

eetlicht dishes of this week:

BIG SALAD with smoked chicken, parmesan cheese, sundried tomatoes, cucumber, spring onion, and homemade ceasardressing with bread	€ 9,50
PASTA Penne with broad beans, peas, pancetta and parmesan with homemade basil pesto	€ 12,00
ASIAN Noodles with 5-spice chicken in blackbeansauce with fresh vegetables	€ 12,50
MEDITARENEAN Organic stew of Morrocan beef with couscous and carrot with chickpeas and fresh parseley	€ 13,50
JUICE OF THE WEEK Pear -Raspberrie-Orange juice	€ 4,50

Order at info@eetlicht.nl or 020 6946414

warm dishes: (new prices because we started to work with organic beef)

Mediterranean organic hamburger of low fat miced meat (beef) on an organic white roll with lettuce, tomato, red onion and ketchup	€ 7,00
Extra special burger our organic burger with bacon and cheese from the oven	€ 7,50
Award winning Burrito with low fat, organic, minced meat (beef) cajun style, fresh peppers, tomato, red onion and cheese from the oven with homemade tomato sauce.	€ 7,50
Roseval skin grilled potatoes (200 grams), per portion	€ 2,25
Vegetables of the week (200 grams), per portion	€ 3,25

cold dishes:

Wrap Peking duck with lettuce, carrot, spring onion, beansprouts, peppers, Hoi sin sauce, sesame and cucumber	€ 5,50
Wrap Cajun chicken with lettuce, pepper, avocado,cremefraiche, tomato salsa and cheese	€ 5,50
Wrap Salmon-Wasabi with lettuce, smoked salmon, cucumber, carrot, avocado and sesame with spring onion	€ 5,50
Mixed salad of the day with homemade dressing	€ 4,75
Bread with homemade tapenade	€ 3,00
Dessert Aadjes fingerlicking lemoncream with yoghurt and fresh raspberries	€ 4,50
Fresh fruit of the day , per portion with little fork	€ 4,50
Homemade mayonaise, mustard, sambal or ketjap , per portion	€ 0,50

Mixed unsalted nuts, dried cranberries and raisens , per bag	€ 2,00
Chips, organic, seasalt or sweet chilli	€ 2,00
Ice Ice icecream, strawberry, yoghurt, chocolate	€ 2,75
Waffles filled with honey , organic, 2 cookies	€ 1,00
Candy box from Dr. Stuart Ecinacea or Chamomile	€ 3,00
Peppermint , per box	€ 2,00
Tablerone chocolate bar	€ 1,50
All natural; muesli bar with nuts and sultana's	€ 2,00
Cookie oatmeal-raisin , organic, Donny Craves	€ 2,00
Liquorice, organic, fattfree	€ 1,50

Drinks:

Big daily fresh orange juice, 450 ml	€ 3,75
Big daily fresh smoothie forrest fruit-yoghurt-vanilla, 450 ml	€ 3,75
Carton of milk, 500 ml	€ 2,00
Apple juice 100% natural	€ 2,50
Pommegranate-Greentea juice 100% natural	€ 2,50
Panna (flat water) or San Pelligrino (sparkling water)	€ 2,50
Pineapple-Grapefruit juice, Belvoir	€ 2,50
Lemonade with light bubbels, Belvoir	€ 2,50
Coca Cola, coca cola light	€ 2,50
Box of Dr. Stuart tea; peppermint or tripple ginseng	€ 3,00

Order now at info@eetlicht.nl or 020 6946414



Lunchmenu



SANDWICH Organic Roast beef with truffle mayonaise and rocket	€ 5,50
JUICE OF THE WEEK Pear-Strawberry-Orange juice	€ 4,50

SANDWICHES; Organic whole wheat bread, hand sliced:	untill 16.00 o'clock!	
CHEESE SANDWICH organic cheese with lettuce and leek shoots with mustard-honey dressing		€ 5,25
CAPRESE SANDWICH buffalo mozzarella with pomodori and basil		€ 5,25
HUMUS SANDWICH (organic) with grilled red peppers, lettuce, red onion and leek shoots		€ 5,00
CHICKEN SANDWICH with bacon, lettuce, smoked chicken and honey-mustard dressing		€ 5,50
STRAWBERRY SANDWICH with cottage cheese with basil and lemon and lettuce		€ 5,00
ROAST BEEF SANDWICH organic roast beef with wasabidressing and lettuce		€ 5,50

Order at info@eetlicht.nl or 020 6946414

warm dishes: (new prices because we started to work with organic beef)

Mediterranean organic hamburger of low fat miced meat (beef) on an organic white roll with lettuce, tomato, red onion and ketchup	€ 7,00
Extra special burger our organic burger with bacon and cheese from the oven	€ 7,50
Award winning Burrito with low fat, organic, minced meat (beef) cajun style, fresh peppers, tomato, red onion and cheese from the oven with homemade tomato sauce.	€ 7,50
Roseval skin grilled potatoes (200 grams), per portion	€ 2,25
Vegetables of the week (200 grams), per portion	€ 3,25

cold dishes:

Wrap Peking duck with lettuce, carrot, spring onion, beansprouts, peppers, Hoi sin sauce, sesame and cucumber	€ 5,50
Wrap Cajun chicken with lettuce, pepper, avocado, creme fraiche, tomato salsa and cheese	€ 5,50
Wrap Salmon-Wasabi with lettuce, smoked salmon, cucumber, carrot, avocado and sesame with spring onion	€ 5,50
Mixed salad of the day with homemade dressing	€ 4,75
Bread with homemade tapenade	€ 3,00
Dessert Aadjes fingerlicking lemoncream with yoghurt and fresh raspberries	€ 4,50
Fresh fruit of the day , per portion with little fork	€ 4,50
Homemade mayonaise, mustard, sambal or ketjap , per portion	€ 0,50

Mixed unsalted nuts, dried cranberries and raisens , per bag	€ 2,00
Chips, organic, seasalt or sweet chilli	€ 2,00
Ice Ice icecream, strawberry, yoghurt, chocolate	€ 2,75
Waffles filled with honey , organic, 2 cookies	€ 1,00
Candy box from Dr. Stuart Ecinacea or Chamomile	€ 3,00
Peppermint , per box	€ 2,00
Toblerone chocolate bar	€ 1,50
All natural; muesli bar with nuts and sultana's	€ 2,00
Cookie oatmeal-raisin , organic, Donny Craves	€ 2,00
Liquorice , organic, fatfree	€ 1,50

Drinks:

Big daily fresh orange juice, 450 ml	€ 3,75
Big daily fresh smoothie forrest fruit-yoghurt-vanilla, 450 ml	€ 3,75
Carton of milk, 500 ml	€ 2,00
Apple juice 100% natural	€ 2,50
Pommegranate-Greentea juice 100% natural	€ 2,50
Panna (flat water) or San Pelligrino (sparkling water)	€ 2,50
Pineapple-Grapefruit juice, Belvoir	€ 2,50
Lemonade with light bubbels, Belvoir	€ 2,50
Coca Cola, coca cola light	€ 2,50
Box of Dr. Stuart tea; peppermint or tripple ginseng	€ 3,00

Order now at info@eetlicht.nl or 020 6946414