



	Per Portion								NÄRINGSTABEL													ALERGENER										
	KCAL	Protein (G)	Kolhydrater (G)	Fett (G)	Fett (%)	Vikt	RDI (Man)	RDI (Kvinna)	Gluten	Kräft & Skaldjur	Ägg	Fisk	Jordnötter	Nötter	Soja	Laktos	Mjölk	Sesam	Senap	Seller	Sulfit/Svaveloxid	Lupin	Blötdjur									
Varmrätter	Ungsgrillad Kyckling, M	139	30	0	2	1,60%	120	6%	9%	!																						
	Ungsgrillad Kyckling, L	278	60	0	4	1,60%	240	11%	19%	!																						
	Strimlad Biff, M	172	28	0	7	5,10%	130	7%	11%	!																						
	Strimlad Biff, L	344	56	0	13	5,10%	260	14%	25%	!																						
	Ungsgrillad Lax, M	235	24	0	16	12,00%	130	9%	16%																							
	Ungsgrillad Lax, L	470	48	0	31	12,00%	260	19%	31%																							
	Korean BBQ Oumph, M	158	17	14	4	3,00%	120	6%	11%	!																						
	korean BBQ Oumph, L	316	34	28	7	3,00%	240	13%	21%	!																						
	Varm Bulgur, M	216	8	41	1	1,80%	60	9%	14%																							
	Varm Bulgur, L	432	16	83	2	1,80%	120	17%	29%																							
	Varm Ris, M	211	4	47	0	0,50%	60	8%	14%																							
	Varm Ris, L	422	8	94	1	0,50%	120	17%	28%																							
	Varm Potatis, M	148	4	33	0	0,10%	200	6%	10%																							
	Varm potatis, L	296	8	66	0	0,10%	400	12%	20%																							
	Varm Quinoa,M	187	8	32	3	5,50%	55	7%	12%																							
	Varm Quinoa,L	374	16	64	6	5,50%	110	15%	25%																							
	Varm Svartris,M	216	5	45	2	3,00%	60	9%	14%																							
	Varm Svartris, L	432	10	90	4	3,00%	120	17%	29%																							
	Cocolicious,Kyckling	561	36	61	19	4,00%	455	22%	37%																							
	Cocolicious, Lax	654	32	59	31	7,00%	465	26%	44%																							
Sallader	Kyckling, Bulgur ,(Feta/mozza)	525	39	39	22	5,20%	433	21%	35%																							
	Kyckling, Pasta ,(Feta/mozza)	515	39	38	22	5,20%	433	21%	34%																							
	Kyckling, Quinoa ,(Feta/mozza)	511	39	35	23	5,40%	430	20%	34%																							
	Kalkon, Bulgur ,(Feta/mozza)	564	45	39	24	5,50%	433	23%	38%																							
	Kalkon, Pasta ,(Feta/mozza)	554	45	38	24	5,50%	433	22%	37%																							
	Kalkon, Quinoa ,(Feta/mozza)	550	45	35	25	5,80%	430	22%	37%																							
	Räkor, Bulgur ,(Feta/mozza)	486	30	39	22	5,10%	433	19%	32%																							
	Räkor, Pasta ,(Feta/mozza)	476	30	38	22	5,10%	433	19%	32%																							
	Räkor, Quinoa ,(Feta/mozza)	472	30	35	22	5,10%	430	19%	31%																							
	Tonfisk, Bulgur ,(Feta/mozza)	522	38	39	22	5,20%	433	21%	35%																							
	Tonfisk, Pasta ,(Feta/mozza)	512	38	38	22	5,20%	433	20%	34%																							
	Tonfisk, Quinoa ,(Feta/mozza)	508	38	35	23	5,40%	430	20%	34%																							
	Äggplanta, Bulgur ,(Feta/mozza)	728	30	39	26	6,00%	433	29%	49%																							
	Äggplanta, Pasta ,(Feta/mozza)	718	30	38	26	6,00%	433	29%	48%																							
	Äggplanta, Quinoa ,(Feta/mozza)	714	30	35	27	6,20%	430	29%	48%																							
	BBQ Oumph , Bulgur ,(Feta/mozza)	524	28	54	21	4,90%	425	21%	35%																							
	BBQ Oumph , Pasta ,(Feta/mozza)	507	28	51	20	4,70%	423	20%	34%																							
	BBQ Oumph, Quinoa ,(Feta/mozza)	504	28	48	21	5,00%	420	20%	34%	!																						
	CesarSallad, Kyckling	585	42	13	36	12,00%	320	23%	39%	x																						
	CesarSallad, Lax	674	31	13	53	17,00%	320	27%	45%	x																						
CesarSallad, Räkor	560	27	13	42	13,00%	320	22%	37%	x																							

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	Per Portion NÄRINGSTABEL								ALERGENER																
	KCAL	Protein (G)	Kolhydrater (G)	Fett (G)	Fett (%)	Vikt	RDI (Man)	RDI (Kvinnor)	Gluten	Kräft & Skaldjur	Ägg	Fisk	Jordnötter	Nötter	Soja	Laktos	Mjök	Sesam	Senap	Seller	Sulfit/Svaveldioxid	Lupin	Blötdjur		
GI (Green Intation)	Kyckling, Medium	475	43	23	22	4,80%	455	19%	32%	!						x	x	x							
	Kyckling, Large	614	73	23	24	4,10%	585	25%	41%	!						x	x	x							
	Lax, Medium	571	37	23	36	7,90%	455	23%	38%							x	x								
	Lax, Large	806	61	23	52	10,70%	485	32%	54%							x	x								
	Biff, Medium	549	45	23	29	6,00%	485	22%	37%	!						x	x								
	Biff, Large	722	73	23	35	5,60%	625	29%	48%	!						x	x								
Soppa	Soppa grund (u pesto&sallad)	61	7	2	3	0,60%	460	2%	4%							x	x								
	Kyckling, Bulgur	297	38	23	21	3,40%	610	12%	20%							x	x								
	Kyckling, Potatis	263	42	18	21	3,10%	680	11%	18%							x	x								
	Räkor, Bulgur	223	22	23	4	0,70%	570	9%	15%							x	x								
	Räkor, Potatis	189	25	18	4	0,70%	640	8%	13%							x	x								
	Lax, Bulgur	386	32	22	18	3,00%	610	115%	26%							x	x								
	Lax, Potatis	352	36	19	17	2,50%	680	14%	23%							x	x								
	Kalkon, Bulgur	315	39	23	6	1,00%	590	13%	21%							x	x								
	Kalkon, Potatis	281	43	19	6	0,90%	660	11%	19%							x	x								
	Äggplanta, Bulgur	331	15	69	3	1,30%	430	13%	22%							x	x								
	Äggplanta, Potatis	462	19	65	3	1,20%	500	18%	31%							x	x								
	Liten Soppa	11	1	1	0	0,00%	205	0%	1%							x	x								
	Wraps	Rostbiff	612	30	59	28	10,50%	267	24%	41%															
Kallröktlax		625	28	59	31	11,60%	267	25%	42%																
BBQ Oumph		518	23	53	23	8,60%	267	21%	35%									x							
Cesarkyckling		541	30	50	25	9,40%	267	22%	36%			x						x							
Coleslaw		36	1	6	1	0,60%	100	1%	2%																
Side	Grönsallad	99	5	4	7	7,70%	88	4%	7%																
	Kimchi	41	2	3	2	2,50%	100	2%	3%																
	Sashimi Deluxe	540	29	56	20	5,00%	440	22%	36%	!				x									x		
Poke By Bim	Tuna Deluxe	495	33	56	13	3,00%	430	20%	33%	!				x									x		
	Spicy Steak	520	37	56	14	3,00%	460	21%	35%	!				x									x		
	Korean BBQ Chicken	485	35	56	9	2,00%	440	19%	32%	!				x									x		
	Spicy Shrimp	412	21	56	9	2,00%	420	16%	27%	!				x									x		
	Vegan Sashimi Deluxe	445	14	70	10	2,00%	450	18%	30%	!				x									x		
	Totally Vegan	475	24	58	14	3,00%	440	19%	32%	!				x									x		
	Smoked Salmon	567	32	56	21	5,00%	440	23%	38%	!				x									x		
	Avocado - Halv - 60 gram	118	1	1	11	18,00%	60	5%	8%										x						
Fishermantale	555	33	30	32		360	22%	37%			x			x	x	x						x			

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		Per Portion								NÄRINGSTABEL														ALERGENER													
		KCAL	Protein (G)	Kolhydrater (G)	Fett (G)	Fett (%)	Vikt	RDI (Man)	RDI (Kvinna)	Gluten	Kräft & Skaldjur	Ägg	Fisk	Jordnötter	Nötter	Soja	Laktos	Mjök	Sesam	Senap	Seller	Sulfid/Svaveloxid	Lupin	Blödjur													
Dressingar	Bim Sweet & Spicy	41	3	3	2	5,20%	40	2%	3%																												
	Curry	58	1	3	5	11,30%	40	2%	4%	!																											
	Soja	23	3	0	0	0,10%	40	1%	2%	!																											
	Sweet Chili	54	1	13	0	0,20%	40	2%	4%	!																											
	Vitlök	46	2	5	2	5,30%	40	2%	3%																												
	Spicy Ginger	67	1	3	6	14,50%	40	3%	4%																												
	Pesto	232	5	1	24	60,00%	40	9%	15%																												
	Kimchi-Aoli	96	0,3	2	9,6	32,00%	30	4%	6%																												
	Pepparrot	96	0,3	2	9,6	32,00%	30	4%	6%																												
Färspressade Juicer	Protein Drinkar	273	40	11	6	1,70%	350	11%	18%							!																					
	Apelsin	158	2	33	2	0,50%	330	6%	11%																												
	Avocado	291	12	12	21	6,50%	330	12%	19%																												
	Banan	213	11	29	5	1,50%	330	9%	14%																												
	Sunrise	209	2	40	1	0,30%	330	8%	14%																												
	Blueberry Splash	158	2	30	1	0,20%	330	6%	11%																												
	Go-Green	180	3	30	1	0,40%	330	7%	12%													x															
	GT	143	1	29	0	0,00%	330	6%	10%																												
	Hawaiian Tropic	215	11	29	5	1,40%	330	9%	14%																												
	Maleficent	152	0	32	0	1,40%	330	6%	10%																												
	Red Passion	151	1	32	0	0,00%	330	6%	10%																												
	Summer Breeze	65	2	13	0	0,00%	330	3%	4%																												
	Passion Island	165	2	36	1	0,20%	330	7%	11%																												
	Pretty Woman	150	1	29	0	0,00%	330	6%	10%																												
	Äpple	144	0	29	0	0,00%	330	6%	10%																												
	Vattenmelon	60	2	14	0	0,00%	330	2%	4%																												
	Pineapple Express	184	2	43	1	0,30%	330	7%	12%																												
	Smoothie Bowl	Cacao & Raspberry Swirl	590	19	35	38	7,00%	530	24%	39%							x		x																		
Pina Bowl		540	7	53	31	6,00%	560	22%	36%							x		x																			
Blueberry Split		580	7	83	17	3,00%	610	23%	39%							x		x																			
Mango & Raspberry Swirl		490	7	38	25	5,00%	480	20%	33%							x		x																			
Blue Passion	587	14	83	17	3,00%	610	23%	39%																													

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