



# menu

## - Ecobarens classics -

**Smørrebrød, choose 1, 2, 3, 4 or 5 of our bestsellers – open danish sandwiches**

**Choose between:**

- chicken curry	- shrimp & egg remoulade
- hummus & avocado	- skagen
	one two three four five
	<b>65 / 119 / 179 / 215 / 269</b>

**Toast Skagen, a classic favourite** with shrimps (MSC), lump fish roe (MSC), mayo and dill on danish rye bread  
(*LF & GF available*)

**195**

## - Salads / Energy plate -

**Prawn salad (MSC)**

Quinoa, sour beetroots, roasted hazel nuts and lime & chili dressing (*LF available*)

small big  
**159 / 198**

**Bosarp Chicken Salad** with corn & leek salad, avocado and walnuts. Served with a creamy dijon mustard and honey dressing (*LF available*)

**GF** **195**

**Our Vegan Raw Food & Energy plate** with home-made pumpa pesto, sunflower taco mince and seasonal extras, greens, sour beetroots, fermented vegetables, avocado dressing, seed sprinkles and our homemade seed crackers

**GF LF V** **185**

## - Our burgers -

**Choose between:**

- Halloumi burger	<b>195</b>
- Vegan chickpea burger	<b>185</b>
- Wild meat (reindeer, elk & deer)	<b>199</b>

Criollita (salsa salad), caramelized onion, spinach, roasted vegan garlic mayo with sweet potatoes (*GF available*)

+ **Extra:** gouda, blue cheese or vegan cheese **10**

## - Wraps -

**Kerala chicken:**

pineapple, black rice, lettuce, red onion, cucumber and creme cheese **95**

**Buffalo chickpeas:**

chickpeas, buffalo sauce, celery, carrot, spring onion, sunflower seeds, coriander and guacamole **79**

**Vegan soya burrito:**

soya minced meat, grilled vegetables, black rice, red salsa and vegan cheese **85**

## - Sandwiches -

**Chicken curry**, spinach, red onion and mayo **95**

**Grilled vegetables** (onion, carrot, eggplant, pepper) rucicola, cheese, olives and mayo **69**

## - Snacks tray (for 2 pers) -

**Bar tray:** crisps, chili nuts, olives and beer sausage **129**

**Cheese platter:** cheese, biscuits and grapes **149**

**Vego tray:** celery, carrot, cucumber, hummus, guacamole and crisps **149**

*Take away -10%*



eco baren  
livskällan

We reserve the right for changes in the menu due to availability of ingredients.

\***RAW FOOD** prepared below 45° degrees celsius and is vegan, lactose- & gluten free

**GF** = Gluten free  
**LF** = Lactose free  
**V** = Vegan

We strive to only use Organic and GMO-free ingredients.

Cooking is done without micro, fryer, or aluminum containers.