

BREAKFAST

SERVINGS WITH A SPOON

SUNSHINE BOWL

chiapudding på mango,
passionfruit, orange and
lemon with coconut crisp and
Paradens granola
65

GREEK YOGHURT

with mixed fresh fruits, nuts
and honey
70

CHERRY BLOSSOM BOWL

smoothie on blackcurrant and
cherries with roasted seeds
blackcurrant and walnuts
60

PORRIDGE

with blackcurrant jam and
steamed milk
70

RUBY RED BOWL

smoothie on raspberries,
lingonberries and beetroot
with roasted seeds, raspberries
and peanutbutter
70

MULTIGRAINE OATS

creamy porridge of oatmeal
with banan and
peanut butter
65

NICE CREAM

banana, cocoa and 70% dark
chocolate with salted and
roasted almonds
65

SIDES

HALF A BLOOD GRAPEFRUIT	20
AVOCADO HALF OR WHOLE	25/45
BACON	35

PARADEN

KVARTERSKROG & BARSERVERING

ON A PLATE

AVOCADO & PRIEST CHEESE

on Paraden's seed crisp bread

80

EGG & CAVIAR

on Paraden's seed crisp bread

65

RYE BREAD SANDWICH

with avocado, rucola, tomato, mozzarella and
chili flakes

75

FILLED CROISSANT

with scrambled eggs, avocado and chili flakes

65

COLD SMOKED SALMON CROISSANT

with cold smoked salmon, cream cheese, arugula
and chive

65

EGG BENEDICT

with smoked ham, spinach, poached eggs
and hollandaise

75

IDAS BANANA PANCAKE

home made flavoured with cinnamon and topped
with peanut butter and sliced banan

85

NINJA BREAKFAST

half an avokado, two fried eggs and for dessert
half an blood grapefruit

65

SUMMER DELIGHT

freshly cut fruit with coconut wipped cream and
mint

75

JUICE & SMOOTHIE

MORNING BOOST - VITAMIN SHOT

25

FRESHLY SQUEEZED ORANGE JUICE

45

RAW JUICE FROM THE CENTRIFUGE

55

COFFEE & TEA

FILTER COFFEE	34	ESPRESSO	
AMERICANO	36	SINGLE	34
CAPPUCCINO	38	DOUBLE	36
CAFFÈ LATTE	38	MACCHIATO	
TEA	34	SINGLE	34
		DOUBLE	36

FRESHLY BAKED

CROISSANT 30

WARM SCONES 55
WITH ONE TOPPING OF YOUR CHOICE

TOPPINGS

NUTELLA	10
FIG MARMALADE	10
ORANGE & LEMON CURD MARMALADE	10
RASPBERRY & CHERRY JAM	10
CREAM CHEESE	10
BLACKCURRANT JAM	10

FROM THE SANDWICH GRILL

SINFUL CROISSANT 45
FILLED WITH BANAN AND NUTELLA AND
TOPPED WITH SEA SALT

GRILLED CROISSANT 55
WITH HAM, PRIEST CHEESE AND DIJON
MUSTARD CREME

EGG DISHES FROM HAPPY HENS

AN EGG BOILED OR FRIED	15
SCRAMBLED EGGS	40
SCRAMBLED EGGS WITH BACON	50
OMELETTE WITH ASPARAGUS AND PARMESAN	65
OMELETTE WITH HAM, PARMESAN AND TOMATO	75

