

Lunch

Available Mon-Fri until 2.30pm

Design your own salad bowl



Choose from
hot and cold
items

SMØRREBRØD

Open sandwich

Traditional Scandinavian style open sandwiches. A slice of dark rye bread topped with one of our daily specials and served with a side of vegetable crisps. Have a look at the blackboard for today's Smørrebrød options or ask at the counter.

On its own

Open **rye** sandwich

served with vegetable crisps *gf, veo*

4.95

Double up

Two open **rye** sandwiches

served with vegetable crisps *gf, veo*

7.95

+ a wholesome salad from the counter

3.00

+ seasonal soup

3.00



SEASONAL Soup

Freshly made in-house using seasonal produce. Have a look at the blackboard for today's tasty selection or ask at the counter.

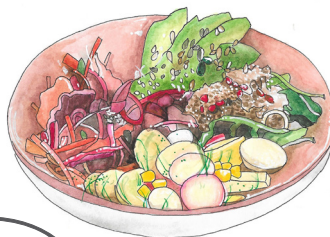
Soup on its own 4.95

Soup with one slice of toasted
dark rye or sourdough bread 5.50

+ a wholesome salad from the counter 3.00

RASK BOWL Salads

We prepare healthy, nutritious salads and hot dishes everyday. The dishes we make are designed to fill you and boost energy levels throughout the day. Have a look at the counter for today's tasty selection.



Mix + Match

Choose 3, 4, 5 items

3 items 8.50

4 items 10.00

5 items 11.00

Fancy a boost?

+ sliced avocado

with omega seeds *gf, ve*

1.95

+ two slices of toasted **rye** or **sourdough**
bread with **butter** or vegan spread *gfo, veo*

1.95

+ **hummus** and spicy seeds
(subject to availability) *gf, ve, nuts*

0.95



Vegan and gluten free options available