

# KOK OP STELTEN

## LUNCH FOODBOOK

Every weekday we prepare homemade lunches. In this food book you will find suggestions. You don't have to choose; we will make your lunch based on our week menu.

On the last page you'll find our prices and conditions.



# LUNCH

## SANDWICHES IDEAS

- Extra matured cheese - mustard mayonnaise  
watercress - radish
- Goat cheese - apple syrup - seasonal salad
- Lentils - spinach - pumpkin - pumpkin seeds
- Grilled vegetables - artichoke tapenade - basil
- Roasted beet - smoked beet - rocket - walnut
- Beef pastrami - piccalilli - pickle
- Belgian ham - chive cream cheese - seasonal  
salad
- Ardennes ham - tomato salsa - rocket -  
Parmesan cheese
- Homemade mackerel salad - apple - silver  
onion





# LUNCH

## SALADE IDEAS

- Oriental: Edamame - radishes - cucumber - green pepper - cucumber - daikon - carrot - black beans, Chinese cabbage - soy dressing
- Vegetable salad: Lentils - garden peas - chickpeas white cabbage - spring onion - lemon - parsley
- Caesar salad: Romaine -Parmesan cheese - boiled egg - haricot verts - anchovy dressing
- Bulgur salad: Bulgur - tomato - bell pepper - cucumber - pickle - apple -olive
- Potato salad: Roasted baby potatoes - spring onion mustard - watercress - silver onion - tarragon - sundried tomatoes

WE PREPARE OUR SALAD VEGETARIAN, ASK US ABOUT OPTIONS TO ADD MEAT OR FISH!





## LUNCH

WRAPS & SOUP  
IDEAS

## Wraps

- Caesar – grilled chicken – romaine – anchovy dressing – bacon – boiled egg
- Salmon – seaweed – cucumber – wasabi cream
- Mango – spinach – bean sprouts – sugar snaps – hoisin

## Soups

- Tomato – roasted peppers – basil
- Carrot – coconut – pumpkin
- Spinach – zucchini – peas
- Leek – potato – green mustard
- Celeriac – mushroom – thyme
- Beet – balsamic – crème fraîche



# LUNCH

## JUICE & SWEETS

### Juices

- Carrot - orange - ginger
- Strawberry - yogurt - basil
- Pear - white grape - lemon
- Watermelon - raspberry - mint
- Spinach - orange - apple

### Sweets

- Brownie with nuts
- Banana muffin
- Powerbar
- Fruit salad
- Piece of fruit fruit





# PRICES

| PER PIECE            |        |
|----------------------|--------|
| salad / 250 gr       | € 4,25 |
| sandwich             | € 5,00 |
| soup / 250 ml        | € 3,25 |
| wrap                 | € 5,00 |
| juice / 250 ml       | € 2,75 |
| fruit salad / 100 gr | € 2,75 |
| piece of fruit       | € 1,25 |
| banana muffin        | € 3,50 |
| brownie              | € 3,00 |
| powerbar             | € 4,00 |



# CONDITIONS

- Alle prices are ex tax
- Please order by e-mail to [info@kokopstelten.nl](mailto:info@kokopstelten.nl)
- Order at least 5 weekdays before you need our catering
- Contact us if you need more last minute or weekend catering
- Your order is definite after a confirmation from us
- Minimum order per address: 25 pieces per item and € 250,00 total per address
- Delivery in Amsterdam € 25,00 per ride, most of the time we need 2 rides
- Already ordered but plans have changed? Contact us about our cancelation policy

