



Menu

**European Gym for
Life Challenge 2024**

Lunch menu

Friday July 12th

Street Burrito

Fresh burrito with tortilla, pulled duck, crispy vegetables and hoisin sauce.

Allergenes

Gluten (wheat), celery, soya, sesame

Ingredients

WHEAT TORTILLA 34 % (wheat flour , water, rapeseed oil , raising agents (odium carbonate , diphosphates), dextrose , acidity regulator (malic acid), salt, flour treatment agent (l cysteine)), VEGETABLES 30 % (head cabbage , carrot , celeriac , red cabbage , leek , turnip), HOISINSAUCE 19 % (Hoisin soybean paste (water, soybeans , rice , salt), sugar , rice vinegar , water, spices , salt, sesame oil , garlic), apple juice, rapeseed oil , citrus fiber, sriracha (chili, garlic , water, sugar , vinegar , salt, spice extract cayenne pepper, chili), thickener xanthan gum), preservatives (potassium sorbate , sodium benzoate)), mushroom , onion , ginger , pepper), PULLED DUCK 17 % pulled duck , salt, sugar , star anise , pepper , cloves , cinnamon ,

Dinner menu

Friday July 12th

Chicken Curry

Chicken Curry is a tasty stew with chicken (Halal), vegetables, potatoes, coconut milk and spices. Served with rice.

Allergenes

No.

Ingredients

CHICKEN THIGH MEAT 34% (Halal), carrot , chickpeas , coconut milk , potato , water, onion , rapeseed oil , vinegar , garlic , ginger , sea salt, modified corn starch , curry powder , garam masala , turmeric ,

RICE , Water, rice

Lunch menu

Saturday July 13th

Baguette

Freshcoarse baguette with chicken ham, cheese, paprika and crisp salad.

Allergenes

Gluten (wheat, oat), milk, soya. May contain traces of celery.

Ingredients

BAGUETTE 54% (wheat flour , whole wheat flour , wheat bran , oat flakes , wheat gluten , emulsifiers (mono and diacetyl tartaric acid esters of mono and diglycerides of fatty acids (rapeseed oil), lecithin sunflower)), salt, rapeseed oil , malted barley flour , linseed , dextrose , stabilizer (guar seed flour), millet seeds , yeast , flour treatment agent (ascorbic acid), wheat leavening powder), CHICKEN HAM 17% chicken thigh meat , chicken skin , potato starch , salt, aroma, stabilizers (di triphosphates), dextrose maize , antioxidant sodium ascorbate)) , CHEESE 13% (pasteurized milk , salt, vegetarian rennet, preservative (sodium nitrate), acidity regulator (calcium chloride), lactic acid culture), MARGARINE 7% (rapeseed oil , fully hardened coconut and rapeseed oil , skimmed milk , coconut oil , salt, emulsifier soy lecithin , monoglycerides of fatty acids), preservative (potassium sorbate), acidity regulator (lactic acid), vitamin A, vitamin D, coloring (beta carotene), natural aroma), PEPPER 6%, CRISPI SALT 4%.

Dinner menu

Saturday July 13th

Beef Stroganof

Beef Stroganoff is a stew with beef (Halal), mushrooms, peppers, onions and crème fraîche. Served with mashed potatoes.

Allergenes

Milk , mustard

Ingredients

BEEF (Halal) 41%, water, mushrooms , paprika, onion , crème fraîche , rapeseed oil , vegetable stock (salt, yeast extract , sugar , maltodextrin , fully hydrogenated sunflower oil , coconut oil , dextrose , modified starch , spices , citric acid, herbs), modified corn starch , butter , Dijon mustard , sea salt, pepper.