



Light Lunch Menu

Salads

Seasonal lettuce and condiments

Avalon house vinaigrette, Italian dressing, potato dressing

i, / i, k, / i, k

Smoked-meat salad 

i



Chicken curry and pineapple salad

a, d, g, i, k

Pasta salad with grilled vegetable and black olives 

d, i

Soup

Sauerkraut soup with bacon and smoked sausage  

g, i, j

Pasta

Spaghetti alla carbonara (pasta in bacon sauce)

with parmesan cheese

d, g, j

Main Courses

Rogan josh lamb curry

braised with garlic, ginger, cardamom, turmeric and curry

g, i, j

Basmati rice

g

Sandwich

Grilled beef sandwich

with onions, tomatoes, grain mustard and arugula

d, g, k

Sweet Temptations

Forestberry mousse with mint sauce

g

Caramel layer cake

with toffee sauce

a, b, d, g, h, i, m

Fresh slices of seasonal fruit

 = Avalon Fresh  = Local specialty  = Vegetarian

a = eggs / b = peanuts / c = fish / d = gluten / e = crustaceans / f = lupines / g = dairy / h = tree nuts

i = sulfur dioxide and sulfites / j = celery / k = mustard / l = sesame seed / m = soy, soybeans / n = mollusks