

Coffee breaks 2019

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| 1 Nut and dried fruit power bar 3,50 € | 2 Protein and cocoa rolls 3,50 € |
| 3 Oatmeal, date, coconut and raspberry granola with almond milk or yogurt 4,00 € | 4 Beef wrap with Kimchi pasta and fresh salad Bitter chocolate brownie 5,50 € |
| 5 Rye bread with salmon tartar, avocado cream and fresh cucumbers Cottage cheese with Greek yogurt, bananas, nuts and chia seeds 5,50 € | 6 Whole wheat bread with avocado, nuts and pomegranate seeds Broccoli salad with goji berries and yogurt Banana in chocolate 6,50 € |
| 7 Rye bread with lightly salted trout and sweet corn Strawberry-apple smoothie with rucola and nuts Cottage cheese tart with passion fruit and pineapple 7,50 € | 8 Goat cheese with fruits, seeds and berries Rye bread with chicken fillet, cheese and tomatoes Cereal, seed and coconut muesli with yogurt or almond milk Apple tart made from buckwheat flour Chocolate brownie 8,50 € |

Tea/coffee and water included in the price of coffee breaks

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Additional options

Butter croissants with mozzarella or smoked meat, cheese and Kumato tomatoes
1.50 €

Energy smoothie with protein
2.50 €

Mini carrot muffins
1.50 €

Homemade nut and seed energy bar
1.50 €

Tart with seasonal fruit made of buckwheat flour
1.50 €

Seasonal fruit
1.50 € 100g / 1 pers.

Mineral water Mangāļi, sparkling/still
0,33 cl (glass bottle) 0.90 €

Wine glass
15 cl 3.00 €

Quick lunch

(hot meal next to conference hall)

Panini with chicken fillet and tomatoes
5.50 €

Chili con carne & nacho
5.50 €

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