners

(E410, E415), acidity regulator (E296), preservative (E211, E202), antioxidant (E385), pH below 4.5.

Pasta with tomato sauce

PASTA

Durum wheat, semolina, water, sunflower oil, salt.

TOMATO SAUCE

Tomatoes, tomato juice, tomato concentrate, antioxidant (citric acid), celery, onion, carrot, olive oil, garlic, mushroom stock 60% (water, mushroom extract 5.7%, butter mushrooms 1.0%), salt, sugar, onion juice concentrate, maltodextrin, modified corn starch, flavour, thickener (xanthan gum), garlic powder, bay leaf, black pepper, vegetable stock 67% (water, carrot juice, onion juice, leek juice), yeast extract, flavour, parsnip, modified starch, sunflower oil, SOYA beans, potassium sorbate.

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

Wheat flour, water, sugar, vegetable oil (palm, rapeseed, coconut), brown sugar, syrup, modified starch, emulsifiers (e471, e472e), yeast, cardamom, whey powder (milk), salt, cinnamon, stabilizer (e4tmj), thickeners (e401, e406), flour treatment agents (e300, amylase, xylanase), aroma, vitamin a. May contain traces of sesame seeds.

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

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