In ARKET’s first cookbook, chef Martin Berg has collected vegetarian recipes from every season of our first year. Martin is one of the earliest proponents of the New Nordic food movement, which embraces the old cooking traditions of the North with a modern approach. This means dishes made with traditional cooking methods, using healthy ingredients that are ethically produced. Another important point is to work closely with local producers, thus improving the food quality and reducing environmental strains.

In Northern living, the changing seasons are very important. Winters are as long and cold as summers are short and bright. The Nordic kitchen has derived from a long history of struggle and adjustment to a harsh climate. And although life in the North is far more comfortable today than it used to be, seasonal cooking is still a backbone in its food culture. The recipes in this book all reflect the different seasons of Scandinavia.

The New Nordic kitchen is built upon tradition, but is also constantly evolving. Today, Nordic food is a mixing pot of old cooking techniques and new influences from other cultures. ARKET’s signature yellow pea hummus, included in this book, is one example. The recipe is influenced by Middle Eastern food, but created with the Scandinavian yellow pea.

ARKET’s first recipe collection consists of simple everyday recipes, adjusted to suit the home kitchen. It includes dishes and desserts served in our cafés as well as unique recipes. ARKET’s mission is to democratise healthy and sustainable foods for a wide audience in a modern and approachable way.
Suddenly, one day it is here again: the smell of spring. Everything is growing and sprouting. Now it is time to make use of the early vegetables that will never be tastier than they are right now. The first tender asparagus and carrots. The sweetness of the spring onions. The joy of picking the first tiny nettles.
Baked white asparagus

INGREDIENTS (4 SERVINGS)
800g white asparagus
5 sprigs of thyme
5 sprigs of rosemary
3 cloves of garlic
1 silver onion
2 lemons
½ dl olive oil
1 tbsp of caster sugar
2 tsp sea salt
black pepper

METHOD
Peel the asparagus and put on an oven proof tray. Thinly slice the garlic and pick the herbs off the sprigs. Season the asparagus with sugar, 1 tsp of sea salt, the herbs, garlic and half a decilitre of olive oil. Chop the onions fine and put in a bowl. Squeeze the lemons and add together with one dl of olive oil and season with salt and black pepper. Bake the asparagus in the oven for approximately 20 min or until asparagus is soft with a crispy centre. Serve on a plate with some lemon vinaigrette on top.
Grilled spring onions

INGREDIENTS (4 SERVINGS)
800g spring onions
1 lemon
200g smetana or crème fraiche
½dl olive oil
sea salt
black pepper

METHOD
Cut the onions in half length-wise and rinse. Drizzle the onions with olive oil and season with salt and black pepper. Put the onions on an oven proof tray in the middle of a 250°C oven and grill on maximum for about ten minutes or until a nice colour. Serve on a large plate with Smetana or crème fraiche and some zest of a lemon on top. Finish off with olive oil and sea salt.
Nettle soup with fennel

INGREDIENTS (4 SERVINGS)
250g nettles
4 shallots
5 dl vegetable stock
3 dl heavy cream
1 tbsp fennel seeds
1 tbsp anis seeds
salt
1 tsp black pepper
4 eggs
100g butter
100g leftover rye bread
a small bundle of mixed herbs, example chives/tarragon/parsley
4 tbsp olive oil

METHOD
Boil the eggs 3–4 minutes for soft-boiled or more depending on your preference. Then cool down in cold water. Rinse the nettles and herbs in water free from all soil and dirt. Blanche the nettles quickly and then strain. Crush the spices in a mortar. Peel and slice the shallots, then sauté them together with the spices in half of the butter in a large pot until onions get an amber colour. Add nettles, vegetable stock and cream and bring to a boil and simmer for 5 minutes. Then mix in a blender until smooth. Season with salt. Break down the rye bread and pan fry it on medium heat in butter until crispy. Garnish the soup with a peeled egg cut in two, rye bread croutons, picked and chopped herbs on top and a drizzle of olive oil.
Flatbread with yellow pea hummus and crispy greens

INGREDIENTS YELLOW PEA HUMMUS (10 SERVINGS)
200g dried yellow peas, soaked overnight
1 red chilli, cut into 3 pieces
2 garlic cloves, peeled and whole
1 lemon, juiced
3 tbsp good quality olive oil
sea salt
black pepper

FOR SERVING
flatbread
yellow pea hummus
¼ cucumber, cut into sticks
½ carrot, cut into sticks
1 celery stalk, cut into sticks
1 radish, halved
2 leaves crispy green salad
puffed grains (e.g. buckwheat, quinoa or spelt)
lemon zest
olive oil
salt
pepper

METHOD
Drain, then rinse the soaked, dried yellow peas. Add the beans, red chilli and garlic to a pot with fresh water and 3 tbsp of salt. Cover with a lid and cook on mid-low heat for 30 minutes or until cooked, but not mushy. Drain and set aside 100ml of the cooking water. Place the peas, chilli and garlic in a blender. Pour in the lemon juice and olive oil and blend. If too thick, add some of the cooking water to achieve a smooth texture. Spread the hummus on the bread, lengthwise. Top with salad, raw vegetables and puffed grains. Drizzle with olive oil and sprinkle with lemon zest, salt and pepper. The hummus can also be served as a delicious dip for raw vegetables.
SUMMER
Everything is alive and there is plenty of fresh produce to choose from. Green leaves like spinach and lettuce team perfectly with the lighter and simpler dishes we want to cook in the summertime. Strawberries and raspberries are bursting with flavour at this time of the year. The tangy rhubarb can be used in both sweet and savoury dishes.
Rhubarb and olive oil compote

INGREDIENTS (4 SERVINGS)

- 600g rhubarb
- 100g butter
- ½ dl caster sugar
- ½ dl salt roasted nuts
- 1 tsp cardamom seeds
- ½ dl heavy cream
- 1 sprig of tarragon
- 4 oat cookies or similar

METHOD

Cut the bottom and top of the rhubarb and make sure it’s totally clean, otherwise rinse it. Then cut in 1 cm pieces and pan fry them on medium heat in butter. Crush the cardamom seeds in a mortar. After a minute add sugar and the crushed cardamom seeds. Continue frying until they are soft and then let cool in a bowl. Plate the compote in small bowls with crushed cookies, chopped nuts and picked tarragon leaves on top. Serve with a bit of heavy cream on the side and a drop of olive oil.
Charred lettuce with pepper dressing

INGREDIENTS (10 SERVINGS)
2 heads romaine lettuce
100g red cabbage
10 pimientos de Padron peppers
2 red chillies
1 bunch of coriander
4 sprigs of mint
2 limes
2 garlic cloves
2 dl olive oil
100g walnuts
salt
black pepper

METHOD
Deseed the peppers and chillies. In a blender mix together with coriander, mint, garlic and olive oil (save half a chilli and some herbs for garnish). Blend until smooth. Season with salt and juice from one lime. Roughly chop the walnuts and toast in a pan on medium heat until lightly browned and season with salt. Thinly slice the cabbage on a mandolin. Cut the lettuce down the middle. Pan fry cut-side down on high heat until the surface is charred. It's important that the lettuce is still crispy and al dente. On a serving plate, add the lettuce and red cabbage, spoon the dressing on top, sprinkle some walnuts, sliced red chilli and garnish with some of the herbs.
Steamed spinach with dressing

INGREDIENTS (4 SERVINGS)
400g spinach
200g fresh goat’s cheese
1 bundle of chives
1 lemon
2 egg yolks
1 tbsp Dijon mustard
1 garlic clove
2 dl olive oil
sea salt
black pepper

METHOD
Rinse the spinach carefully so you get rid of all soil and dirt. Put the egg yolks together with the Dijon mustard, garlic clove and juice from half a lemon in a blender. Mix on slow speed and add the olive oil slowly so it emulsifies. Season with salt and black pepper. Cut the chives with a sharp knife and add half to the sauce and blend until smooth. Steam the spinach in a bamboo steamer for about one minute so it gets some heat and is still a bit crisp. Serve on a plate with goat’s cheese at the bottom, add steamed spinach then drizzle with the dressing. Sprinkle lots of chives and finish off with lemon zest, sea salt and black pepper.
Fruit salad with herbs

INGREDIENTS (4 SERVINGS)
600g mixed fruit and berries
strawberries
raspberries
apples
1 peach
1 apricot
1 sprig of mint or verbena
1 sprig of tarragon
4 tbsp honey
100g Valencia or Marcona almonds
1 lemon
200g thick yoghurt

METHOD
Toast the almonds in a pan on medium heat until golden brown and season them with some sea salt and chop them coarsely. Rinse the fruit and berries and cut into bite-size pieces. Pick the herbs into small pieces and put together with the fruit. Put the fruit in a serving bowl and about 2 tablespoons of yoghurt in each bowl. Then sprinkle with almonds, drizzle with honey and grate some lemon zest over it.
Ice tea

INGREDIENTS (1800ML)
6g earl grey tea (600ml ready brew)
600ml apple juice
600ml ginger beer
1 bundle of verbena or mint
ice

METHOD
Brew the tea according to instructions. 6g for 600ml water. Put the
tea in an infuser ball and pour over 100°C water and let sit for 3–5
minutes, then strain and let cool. Put the apple juice, ginger beer
and the tea in a glass jug and some over the herbs. Serve in a glass
with ice and a sprig of mint or verbena.
AUTUMN
For many autumn is the most inspiring cooking time of the year, with an abundance of raw ingredients. It is time to pick wild mushrooms in the forest. To harvest the apples and turn them into pies, crumbles and juice. Root vegetables such as celeriac, beets and winter potatoes bring earthy flavours to our dishes as the air gets chillier.
Beans and mushrooms

INGREDIENTS (10 SERVINGS)
400g of mixed wild mushrooms
800g of mixed seasonal beans
1 sprig of parsley
1 sprig of tarragon
100g hazelnuts
2 shallots
2 cloves of garlic
1 lemon
0.5 dl olive oil
200g Smetana or crème fraîche

METHOD
Toast the nuts in the oven on 170°C until golden brown, season them with sea salt and roughly chop. Clean the mushrooms free from all dirt. Wash and dry the herbs. Pick the tarragon leaves and chop. Chop the parsley and keep separately. Chop the shallots finely. Mix the Smetana with half of the shallots, finely chopped tarragon and juice of 1 lemon. Season with grated garlic, salt and pepper. Pan fry the mushrooms in olive oil, and when they get colour add the remaining shallots. Season with salt and pepper and some grated garlic. Toss mushrooms with chopped parsley. Quickly blanch the beans in lightly salted water for about one minute. They should still be crisp. Start plating with Smetana at the bottom, add the warm beans, mushrooms and chopped nuts. Finish off with some herbs, olive oil, black pepper and sea salt.
Apple crumble pie

INGREDIENTS (10 SERVINGS)
8 large apples
300g cold salted butter, cubed knob of butter for greasing
200g spelt flour
200g oats
250g unrefined sugar
1tsp ground cinnamon
5g sea salt
10g baking powder

METHOD
Preheat oven to 220°C. Cut apples into wedges. Fry them gently in a little butter until light golden brown. Then toss together with 50g of the sugar and half the cinnamon and let cool. Mix all other ingredients except oats in a big bowl. When almost no lumps of butter are left, fold in the oats. Make sure not to break the flakes too much. Place apple mixture in an ovenproof baking dish and sprinkle the crumble mixture on top. Bake in the middle of the oven for 15–20 minutes until the crumble is golden brown. Serve with whipped cream, vanilla sauce or ice cream.
Yoghurt with olive oil

INGREDIENTS (4 SERVINGS)
400g thick Greek-style yoghurt
50g roasted and salted Valencia almonds
1 grapefruit
1 blood grapefruit
1 blood orange
1 orange
4 tbsp olive oil
½ tsp toasted fennel seeds
sea salt flakes

METHOD
Peel the fruit with a knife and cut out the segments. (If you can’t find these particular citrus fruits, use your own favourites.) Chop the almonds roughly with a knife. Grind the fennel seeds in a mortar or chop finely with a knife. Put the yoghurt in a bodega glass and place the mixed fruit on top. Add the chopped almonds and a tablespoon of olive oil. Finish off with crushed fennel seeds and salt flakes.
Rye sandwich with mushrooms

INGREDIENTS (4 SERVINGS)
4 thin slices of Danish whole-grain rye bread
200g fresh goat's cheese
200g mixed forest mushrooms
1 yellow onion
1 clove garlic
4 curly parsley sprigs
8 radishes
50g butter
2 tbsp olive oil
sea salt and black pepper

METHOD
Clean mushrooms carefully. Peel and thinly slice the onion. Rinse, pick and spin-dry the parsley, then chop it roughly. Rinse radishes and cut in half, leaving the tops on. Butter the bread slices. Put the rest of the butter and the olive oil in a medium-heat pan. Then add the mushrooms and fry until golden brown, adding the finely grated garlic at the end, and season with salt and black pepper. Put the goat’s cheese on the bread and top with the mushrooms. Garnish with radishes and parsley. Drizzle the sandwich with a good-quality olive oil to finish off.
Baked celeriac with tarragon

INGREDIENTS (4–6 SERVINGS)
1 whole celeriac
4 carrots
4 shallots
6 garlic cloves, peeled
1 dl sour cream
200 g butter
1 bundle of tarragon
4 curly parsley sprigs, washed, picked, spun dry
2 lemons (zest of ½, juice of 2)
sea salt and black pepper

METHOD
Preheat oven to 175°C. Wash and scrub vegetables carefully. Cut carrots into large pieces, and peel and halve shallots. Pick tarragon leaves off stems and chop parsley. Place all vegetables and tarragon stems in an iron pot. Add 50 g butter and season with salt and pepper. Bake covered for about 3 hours or until celeriac is soft. Whisk remaining butter until airy and add sour cream. Season with lemon juice, salt and pepper. Serve all vegetables on a tray or platter around quartered celeriac broken up like a baked potato. Top with some of the sour cream butter and sprinkle with parsley and tarragon leaves. Finish with freshly ground pepper and lemon zest.
Amandine with aged cheese

INGREDIENTS (4 SERVINGS)
- 600g Amandine potatoes
- 2 dl sour cream
- 100g butter
- 100g aged cheese like parmesan or alp sprinz
- 4 curly parsley twigs
- 1 silver onion
- sea salt and black pepper

METHOD
Gently boil potatoes with skins on until soft. Heat the butter in a pot on medium until golden brown. Pour butter into another dry, small, clean pot so it stops cooking. Finely chop onion. Rinse, pick and spin-dry the parsley, then chop it roughly. Spoon sour cream onto the plate. Split the warm potatoes – or leave whole, depending on size – and place on top. Sprinkle chopped onion and parsley over them. Finish off with grated aged cheese and a good amount of browned butter, some salt flakes and freshly ground pepper.
Meringue and nectarine cake

INGREDIENTS (8 SERVINGS)
10 nectarines
100g salted butter in cm cubes
200g sugar
2 pre-made meringue bottoms
200g left-over sponge cake or similar, broken into 2 cm cubes
5dl heavy cream
2.5dl apple juice
1 vanilla pod
100g roasted and salted Valencia almonds
1tsp sea salt

METHOD
Stone and halve nectarines. Fry cut side down in a little butter in a deep frying pan over medium heat until soft. Remove from pan. Add sugar to the pan to make butter caramel. When it starts to caramelize add the rest of the butter piece by piece and whisk. Then drizzle in 1dl of the heavy cream. (Be careful! It will bubble and splatter.) Split the vanilla pod, scrape seeds into caramel and cook for about a minute. When the caramel has cooled down a bit, add nectarine pieces, cut into quarters. Whisk remaining heavy cream. Soak cake cubes in apple juice. Chop almonds roughly.

It's assembly time! Place some cake pieces on top of a meringue bottom, then a little whipped cream and half the nectarines. Add the other meringue and repeat. Sprinkle with chopped nuts and drizzle caramel sauce on top.
The darker and colder it gets, the more we long for food that is filling and satisfying. Golden pumpkin that can be roasted or turned into soup. Robust kale that used to be something only for the Scandinavian Christmas table, but is now used in many ways. All the root vegetables are still here, creating the perfect base for hearty stews.
Beet and pumpkin seed sallad

INGREDIENTS (10 SERVINGS)
12 medium beets
2 yellow onions
200g mixed sprouts
1 bundle or 250g watercress
100g pumpkin seeds
20g puffed millet, amaranth or buckwheat
½dl olive oil
3 tbsp balsamic vinegar
1 tbsp honey
1 tbsp Dijon mustard
1 lemon
sea salt
black pepper

METHOD
Peel all the beets and cut all but two into wedges. Toss in a little olive oil and season with salt and black pepper. Bake at 170°C for approximately 40 minutes or until soft. Let cool. Slice the other two thinly on a mandolin for garnish. Toast the pumpkin seeds in a dry pan on medium heat until they pop and turn golden brown. Chop them roughly with a knife and season with salt. Peel and thinly slice (5mm) the onions and sauté in 4 tbsp olive oil on medium heat until golden brown. Season with salt and pepper. Rinse the watercress and sprouts in cold water and dry spin. For the dressing whisk together vinegar, honey, mustard, and olive oil in a small bowl. Season with salt and pepper. Arrange the cress, sprouts, beets and onions on a wide serving plate or bowl. Sprinkle the toasted pumpkin seeds and puffed grains on top. Finish with dressing, some grated lemon zest and a pinch of sea salt.
Pan-fried kale with white miso

**INGREDIENTS (4 SERVINGS)**
500g kale
2 yellow onions
50g white sesame seeds
50g white miso
2tbsb Japanese rice vinegar
5cl Japanese soy sauce
10g Dijon mustard
2 egg yolks
3dl rapeseed oil
1 red chilli
1tsp Sichuan or Andaliman pepper

**METHOD**
Pick the kale from the stems. Season one fifth gently with 1tbsp of oil, salt and pepper. Dry in 120°C oven for about 20 min, or until crispy. Let cool. Toast the sesame seeds in a dry pan over medium heat until golden brown. Make a mayonnaise starting with the egg yolks and mustard in the bottom of a blender. Start mixing at medium speed, then add oil slowly so it emulsifies. When it gets thick, add the vinegar, miso, soy and finally half the sesame seeds, and mix until smooth. Season with pepper. Bring a large pot of water to a boil. Blanch the rest of the kale for four minutes, then rinse cold. Peel the onion and slice thinly. Put a little rapeseed oil in a large pan on high heat and fry the onions until golden brown. Add the rest of the kale and fry until it gets some colour. Serve on a large plate and drizzle with the sesame mayonnaise dressing. Garnish with some thinly sliced chilli and the crunchy kale. Top off with crushed sesame seeds.
Ginger snaps

INGREDIENTS (80–100 GINGER SNAPS)
4.5 dl light sugar-beet syrup (or inverted sugar syrup)
300 g salted butter (room temperature)
4.5 dl organic caster sugar
1 egg
2 tbsb whole cloves
6 cinnamon sticks
4 tbsp dried ginger pieces
4 tbsp cardamom seeds
2 tbsp fennel seeds
1 tbsp Andaliman or Sichuan pepper
1 tsp of sea salt
15 dl of whole grain heritage wheat flour (80% extraction)

METHOD
First, source whole, high-quality spices. It really makes a difference. Lightly toast the spices in a saucepan on medium heat. Grind in a blender until they are fine. Bring the syrup to a boil and let cool a bit. Stir in the sugar, spices, salt, butter and egg. Add 13 dl of the flour and work it into a dough. Remember: all flours are different. Depending on characteristics, you might have to increase or reduce the amount. Let the dough rest in a cool place until the next day. Roll the dough thinly into oblong shapes and bake on greaseproof paper in a 180–200°C oven for approximately 8 minutes. Let cool. Top the ginger snaps with blue cheese and soft dates. Sprinkle some crushed fennel on top and then a drop or two of olive oil.
Breakfast marmalade

INGREDIENTS (RECIPE FOR APPROX. 10 2DL JARS)
1kg oranges
1kg clementines/tangerines
2kg granulated sugar
1l water
5g black cardamom seeds
20g whole cinnamon sticks

METHOD
Wash and dry the fruit. Cut in half and then slice as thin as possible. Take out all the seeds and put in a tea globe infuser/strainer together with the cardamom seeds. Put citrus, spices and water in a large pot and boil for 15 min. Let the citrus mass set in a cool place for 24 hours with the seeds and the spices to activate the natural pectin in the citrus seeds and release the flavour of the spices. Then add sugar and boil until liquid reaches 103–104°C making sure to skim the surface during cooking. Clean the jars carefully and sterilize in a 125°C oven for 30 minutes. Make sure to boil the lids and rubber gasket as well. Test for thickness on a cold plate, boiling more if you want it thicker. 1–3 degrees more makes a lot of difference. When done, pick out the spices and fill the jars. This marmalade has no additives, so refrigerate to be safe. Serve on toast with cured cheese and coffee or tea.
Spiced warm apple must

INGREDIENTS (10 SERVINGS)
3 l unfiltered apple must or juice
1 tbsb black cardamom kernels
4 cinnamon sticks
5 pieces star anise
8 pieces mace
2 tbsb fresh ground ginger
4 pieces lemon peel (no pith)
4 pieces orange peel (no pith)
honey to balance sweetness as desired

METHOD
First, source high quality spices that are whole, not ground. If using whole cardamom, crush it in a mortar to remove seeds. Lightly toast dry spices in a saucepan over medium heat. Pour in the apple juice and bring to a boil. Add the citrus peel and steep for at least 30 minutes. Sweeten with honey to taste depending on the natural sugar level in the must. Strain and serve immediately or keep in bottles to heat up later. Garnish each serving with a whole star anise.

This can also be turned into a really nice mixed drink by adding rum or another spirit.
Citrus and fennel salad

INGREDIENTS (6 SERVINGS)
- 2 blood oranges
- 3 grapefruits
- 3 oranges
- 3 fennel bulbs
- 6 shallots
- 1 bunch of mint leaves
- 200g pistachios
- 1 tsp fennel seeds
- 1 tsp anise seeds
- 1 tsp caraway seeds
- ½ dl balsamic vinegar
- 1 dl olive oil
- Sea salt
- Black pepper

METHOD
Peel and thinly slice the shallots. Place a small saucepan on medium heat. Lightly dry-roast the spices, crush them in a mortar and return to the pan. Add half the shallots and sauté a little with the spices. Add vinegar and remove from the heat. Peel the fruit with a knife and cut into segments. Save the juice. Dice the fennel into half cm pieces, reserving some fennel fern for garnish. Tear the mint leaves in half. Chop the pistachios coarsely. Stir the olive oil into the cooled vinegar mixture and season with salt and pepper. Blend citrus, the other half of the shallots and fennel into a bowl together with the citrus juice. Serve on a large tray or individual plates. Sprinkle with mint, fennel fern, chopped pistachios and some grated citrus peel. Finish off with dressing.
Carrot smoothie

Our tip here is to find a liquid base that suits you to have in your fridge, then spice up with your choice of seasonal fruits and vegetables. Fancy apple juice or coconut water – it’s totally up to you and your nutritional needs. It’s also a good way to limit waste, since you can put small quantities of veg and fruits into your smoothie. Here’s a recipe we feel is kind of fresh in the winter cold.

INGREDIENTS (4 SERVINGS)
4 carrots
½ fennel
4 tangerines
75g fresh ginger
5dl apple juice or other liquid
8 mint leaves

METHOD
Peel the carrots, ginger and tangerines. Deseed the tangerines and dice all fruit and vegetables. Blend together with liquid until smooth. Add mint and blend quickly again.
PASTRY DROP
Following the four distinctive seasons that influence the pace and tastes of Nordic cooking, occasional ‘pastry drops’ with seasonal themes are introduced in addition to the permanent ARKET menu. The drops are variations of traditional Swedish pastries and signature ARKET sweets.
#2 Chocolate tartelette

#3 Lemon pie
#4 Strawberries bun

#5 Chocolate sesame cake
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