

Happy Meatballs served

with Scandinavian Potato-Salad 12.00 € **NEW!!**

No Gluten | No Lactose

Ingredients: Minced meat (veal/pork), red onions, pistacio, cran-berries, egg, lactose free milk, gluten free bread crumbs, olive oil, salt, pepper, thyme. **Salad ingredients:** potatoes, spring onion, fresh herbs, lactose free yoghurt, lemon, salt, pepper

Happy Beet Burger 13.50 €

Vegan | No Gluten | No Lactose

Ingredients: beet, quinoa, sunflower seeds, sesame seeds, onion, garlic, olive oil, rice flour, gluten free bread crumbs, parsley, tamari, cayenne, salt, avocado, tomato, lemon, coriander, oregano,
Served with carrot fries and blueberry ketchup

Quiche with Spinach & Feta-cheese 13.40 €

No Gluten | No Lactose

Ingredients: butter, potato fiber, almond flour, psyllium seeds, salt, egg, lactose free yoghurt, feta cheese, salt, pepper, muscat nut, spinach, cherry tomatoes
Served with a small Green Salad

Penne with a Symphony of Tomatoes and Olives 11.00 €

Vegan | No Gluten | No Lactose

Ingredients: gluten-free penne, tomatoes, olives, onion, olive oil, herbs, salt, pepper
Served with lactose-free cheese (optional)

Vegetarian Pizza 11.00 €

Vegetarian | No Gluten | No Lactose

Ingredients: soy flour, rice flour, potato flour, psyllium seeds, potato fibers, salt, yeast, lactose free butter, water, tomatoes, artichokes, olives, mushrooms.

Ruccola-Parma Pizza 13.00 €

No Gluten | No Lactose

Ingredients: soy flour, rice flour, potato flour, psyllium seeds, potato fibers, salt, yeast, lactose free butter, water, parma ham, tomatoes, lactose free mozzarella, lactose free cheese, rocket

See Seasonal Suggestions

DESSERTS & SNACKS

Chocolate mousse 5.50 €

Vegetarian | No Gluten | No Lactose

Ingredients: lactose free chocolate, egg, lactose free cream

Apple Dessert 3.90 €

Vegan | No Sugar | No Gluten | No Lactose

Ingredients: apple, vanilla, cinnamon, lemon, coconut oil, gluten free breadcrumbs, berries

Banana Oat Cookies 5.00 € **NEW!!**

Vegan | No Refined Sugar | No Gluten | No Lactose

Ingredients: banana, oat, coconut, coconut butter, vanilla, cinnamon, salt, baking powder, dates, vegan dark chocolate

See Seasonal Suggestions

JUICES

Vitamin Boost 5.00 €

Carrot, ginger, orange, lemon

Green Power 5.00 €

Spinach, apple, fennel

See Seasonal Suggestions

SUMMER MENU



Craving new energy?
Visit us on www.lenelife.com



LENELIFE

Order online before 10h45
to be delivered at lunch time:
www.thegourmetexpress.lu

SEASONAL SUGGESTIONS

SOUP

Summer Soup with Peas, Broccoli and Almond Flakes.

Served with homemade bread 7.60 €

Vegan | No Gluten | No Lactose

Ingredients: peas, broccoli, celery, spinach, almondmilk, garlic, ginger, chili, tamari, misopaste, herbs. **Bread:** water, psyllium seed, carob, linseed, pumpkin seeds, sunflower seeds, sesame, buckwheat, millet, rice flour, salt

LARGE SALADS

Strawberry and Fennel Salad with Smoked Salmon 9.20 €

No Gluten | No Lactose

Ingredients: strawberry, fennel, mixed lettuce, rocket, salmon, lemon, olive oil, white wine vinegar, mustard, agave syrup, dill, salt and pepper

Rainbow Coloured Salad with Hummus-Dressing 8.40 €

Vegan | No Gluten | No Lactose

Ingredients: Kale, red bell pepper, avocado, carrots, pumpkin seeds, hummus, almond mousse, agave syrup, apple vinegar, tahin, herbs and spices

DISHES

Summer Veggie Chili 12.00 €

Vegan | No Gluten | No Lactose

Ingredients: Sweet potato, rhubarb, apple, red lentils, onion, garlic, ginger, parsley, coconut oil, herbs and spices

Option to order with rice 15 €

Quiche with Fresh Summer Vegetables 13.00 €

No Gluten | No Lactose

Ingredients: butter, potato fiber, almond flour, psyllium seeds, salt, egg, lactose free yoghurt, broccoli, carrots, onion, tomatoes, thyme, rosemary, sage, salt, pepper, muscat nut

Served with a small Green Salad

DESSERTS

Avocado Lime Cake 6.50 €

Raw Vegan | No Gluten | No Lactose | No refined sugar

Ingredients: avocado, lime, coconut oil, cashew nuts, pecan nuts, agave syrup, dates

Chia & Berry Bowl 5.50 €

Vegan | No Refined Sugar | No Gluten | No Lactose

Ingredients: chia seeds, berries, coconut, vanilla, almond milk, kiwi, sunflowerseeds, hemp seeds, fresh mint

JUICE

Watermelon Grapefruit Cooler 5.00 € **I'M BACK!!**

Lemon, pine apple, basil, sweet heart cabbage, ginger

SOUPS

Carrot Soup with Coriander Pesto 6.80 € with Homemade Bread

Vegan | No Gluten | No Lactose

Ingredients: carrot, onion, chili, ginger, garlic, pine nuts, olive oil, vegetable consommé, lemon, coriander, salt, pepper, herbs. **Bread:** water, psyllium seed, carob, linseed, pumpkin seeds, sunflower seeds, sesame, buckwheat, millet, rice flour, salt

[See Seasonal Suggestions](#)

SMALL SALADS

Small Mango-Mozzarella Salad 6.10 €

No Gluten | No Lactose

Ingredients: mango, lactose free mozzarella, pine nuts, basil, vinegar, olive oil, herbs, salt, pepper

Hearty Tomato Avocado Sweet Corn Salad 5.90 €

Raw Vegan | No Gluten | No Lactose

Ingredients: corn, cherry tomatoes, avocado, red onion, coriander, sunflower seeds, pumpkin seeds, lime, olive oil, herbs

Nutty Pea & Quinoa Bowl 5.90 € **NEW!!**

Vegan | No Gluten | No Lactose

Ingredients: quinoa, peas, almonds, zucchini, kale, lemon, tamari, olive oil, sesameoil, garlic, chili, herbs and spices

LARGE SALADS

Power Salad 8.20 €

Vegan | No Gluten | No Lactose

Ingredients: lettuce, spinach, mango, cherry tomatoes, coconut, coriander, lemon, olive oil, salt, pepper

Happy Chicken Salad 8.40 €

No Gluten | No Lactose

Ingredients: chicken, lettuce, cherry tomatoes, cucumber, yellow bell pepper, olive oil, vinegar, spices, herbs

[See Seasonal Suggestions](#)

Add 2 slices of Vegan Homemade Bread 3.70 €

Vegan | No Gluten | No Lactose

Ingredients: water, psyllium seed, carob, linseed, pumpkin seeds, sunflower seeds, sesame, buckwheat, millet, rice flour, salt

Add 3 Homemade Apéro Biscuits 2.50 € **NEW!!**

Vegan | No Gluten | No Lactose

Ingredients: rice flour, corn flour, chick pea flour, olive oil, mixed cereals, basil, rosemary, thyme, dill, salt and pepper

BREADS WITH TOPPING

Homemade Vegan Bread and Biscuits with Carrot Hummus & Olive Artichoke Tapenade 6.30 €

Vegan | No Gluten | No Lactose

Ingredients: carrot, chick peas, sesame paste, garlic, spices, herbs, artichoke, olive, lemon, olive oil, spices, herbs

3 Homemade Apéro Biscuits with tomato salsa 5.50 € **NEW!!**

Vegan | No Gluten | No Lactose

Ingredients: rice flour, corn flour, chick pea flour, olive oil, mixed cereals, basil, rosemary, thyme, dill, coriander, tomato, lemon, oregano, salt and pepper

DISHES

Baked Salmon with Summer Broccoli Salad with Sunflower Seeds and Cranberries 16.90 € **NEW!!**

No Gluten | No Lactose

Ingredients: salmon, lemon, dill, broccoli, sunflower seeds, semi-dried cranberries, yoghurt, red onions, herbs, salt and pepper

Note: Preparation time: 20 Minutes

Baked Courgette with Avocado-Pine-Filling 15.90 €

Vegetarian | No Gluten | No Lactose

Ingredients: courgette, avocado, pine nuts, lactose free yoghurt, lactose free cheese, garlic, spices and herbs
Served with a small Green Garden salad & homemade bread

Note: Preparation time: 20 Minutes