



## 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, and 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](https://facebook.com/persilleriet) • [persilleriet.no](http://persilleriet.no) • 0047 73 60 60 14

Trondheim City Centre (Erling Skakkes gt. 39)

**Mon-sat: 12-18**

**Sun: closed**

St. Olavs Hospital (Olav Kyrres gt. 13)

**Mon-fri: 10-19**

**Sat-sun: closed**

## "DAGENS"

*Platter with a hot stew, salad and other side dishes (details below). The menu changes about 2 times a month. 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!*

### **"Dagens" (Daily menu)**

Cup of stew, brown rice, mixed salad with dressings and toppings, "kålaffel" (veggie burger) and hummus.

*(A: mustard, sesame seeds)*

**160,-**

## BURGER

Beetroot- and lentilburger with aioli, red onion chutney, salad and organic buns

*(A: wheat gluten, soy, celery, mustard, sesame)*

**120,-**

## 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)

*(A: wheat gluten, celery, mustard, sesame seeds)*

### **Chipotle wrap**

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

*(A: wheat gluten, celery, mustard)*

**Medium size: 115,-**

**Large size: 125,-**

## DRINKS

Kombucha	55,-
Fruit/berry drinks	45,-
Ginger beer	40,-
Eco-cola	40,-
Coffee (french press)	25,-
Tea	20,-

## CAKE/MISC

Raw brownie	55,-
<i>(A: cashews, almonds)</i>	
Carrot muffin	45,-
<i>(A: cake: hazelnuts, frosting: soy)</i>	

**- All prices in NOK -**