



CALORIC INSTRUCTIONS

MEALS ONLY BY ORDER in ORIS (till Friday 25.8.)

Friday 1.9., dinner, 17:30 – 20:30

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| 3.1 | Roasted pork cheeks (150 g) with vegetables and potato-pumpkin puree | 160,- CZK |
| 3.2 | Bowl – summer rich in fibre (mix of vegetables, seeds, lettuce and legumes with yoghurt dressing) | 100,- CZK |

Saturday 2.9., lunch, 11:00 – 14:30

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| 4.1 | Roasted pork cheeks (150 g) with vegetables and potato-pumpkin puree | 160,- CZK |
| 4.2 | Bowl – summer rich in fibre (mix of vegetables, seeds, lettuce and legumes with yoghurt dressing) | 100,- CZK |
| 4.3 | Trout fillet (150 g), vegetable salad with vinaigrette, pickled radish, pea pesto | 190,- CZK |
| 4.4 | Carrot cream with ginger, chilli and coconut, garlic croutons | 50,- CZK |

Saturday 2.9., dinner, 17:30 – 20:30

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| 5.1 | Chicken leg (220 g), paprika sauce, vegetable tarhona | 145,- CZK |
| 5.2 | Bowl – summer rich in fibre (mix of vegetables, seeds, lettuce and legumes with yoghurt dressing) | 100,- CZK |

Sunday 3.9., lunch, 11:00 – [prize winning ceremony]

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| 6.1 | Roast pork neck pork (200 g) with herbs and ginger sauce, bun dumplings with vegetables and beetroot cabbage | 180,- CZK |
| 6.2 | Bowl – summer rich in fibre (mix of vegetables, seeds, lettuce and legumes with yoghurt dressing) | 100,- CZK |
| 6.3 | Chicken broth with dumplings and vegetables | 40,- CZK |

ADDITIONAL CALORIES OFFER

- **Lunches, dinners:** in addition to the ordered meals, there will be offered one simpler meal (risotto, pasta, ...) at the above lunch/dinner times.
- **Breakfast, 7:00 – 10:30,** piece sales: sandwiches, sweet pastries, rolls, bread, tea, coffee.
- **Grill et al.:** sausage, pork neck, hot dog, pancakes.
- **Drinks:** beer, non-alco beer, kofola, tea, coffee.