



HITAEININGATAFLA YFIR RÉTTI Á MATSEDLI

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|----------------------------|--------------------------|-----------------------------|------------------------------|
| Saffrabaka | Karibabaka | Hvítlauksbaka | Saffransalat |
| Botn 190gr 480 | Botn 190gr 480 | Ostur 50gr 115 | Salat 85gr 15 |
| sósa 90gr 0 | sósa 90gr 0 | Botn 190gr 480 | Kjúklingur 140gr 140 |
| ostur 50gr 115 | Paprika 20gr 0 | Krydd 3,5gr 0 | Dressing 25gr 200 |
| salat 50gr 0 | Rauðlaukur 10gr 0 | olía 3,5gr 30 | Krydd 0,2gr 0 |
| kjúklingur 90gr 90 | Ananas 20gr 14 | | shiraz 20gr 0 |
| eggaldin 35gr 6 | Shwama kjúlli 90gr 90 | | |
| rauðlaukur 10gr 0 | oregano 5gr 0 | | 355 |
| 691 | 584 | | |
| Kjúklínabaka | Hamingjuhumarbaka | Saffrankjúklingur | Sesar salat |
| Botn 190gr 480 | Botn 190gr 480 | Grjón 150gr 180 | Salat 140gr 20 |
| sósa 90gr 0 | sósa 90gr 0 | Jógurtsósa 58gr 35 | Kjúklingur 180gr 180 |
| ostur 50gr 115 | ostur 50gr 115 | Chilisambal x 0 | Dressing 25gr 200 |
| salat 50gr 0 | salat 80gr 11 | Fersk salat 55gr 10 | parmessan ostur 7gr 25 |
| Furhnatur 15gr 100 | Humar 90gr 60 | Kjúklingur 213gr 213 | Krydd 0,2gr 0 |
| kjúklingur 90gr 90 | pistasíur 20gr 126 | Rauðlaukur 70gr 30 | Graskersfræ 11gr 0 |
| Sveppir 40gr 0 | | Shiraz 15gr 0 | |
| 785 | 792 | 468 | 425 |
| Afrísk baka | Parmabaka | Tandoori kjúklingur | Humar tangó |
| Botn 190gr 480 | Botn 190gr 480 | Grjón 150gr 180 | Friseé 70gr 0 |
| sósa 90gr 0 | sósa 90gr 0 | Jógurtsósa 58gr 35 | Iceberg 70gr 0 |
| ostur 50gr 115 | ostur 50gr 115 | Chilisambal 43gr 15 | Humar 90gr 60 |
| salat 50gr 0 | ostur 50gr 115 | Fersk salat 55gr 10 | Dillsósa (jógurt) 25gr 15 |
| kjúklingur 90gr 90 | salat 20gr 0 | Kjúklingur 210gr 210 | tómatar 70gr 0 |
| paprika 20gr 0 | Parmaskinka 25gr 55 | Krydd 0,5gr 0 | sætarkarteflur 90gr 90 |
| tómatar 50gr 0 | Parmessan ostur 2gr 7 | Rauðlaukur 70gr 30 | fennel 20gr 0 |
| Rjómaostur 30gr 90 | pistasíur 20gr 126 | Shiraz 15gr 0 | |
| 775 | 783 | 480 | 165 |
| Grænmetisbaka | Trópískur draumur | Tandoori lamb | Naanwich |
| Botn 190gr 480 | Botn 190gr 480 | Grjón 150gr 180 | Salat 70gr 10 |
| sósa 90gr 0 | Sósa 90gr 0 | Jógurtsósa 58gr 35 | jógurtsósa 80gr 50 |
| ostur 50gr 115 | Shwama kjúlli 90gr 90 | Chilisambal 43gr 15 | Chilisambal 43gr 15 |
| salat 30gr 0 | Banamar 50gr 50 | Fersk salat 55gr 0 | Shiraz 63gr 10 |
| Tómatar 50gr 0 | Rjómaostur 30gr 90 | Lamb 180gr 255 | naan 75gr 210 |
| Paprika 20gr 0 | Oregano 5gr 0 | Krydd 0,5gr 0 | krydd 0,2gr 0 |
| laukur 30gr 0 | | Rauðlaukur 70gr 30 | |
| Svartar ólífur 18gr 0 | | Shiraz 15gr 0 | |
| gráðostur 20gr 70 | | 515 | 295 |
| 665 | | | |
| Marokkósk | Rauði drekkinn | PIRI PIRI Kjúklingur | 1.saffran kj 120gr 120 |
| Botn 190gr 480 | Botn 190gr 480 | Kjúklingur 210gr 210 | 415 |
| sósa 90gr 0 | Rauðlaukur 10gr 0 | Cous Cous hveiti 150gr 450 | 2.shwama kj 130gr 130 |
| ostur 50gr 115 | rautt chili 2gr 0 | salat 55gr 0 | 425 |
| salat 50gr 0 | Grænn pipar 2gr 0 | Sósa 45gr 30 | 495 |
| Lamb 60gr 85 | Lamb 60gr 85 | Shiraz 15gr 0 | 420 |
| Blaðlaukur 4gr 0 | | 690 | |
| chili 2gr 0 | Kjúklínaborgari | Naan brauð | Lúxus naanwich |
| sveppir 40gr 0 | borgari 130gr 130 | 50gr 140 | Saffran kjúklingur 120gr 120 |
| 680 | salat 13gr 0 | 140 | Toscana skinka 2 stk 71 |
| Fitness kjúklingur | naan 80gr 224 | Naan brauð m hv | Salat 70gr 0 |
| Kjúklinga bringa 200gr 200 | jógurtsósa 25gr 15 | 50gr 140 | Jógurtsósa 80gr 51 |
| Salat 80gr 0 | chilisambal 20gr 7 | Olía 7gr 60 | Chilisambal 43gr 15 |
| Bygg 120gr 108 | blaðlaukur 5gr 0 | Krydd 7gr 0 | shiraz 63gr 0 |
| sósa 58gr 36 | gvakemole 50gr 80 | 200 | Naanwich 1stk 210 |
| Shiraz 20gr 0 | krydd 0,5 0 | | 467 |
| 344 | tómatar 40gr 6 | Meðlæti | Skvr desert |
| Fitness lamb | | Shiraz 150gr 20 | Skvr 46,2gr 68 |
| Lamba prime 190gr 268 | Grænmetisborgari | grjón 150gr 165 | Jurtarjóni 30,7gr 78 |
| Salat 80gr 0 | mossarella ostur 8gr 24 | Bygg 150gr 135 | Agave 23gr 20 |
| Bygg 120gr 108 | gvakemole 50gr 80 | Ferskt salat | Skógaber 34,6gr 17 |
| sósa 58gr 36 | hummus 130gr 218 | Salat 50gr 0 | 183 |
| Shiraz 20gr 0 | salat 13gr 0 | dressing 15gr 120 | Súkk desert |
| 412 | tómatar 40gr 6 | graskersfræ 2gr 0 | Súkkulaði 58% 21,5gr 116 |
| | blaðlaukur 5gr 0 | shiraz 40gr 0 | Jógurt 21,5gr 14 |
| | krydd 0,2 0 | 120 | Jurtarjóni 30,7gr 78 |
| | chilisambal 20gr 7 | | Agave 3gr 2 |
| | jógurtsósa 25gr 15 | Hafrakaka | 210 |
| | naan 80gr 224 | Haframjöl 29gr 100 | Döðlukaka |
| | 574 | Trónuber 9,6gr 5 | Haframjöl 17,7gr 60 |
| | | Rúsínur 4,8gr 16 | Smjör 13,2gr 69 |
| | | Smjör 14,4gr 74 | Egg 4,4gr 7 |
| | | Egg 4,8gr 7 | Döðlur 35,4gr 111 |
| | | Kókosmjöl 5,7gr 36 | Möndlur 4,4gr 22 |
| | | Sesamfræ 1,4gr 0 | Appelsínur 3,3gr 0 |
| | | Agave 8,6gr 7 | 269 |
| | | Graskersfræ 1,4gr 0 | |
| | | 245 | |