

SALADS

Heemskerk
fresh & easy

Article		Ingredients	Grams	Serie ANR	Vega	Vegan	Nutriscore
Snack salad Couscous, hummus		Couscous, grilled vegetable mix (courgette, aubergine, half-dried tomato, red pepper, yellow pepper), red pepper, scallion, spring onion, parsley, mint, plain hummus, white cheese	200	12305	✓		C
Snack salad Quinoa nuts		Quinoa red, carrot, broccoli, coriander, soybeans, peas, pumpkin seeds, soy ginger dressing, pistachio nuts, almonds	205	12301	✓	✓	A
Lunch salad Caesar chicken		Romaine lettuce, egg, cheese, croutons, chicken thigh fillet, dressing	225	12294			B
Lunch salad Mozzarella tomato		Lamb's lettuce, rocket, cherry tomatoes, parsley, mozzarella, vinaigrette pesto, pumpkin seeds	250	12296	✓		C
Meal salad Caesar		Potato slices, romaine lettuce, iceberg, chicken, egg, cheese, Caesar dressing, croutons	450	50087			C
Meal salad Chicken		Pasta penne, iceberg, white cabbage, carrot, lollo bionda, spinach, red pepper, yoghurt dressing, egg, chicken thigh	450	50086			B
Meal salad Chicken soy		Noodles, cucumber, fried onions, Ketjap dressing, chicken thigh, radicchio, carrot, white cabbage, escarole, Chinese cabbage	450	50052			B
Meal salad Chicken, bacon, guacamole		Tomatoes, pasta penne, romaine lettuce, rocket, radicchio, chicken, bacon, egg, guacamole	400	12073			B
Meal salad Goat cheese		Pasta gramigna, semi dried tomatoes, spinach, lamb's lettuce, cucumber, apple, honey thyme dressing, goats cheese, walnuts	450	50093	✓		C
Meal salad Mozzarella		Pasta gramigna with pesto herbs, cucumber, rocket, radicchio, romaine lettuce, cherry tomatoes, mozzarella, almond sticks, vinaigrette balsamico	450	50092	✓	✓	B

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Meal salad Salmon 		Pasta conchiglie, capers, celery, radish, red onion, iceberg, frisee multileaf, radicchio, dill horseradish dressing, smoked salmon	450	50091			B
Meal salad Smoked chicken		Pasta fusili, iceberg, lollo bionda, oak leaf, carrot, apple, croutons, dressing, smoked chicken	450	50088			C
Meal salad Tuna 		Potato slices, black olives, iceberg, batavia green, carrot, egg, tuna, haricot verts, vinaigrette dressing	450	50090			A
Pasta salad Pesto		Pasta penne with pesto, tomatoes, black olives, sun dried tomato, courgette, rocket, pine nuts, cheese	350	12300	✓		C
Pasta salad Tuna 		Pasta trulli, salad sauce, tomatoes, tuna, red onion, apple, sundried tomato, black olives, capers, parsley, egg	350	12299			C
Side salad Batavia, tomato		Tomatoes, green batavia lettuce, pointed cabbage, cucumber, egg, honey mustard dressing	340	50098			A
Side salad Caesar		Romaine lettuce, cucumber, egg, cheese, croutons, Caesar dressing	285	50096			C
Side salad Chicory apple		Chicory, spring onion, apple, salad dressing, raisin walnut mix	335	11912	✓		A
Side salad Farmer's		Iceberg, red pepper, red onion, cheese, farmers mix sachet (bacon, walnuts, raisins), yoghurt dressing	295	50095			C
Side salad Iceberg		Iceberg, frisee multileaf, radicchio, cucumber salad in cream sauce, farmer salad	275	50099	✓		B

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Side salad Italian		Oak leaf red, oak leaf green, rocket, red pepper, cucumber, cheese, Italian mix sachet (tomato granulate, croutons, sunflower seeds, pumpkin seeds), Italian dressing	240	50097	✓		B
Apple celery salad		Red apple, celery, broccoli, yellow pepper, white cabbage, apricot pieces, salad sauce	200	50073	✓		A
Carrot julienne		Carrot	150	52525	✓	✓	A
Coleslaw		White cabbage, carrot, dressing	300				
Cucumber salad		Celery, leek, white cabbage, red pepper, cucumber	150	51365	✓	✓	A
Italian salad		Mozzarella, semi dried tomatoes, rocket, red pepper, courgette, cucumber, white onion	175	51185	✓		A
Pepper corn salad		Red pepper, broccoli, courgette, white cabbage, red onion, leek, corn, salad sauce, raisins	225	50074	✓		A
Spicy radish salad		White cabbage, celery, radish, leek, red onion	150	51685	✓	✓	A
Waldorf salad		Celery salad, raisins, celery, white cabbage, mandarin wedges	200	12087	✓		C
Snack carrots		Snack carrots	150 300	50117 50118	✓	✓	A