



# MENU - CONFERENCE & EVENT

## BREAKFAST / SWEDISH "FIKA" / LUNCH

ALL PRICES INCLUDING VAT - 12% FOR FOOD & ALCOHOL-FREE DRINKS, 25% FOR ALCOHOL & OTHER

SERVING TIMES: MON-THU 09.00 - 16.00, FRI 09.00-17.00

OUTSIDE OF THESE HOURS EXTRA SERVICE CHARGE MAY BE ADDED AND MINIMUM ORDER CAN BE REQUIRED.

K-MÄRK  
EPICENTER

### BREAKFAST PACKAGES

Basic	60:-
Coffee/tea + sandwich of your choice	
Extra	89:-
Coffee/tea + sandwich of your choice + Smoothie/Juice	
Deluxe	121:-
Coffee/tea + sandwich of your choice + Smoothie/Juice + choice of cup	
A bit of everything	120:-
Coffee/tea + 1/2 Rye bread with smashed avocado, egg & chili + Mini Smoothie/Juice + Mini choice of cup + Mini fruit salad	

### SANDWICHES

Levain bun with boiled Italian ham, aged cheese & dijonnaise	38:-
Levain bun with aged cheese and & dijonnaise	38:-
Levain bun with red beet hummus and sprouts	38:-
Rye sandwich with boiled egg and caviar	38:-
Croissant with boiled Italian ham and gruyere cheese	42:-
Rye bread with smashed avocado, egg & chili	50:-
Gluten free sandwich with aged cheese and & cream cheese with herbs	38:-

### CUPS/ EGGS

Cottage cheese/kvarg with cinnamon, topped with granola with cacao and cranberries	35:-
Greek yoghurt, raspberry & cardamom and almond granola (Gluten free)	35:-
Overnight-oat with peanut butter, apple & black berries	42:-
Boiled egg with caviar	15:-
Extra boiled egg	+10:-

### SMOOTHIES

Smoothie Green - Apple/kale/parsley	32:-
Smoothie Red- Blueberry/raspberry /beet root	32:-
Smoothie Yellow - mango/kvarg/turmeric (lactose)	32:-

### K-MÄRK'S SUSTAINABLE CHEFS CHOICE-LUNCH

INCLUDING - SALAD, BREAD & BUTTER

The lunch at K-märkt has no menu. Instead, we daily create a seasonal buffet/dishes based on the ingredients available right there and right then.

Having no menu and using surplus food is a big part of our work with fighting food waste.

**We hope you will join us on this mission!**

Served as warm bowl in three choices:

- fish/seafood
- meat/poultry
- vegetarian

125:-

For groups over 40 people lunch can be served as a separate buffet on the terrace or in the event area (by arrangement).

145:-

### SALADS

INCLUDING BREAD & BUTTER

Shrimps, pancetta, aged cheddar & Jerusalem artichoke

125:-

K-märkt "Caesar" - grilled chicken, pancetta, aged cheddar & Jerusalem artichoke

115:-

Salmon salad with eggs, potatoes, spring vegetables & lemon and horseradish cream

115:-

Halloumi, kale, red cabbage, carrot roasted pumpkin, jalapeno & avocado dressing

105:-

### FOOD IN A BOX

INCLUDING BREAD & BUTTER

See separate menu on our website. We Update the menu every other week.

### SOUP

Soup - Chef's Choice\* with rye sandwich

85:-

### GRILLED SANDWICHES

Double levain with boiled Italian ham, aged cheese & dijonnaise

95:-

Focaccia with beet roots, spinach, goat cheese cream & honey

95:-

Double levain with chantarelles, Västerbottens-cheese and spinach

95:-

Toast with boiled Italian ham & aged cheese

60:-

### HOT DRINKS

Coffee / Tea 22:-

### COLD DRINKS

Raw juice from Jucia	37:-
Rescued - juice	43:-
Cider & nectar juice, Rudenstams	32:-
Softdrink, Naturfrisk	32:-
Mineral water	25:-

### PATISSERIE

Chocolate ball	32:-
"Dammugare"	32:-
Fruit & nut bar	32:-
Mazarin	32:-
Pecan nut mazarin	32:-
Bounty - vegan	32:-
Caramel tartlette with chocolate	36:-
Passionfruit tartlette with coconut	36:-

DISCOUNT	
Mix 6 pieces	155:-
Mix 12 pieces	300:-

### CAKES

Cakes from our pastry chef Daniel Roos are available on request. Se special menue.

### BREAD - SWEETS

Bun - Cinnamon/Cardamom/Vanilla	33:-
This month's bun	35:-
XL Bun - Cinnamon/Cardamom	95:-
Croissant	33:-
Pain au Chocolate	34:-

DISCOUNT	
5 Buns	135:-
10 Buns	255:-
15 Buns	375:-

### \*CHEF'S CHOICE

*Chef's Choice means we create the menu the day of your event. In other words, what is served varies. By letting the chefs choose raw materials depending on the season and availability, we can use the best resources available. Simply put - sustainable food.*

### WE FIGHT FOOD WASTE - WFFW

*At K-Märkt, we care about our planet and we work daily to reduce food waste. A much larger problem than many people understand. We use several methods to reduce food waste where Chef's choice is one of them.*

*Read more about our sustainable food philosophy on our website: [kmarkt.se](http://kmarkt.se)*





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# MENU - CONFERENCE

## AFTERWORK / MINGLE / DINNER

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### CONFERENCE - DAY PACKAGE BASIC

#### BREAKFAST

Breakfast package Basic + K-Märkt flavored water

#### MORNING BREAK

Coffee / Tea + bun + smoothie (mixed varieties)

#### LUNCH

Sustainable WFFW-lunch + K-märkt flavored water + coffee/ Tea

#### AFTERNOON BREAK

Coffee / Tea + mixed pastry + fruit plate

320:- / person

### CONFERENCE - DAY PACKAGE "BRAIN FOOD"

ALL DAY WITHOUT MILK PROTEIN, GLUTEN, WHITE SUGAR AND MONOUNSATURATED FAT  
NEEDS TO BE ORDERD 3 DAYS IN ADVANCE  
MINIMUM 10 PERSONS

#### BREAKFAST

Crisp bread from seeds with sesame spread  
Coffee with coconut oil  
"Overnight Oat" porridge with blueberries, seeds and oat milk  
K-Märkt flavored water

#### MORNING BREAK

Vegetarian smoothie / milkshake bar  
3 different smoothies based on almond milk + berries and fruit. 1 pcs / person (choice of 2-3 different depending on total number of guests)  
Coffee / Tea

#### LUNCH

Bowl - A green energy base on steamed broccoli, acidified green cabbage, spinach and salad leaves. Protein from salmon & soft baked egg - topped with roasted walnuts and avocado dressing  
Alcohol-free - must, nectar, non-alcoholic beer, cider  
Coffee / Tea

#### AFTERNOON BREAK

Coffee / Tea, Fruit salad, Fruit & nut bar

495:- per person

### BEER & WINE

Sparkling - Cremant 570:-  
Wine - white/red/rosé 95:-/425:-  
Beer - III 33cl 79:-/68:-

### SNACKS

Fried grey peas with smoked paprika

Root vegetable chips with parmesan salt

Spiced roasted almonds

Marinated olives

CHOOSE THREE OF THE ABOVE

22:- / person

Cheese & charcuterie plate  
charcuterie, cheeses, dips, cruditee, pickles & bread

175:- / plate (can be shared)

K-märkts "Puff pastry" pizza  
Chef's Choice\* in two choices:

- meat/poultry
- vegetarian

40:-/ piece

Add a "deluxe" component such as truffle or vendance roe (10g)... 30:- extra a piece

MINIMUM 30 PIECES OF SAME VARIANTV

### COCKTAIL FOODS

HOR D'OEUUVRES - SMALL

Small bites that are perfect as cocktail snacks or canapés.

Served on a spoon/small plate or on small cracker/bread, pie crust. Eaten as one bite.

Chef's Choice\* in three choices:

- fish/seafood
- meat/poultry
- vegetarian

35:-/ piece

MINIMUM 30 PIECES OF SAME VARIANT

HOR D'OEUUVRES - MEDIUM

More filling bites as cocktail snacks or served for a mingle buffet. Served on bread, small plates or in a cup.

4 PIECES EQUALS A MAIN DISH

Chef's Choice\* in three variants:

- fish/seafood
- meat/poultry
- vegetarian

55:-/ piece

MINIMUM 30 PIECES OF SAME VARIANT

1/2 WRAPS

Chicken, pancetta, aged cheddar & Jerusalem artichoke 1/2 - 55:-

Chef's Choice\* 1/2 - 50:-

### DINNER / BUFFET

MINIMUM 30 PERSONS

K-MÄRKTT BUFFET - Chef's Choice\*

2 protein (fish/meat/poultry + 1 veg)

1 st carbohydrate

3 green dishes

2 sauces/dips/dressings

bread och butter/dip

245:- / person

EVERYTHING IS DELIVERED COLD ON PAPPER PLATES

BOWL - WARM

Bowl "chef's choice" with Nordic tastes and a hot stock with bread and butter

195:- / person

THE STOCK IS DELIVERED LUKEWARM IN A THERMOS BUT TASTE BETTER IF HEATED ON SIGHT

3 COURSE MEAL

Quoted on request.

### SWEETS & DESSERT

Apple cake with vanilla suce 55:-

DESSERT IN A GLASS

Flavour of the season 75:-

Nobel 2019 78:-

Miniglass - Chef's Choice\* 50:-

DESSERT ON GLASS PLATE

Chef'ss Choice\* 100:-

### CUSTOMIZED

We will gladly put together larger catering arrangements based on your needs and wishes! Feel free to get in touch with us.

K-MÄRKTT EPICENTER  
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Monday - Friday 07.30-15.00

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