

ESHG 2026 - LUNCH BAGS & BOXES MENU

Saturday, June 13th

Cold Lunch Bags	Warm Lunch Boxes
Regular <ul style="list-style-type: none"> Sandwich: Cheese & lettuce Spelt salad with spiced fried chicken, seasonal vegetables, pickled onion, deep fried lentils & mushroom crème Cashews Smoothie: yoghurt, mango 	Regular <ul style="list-style-type: none"> Swedish meatballs (beef), mashed potatoes, cream sauce, lingonberries Lettuce with fennel & cucumber Cashews Smoothie: yoghurt, mango
Vegan & Special (Gluten free and Lactose free) <ul style="list-style-type: none"> Sandwich: Vegan cheese & lettuce Herb marinated Greek-style salad cheese with potato salad, olives, tomato, cucumber, rosemary & lemon dressing Cashews Smoothie: mandarin, banana 	Vegan & Special (Gluten free and Lactose free) <ul style="list-style-type: none"> Veggie bites, mashed potatoes, cream sauce, lingonberries Lettuce with fennel & cucumber Cashews Smoothie: mandarin, banana

Sunday, June 14th

Cold Lunch Bags	Warm Lunch Boxes
Regular <ul style="list-style-type: none"> Wrap with spicy shrimps, cabbage & sesame roasted cauliflower salad, sugar peas, pickled ginger, kimchi crème & soy roasted seeds Lettuce with semi dried tomatoes & onions Salted crisps Smoothie: yoghurt, raspberry, blueberries 	Regular <ul style="list-style-type: none"> Baked salmon with dill, luke warm potato salad, mustard crème Lettuce with semi dried tomatoes & onions Salted crisps Smoothie: yoghurt, raspberry, blueberries
Vegan & Special (Gluten free and Lactose free) <ul style="list-style-type: none"> Sandwich: Harissa hummus BBQ marinated TZAY with romaine lettuce, roasted corn, jalapeño pickled cucumber, coleslaw Salted crisps Smoothie: beet roots, pomegranate 	Vegan & Special (Gluten free and Lactose free) <ul style="list-style-type: none"> Mushroom & chickpea patties, luke warm potato salad, mustard crème Lettuce with semi dried tomatoes & onions Salted crisps Smoothie: beet roots, pomegranate

Monday, June 15th

Cold Lunch Bags	Warm Lunch Boxes
Regular <ul style="list-style-type: none"> Wrap with spiced fried chicken, bulgur, Torshi (Persian style)-pickled vegetables, Muhammara with sunflower seeds Lettuce with radish & spinach Root vegetable crisps Drinkable yoghurt: strawberry 	Regular <ul style="list-style-type: none"> Green curry chicken, rice with sesame, roasted coconut & onion Lettuce with radish & spinach Root vegetable crisps Drinkable yoghurt: strawberry
Vegan & Special (Gluten free and Lactose free) <ul style="list-style-type: none"> Sandwich: Vegan cream cheese & herbs Falafel with quinoa, black beans, Escabeche vegetables, roasted corn crème Root vegetable crisps Smoothie: strawberries & cherries 	Vegan & Special (Gluten free and Lactose free) <ul style="list-style-type: none"> Corn patties, tomato & corn salsa, rice salad, garlic crème Lettuce with radish & spinach Root vegetable crisps Smoothie: strawberries & cherries

Tuesday, June 16th

Cold Lunch Bags	Warm Lunch Boxes
Regular <ul style="list-style-type: none"> Sandwich: Air dried ham & pesto Peppered beef pastrami, herb marinated potato salad, olives, tomato, cucumber, rosemary & lemon dressing Mixed nuts Smoothie: yoghurt, raspberry 	Regular <ul style="list-style-type: none"> Fish patties Wallenberg, boiled potatoes, chive sauce, pickled cucumber Lettuce with tomato & cucumber Mixed nuts Smoothie: yoghurt, raspberry
Vegan & Special (Gluten free and Lactose free) <ul style="list-style-type: none"> Sandwich: Pesto & vegan Greek style feta cheese Ginger marinated TZAY, cabbage & sesame roasted cauliflower salad, sugar peas, pickled ginger, kimchi crème & soy roasted seeds Mixed nuts Smoothie: kiwifruit, spirulina 	Vegan & Special (Gluten free and Lactose free) <ul style="list-style-type: none"> Chili sin carne, vegan protein, rice, pickled chili, blackened onion Lettuce with tomato & cucumber Mixed nuts Smoothie: kiwifruit, spirulina