



FOOD PHILOSOPHY

Our goal is to offer tasty, healthy vegan food that will energize you through the day.

The meals are well balanced with equal parts proteins, fibers and slow carbs. The proteins come from legumes, fibers from grains, cabbage and greens. Brown rice, potatoes and root vegetables supply you with healthy carbohydrates.

All our dishes are vegan and made from scratch by our chefs. The ingredients we use are mainly organic and local, when available.

CONTACT INFO AND OPENING HOURS

facebook.com/persilleriet • persilleriet.no • 0047 73 60 60 14

Trondheim City Centre (Erling Skakkes gt. 39)

Mon-fri: 11-19

Sat: 12-18

Sun: closed

St. Olavs Hospital (Olav Kyrres gt. 13)

Mon-fri: 10-19

Sat-sun: closed

LUNCH/DINNER

Platter with a hot stew, salad and other side dishes (details below). The menu changes every 2 weeks. Always vegan, and most of our menus are gluten-free and nut-free. We can easily swap components of the dishes to fit most allergies.

Just ask us!

Lunch (served between 11-14)

Cup of stew, mixed salad with toppings, hummus, red hummus, barley in beet-sauce, and organic cracker-bread with vegan cream cheese.

(gluten, soy, mustard, sesame seeds)

- 129,-/139 -

Dinner (served between 14-19)

Cup of stew, brown rice, mixed salad with toppings, "kålaffel" (veggie burger), and a small wrap filled with hummus, cabbage and vinaigrette).

(gluten, mustard, sesame seeds)

- 139/149-

WRAPS

Tortilla wraps with various fillings. Can be ordered gluten free, and will then be served as a salad.

Hummus wrap

Tortilla wrap with hummus, filled with cabbage, green salad, vinaigrette, chili sauce, roasted sunflower seeds and "kålaffel" (veggie burger)

(gluten, celery, mustard, sesame seeds)

Chipotle wrap

Tortilla wrap with red hummus, filled with cabbage, green salad, brown rice, vinaigrette, chili sauce and salsa.

(gluten, celery, mustard)

Olive wrap

Tortilla wrap with olive tapenade, filled with cabbage, green salad, vinaigrette and "kålaffel" (veggie burger)

(gluten, mustard)

- Medium size: 89/99 -

- Large size: 109/119 -

DRINKS

Kombucha	49,-
Fruit/berry drinks	42,-
Ginger beer	39,-
Eco-cola	36,-
Coffee (french press)	27,-
Tea	20,-

CAKE/MISC

Carrot cake	49,-
<i>(gluten, hazelnuts)</i>	
Raw brownie	49,-
<i>(cashews, almonds)</i>	
Energy bar	39,-
<i>(gluten, almonds)</i>	

- All prices in NOK (take away/eat in) -