CHILI CON CARNE

Allergener
Allergens

- Soya *Soybeans*
- Sesamfrø *Sesame seeds*
- Skalldyr *Crustaceans*
- Melk *Milk*
- Svoveldioksid og sulfitter *Sulphur dioxide and sulphites*
- Egg *Egg*
- Lupiner *Lupin*
- Bløtdyr *Molluscs*
- Fisk *Fish*
- Selleri *Celery*
- Nøtter *Nuts*
  - Mandler *Almonds*
  - Hasselnøtter *Hazel*
  - Valnøtter *Walnuts*
  - Cashew *Cashews*
  - Pekan *Pecan*
  - Pistasj *Pistachio*
  - Paranøtter *Brazil nuts*
  - Macadamia *Macadamia*
- Peanøtter *Peanuts*
- Sennep *Mustard*
- Gluten *Gluten*
  - Hvete *Wheat*
  - Rug *Rye*
  - Bygg *Barley*
  - Havre *Oat*
  - Spelt *Spelt*
  - Kamut *Kamut*

BRAINFOOD

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Egg Egg
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Fisk Fish
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Cashew Cashews
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Macadamia Macadamia
Peanøtter Peanuts
Sennep Mustard
Gluten Gluten
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- Sennep *Mustard*
- Gluten *Gluten*
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BRAINFOOD

BEETROOT BRAINY BURGER

Allergener
Allergens

- Soya / Soybeans
- Sesamfrø / Sesame seeds
- Skalldyr / Crustaceans
- Melk / Milk
- Svoveldioksid og sulfitter / Sulphur dioxide and sulphites
- Egg / Egg
- Lupiner / Lupin
- Bløtdyr / Molluscs
- Fisk / Fish
- Selleri / Celery
- Nøtter / Nuts: Mandler / Almonds, Hassel / Hazel, Valnøtter / Walnuts, Cashew / Cashews, Pekan / Pecan, Pistasj / Pistachio, Paranøtter / Brazil nuts, Macadamia / Macadamia
- Peanøtter / Peanuts
- Sennep / Mustard
- Gluten / Gluten: Hvete / Wheat, Rug / Rye, Bygg / Barley, Havre / Oat, Spelt / Spelt, Kamut / Kamut

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- Sennep / Mustard
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- Sennep / Mustard
- Gluten / Gluten: Hvete / Wheat, Rug / Rye, Bygg / Barley, Havre / Oat, Spelt / Spelt, Kamut / Kamut

BRAINFOOD

BEETROOT BRAINY BURGER

Allergener
Allergens

- Soya / Soybeans
- Sesamfrø / Sesame seeds
- Skalldyr / Crustaceans
- Melk / Milk
- Svoveldioksid og sulfitter / Sulphur dioxide and sulphites
- Egg / Egg
- Lupiner / Lupin
- Bløtdyr / Molluscs
- Fisk / Fish
- Selleri / Celery
- Nøtter / Nuts: Mandler / Almonds, Hassel / Hazel, Valnøtter / Walnuts, Cashew / Cashews, Pekan / Pecan, Pistasj / Pistachio, Paranøtter / Brazil nuts, Macadamia / Macadamia
- Peanøtter / Peanuts
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BRAINFOOD

BULGUR & HUMMUS SALAT

Allergener
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- Svoveldioksid og sulfitter / Sulphur dioxide and sulphites
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BRAINFOOD

BUDDAHBOWL

Allergener
Allergens

- Soya *Soybeans*
- Sesamfrø *Sesame seeds*
- Skalldyr *Crustaceans*
- Melk *Milk*
- Svoveldioksid og sulfitter *Sulphur dioxide and sulphites*
- Egg *Egg*
- Lupiner *Lupin*
- Bløtdyr *Molluscs*
- Fisk *Fish*
- Selleri *Celery*
- Nøtter *Nuts*
  - Mandler *Almonds*
  - Hassel *Hazel*
  - Valnøtter *Walnuts*
  - Cashew *Cashews*
  - Pekan *Pecan*
  - Pistasj *Pistachio*
  - Paranøtter *Brazil nuts*
  - Macadamia *Macadamia*
- Peanøtter *Peanuts*
- Sennep *Mustard*
- Gluten *Gluten*
  - Hvete *Wheat*
  - Rug *Rye*
  - Bygg *Barley*
  - Havre *Oat*
  - Spelt *Spelt*
  - Kamut *Kamut*

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Allergener
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Soya Soybeans
Sesamfrø Sesame seeds
Skalldyr Crustaceans
Melk Milk
Svoveldioksid og sulfitter Sulphur dioxide and sulphites
Egg Egg
Lupiner Lupin
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Hvete Wheat
Rug Rye
Bygg Barley
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Spelt Spelt
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BRAINFOOD

OATS KOMEX TACO

Allergener
Allergens

- Soya / Soybeans
- Sesamfrø / Sesame seeds
- Skalldyr / Crustaceans
- Melk / Milk
- Svoveldioksid og sulfitter / Sulphur dioxide and sulphites
- Egg / Egg
- Lupiner / Lupin
- Bløtdyr / Molluscs
- Fisk / Fish
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- Nøtter / Nuts: Mandler / Almonds; Hassel / Hazel; Valnøtter / Walnuts; Cashew / Cashews; Pekan / Pecan; Pistasj / Pistachio; Paranøtter / Brazil nuts; Macadamia / Macadamia
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- Peanøtter / Peanuts
- Sennep / Mustard
- Gluten / Gluten: Hvete / Wheat; Rug / Rye; Bygg / Barley; Havre / Oat; Spelt / Spelt; Kamut / Kamut

BRAINFOOD

OATS KOMEX TACO

Allergener
Allergens

- Soya / Soybeans
- Sesamfrø / Sesame seeds
- Skalldyr / Crustaceans
- Melk / Milk
- Svoveldioksid og sulfitter / Sulphur dioxide and sulphites
- Egg / Egg
- Lupiner / Lupin
- Bløtdyr / Molluscs
- Fisk / Fish
- Selleri / Celery
- Nøtter / Nuts: Mandler / Almonds; Hassel / Hazel; Valnøtter / Walnuts; Cashew / Cashews; Pekan / Pecan; Pistasj / Pistachio; Paranøtter / Brazil nuts; Macadamia / Macadamia
- Peanøtter / Peanuts
- Sennep / Mustard
- Gluten / Gluten: Hvete / Wheat; Rug / Rye; Bygg / Barley; Havre / Oat; Spelt / Spelt; Kamut / Kamut

BRAINFOOD

Allergener
Allergens

WRAP M/KYLLING & HAVRE/RØDBETSALAT

- Soya *Soybeans*
- Sesamfrø *Sesame seeds*
- Skalldyr *Crustaceans*
- Melk *Milk*
- Svoveldioksid og sulfitter *Sulphur dioxide and sulphites*
- Egg *Egg*
- Lupiner *Lupin*
- Bløtdyr *Molluscs*
- Fisk *Fish*
- Selleri *Celery*
- Nøtter *Nuts*: Mandler *Almonds*, Hassel *Hazel*, Valnøtter *Walnuts*, Cashew *Cashews*, Pekan *Pecan*, Pistasj *Pistachio*, Paranøtter *Brazil nuts*, Macadamia *Macadamia*
- Peanøtter *Peanuts*
- Sennep *Mustard*
- Gluten *Gluten*: Hvete *Wheat*, Rug *Rye*, Bygg *Barley*, Havre *Oat*, Spelt *Spelt*, Kamut *Kamut*

BRAINFOOD

Allergener
Allergens

WRAP M/KYLLING & HAVRE/RØDBETSALAT

- Soya *Soybeans*
- Sesamfrø *Sesame seeds*
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- Sennep *Mustard*
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BRAINFOOD

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BRAINFOOD

WRAP M/HUMMUS & BULGUR

Allergener
Allergens

- Skalldyr / Crustaceans
- Egg / Egg
- Fisk / Fish
- Peanøtter / Peanuts
- Soya / Soybeans
- Melk / Milk
- Lupiner / Lupin
- Selleri / Celery
- Sennep / Mustard
- Sesamfrø / Sesame seeds
- Svoveldioksid og sulfitter / Sulphur dioxide and sulphites
- Bløtdyr / Molluscs
- Nøtter / Nuts: Mandler (Almonds), Hassel (Hazel), Valnøtter (Walnuts), Cashew (Cashews), Pekan (Pecan), Pistasj (Pistachio), Paranøtter (Brazil nuts), Macadamia (Macadamia)
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- Skalldyr / Crustaceans
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- Lupiner / Lupin
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BRAINFOOD

WRAP M/HUMMUS & BULGUR

Allergener
Allergens

- Skalldyr / Crustaceans
- Egg / Egg
- Fisk / Fish
- Peanøtter / Peanuts
- Soya / Soybeans
- Melk / Milk
- Lupiner / Lupin
- Selleri / Celery
- Sennep / Mustard
- Sesamfrø / Sesame seeds
- Svoveldioksid og sulfitter / Sulphur dioxide and sulphites
- Bløtdyr / Molluscs
- Nøtter / Nuts: Mandler (Almonds), Hassel (Hazel), Valnøtter (Walnuts), Cashew (Cashews), Pekan (Pecan), Pistasj (Pistachio), Paranøtter (Brazil nuts), Macadamia (Macadamia)
- Gluten / Gluten: Hvete (Wheat), Rug (Rye), Bygg (Barley), Havre (Oat), Spelt (Spelt), Kamut (Kamut)

BRAINFOOD

SMART SMOOTHIE

Allergener
Allergens

- ☐ Soya *Soybeans*
- ☐ Sesamfrø *Sesame seeds*
- ☐ Skalldyr *Crustaceans*
- ☐ Melk *Milk*
- ☐ Svoveldioksid og sulfitter *Sulphur dioxide and sulphites*
- ☐ Egg *Egg*
- ☐ Lupiner *Lupin*
- ☐ Bløtdyr *Molluscs*
- ☐ Fisk *Fish*
- ☐ Selleri *Celery*
- ☐ Nøtter *Nuts*
  - ☐ Mandler *Almonds*
  - ☐ Hassel *Hazel*
  - ☐ Valnøtter *Walnuts*
  - ☐ Cashew *Cashews*
  - ☐ Pekan *Pecan*
  - ☐ Pistasj *Pistachio*
  - ☐ Paranøtter *Brazil nuts*
  - ☐ Macadamia *Macadamia*
- ☐ Peanøtter *Peanuts*
- ☐ Sennep *Mustard*
- ☐ Gluten *Gluten*
  - ☐ Hvete *Wheat*
  - ☐ Rug *Rye*
  - ☐ Bygg *Barley*
  - ☐ Havre *Oat*
  - ☐ Spelt *Spelt*
  - ☐ Kamut *Kamut*

BRAINFOOD

SMART SMOOTHIE

Allergener
Allergens

- ☐ Soya Soybeans
- ☐ Sesamfrø Sesame seeds
- ☐ Skalldyr Crustaceans
- ☐ Melk Milk
- ☐ Svoveldioksid og sulfitter Sulphur dioxide and sulphites
- ☐ Egg Egg
- ☐ Lupiner Lupin
- ☐ Bløtdyr Molluscs
- ☐ Fisk Fish
- ☐ Selleri Celery
- ☐ Nøtter Nuts
  - ☐ Mandler Almonds
  - ☐ Hassel Hazel
  - ☐ Valnøtter Walnuts
  - ☐ Cashew Cashews
  - ☐ Pekan Pecan
  - ☐ Pistasj Pistachio
  - ☐ Paranøtter Brazil nuts
  - ☐ Macadamia Macadamia
- ☐ Peanøtter Peanuts
- ☐ Sennep Mustard
- ☐ Gluten Gluten
  - ☐ Hvete Wheat
  - ☐ Rug Rye
  - ☐ Bygg Barley
  - ☐ Havre Oat
  - ☐ Spelt Spelt
  - ☐ Kamut Kamut

BRAINFOOD

ASIATISK SALAT

Allergener
Allergens

- Soya / Soybeans
- Sesamfrø / Sesame seeds
- Skalldyr / Crustaceans
- Melk / Milk
- Svoveldioksid og sulfitter / Sulphur dioxide and sulphites
- Egg / Egg
- Lupiner / Lupin
- Bløtdyr / Molluscs
- Fisk / Fish
- Selleri / Celery
- Nøtter / Nuts: Mandler / Almonds, Hassel / Hazel, Valnøtter / Walnuts, Cashew / Cashews, Pekan / Pecan, Pistasj / Pistachio, Paranøtter / Brazil nuts, Macadamia / Macadamia
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- Sennep / Mustard
- Gluten / Gluten: Hvete / Wheat, Rug / Rye, Bygg / Barley, Havre / Oat, Spelt / Spelt, Kamut / Kamut

BRAINFOOD

MEKSIKANSK SALAT

Allergener
Allergens

- Soya *Soybeans*
- Sesamfrø *Sesame seeds*
- Skalldyr *Crustaceans*
- Melk *Milk*
- Svoveldioksid og sulfitter *Sulphur dioxide and sulphites*
- Egg *Egg*
- Lupiner *Lupin*
- Bløtdyr *Molluscs*
- Fisk *Fish*
- Selleri *Celery*
- Nøtter *Nuts*: Mandler *Almonds*, Hassel *Hazel*, Valnøtter *Walnuts*, Cashew *Cashews*, Pekan *Pecan*, Pistasj *Pistachio*, Paranøtter *Brazil nuts*, Macadamia *Macadamia*
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