

INFORMATION ABOUT ALLERGENS

In accordance with applicable European Union regulations, we are obliged to include a list of allergens in our menu. Allergens are not harmful ingredients, they can only cause sensitization in people who are allergic to a given ingredient. We would like to inform you that each of our products or dishes in the Miodowy Młyn restaurant may contain trace amounts of allergens, such as: celery, mustard, soy, eggs, gluten, lactose, milk, crustaceans, molluscs, sesame seeds, nuts, peanuts, fish, products containing sulfur dioxide.

The information presented on allergens was prepared according to: to the best of our knowledge and concern standard products that are not seasonal or promotional products.

The information contained herein corresponds to the state of affairs as of the date of printing - March 2024. And they can be changed at any time.

Contact us: Restaurant Miodowy Młyn, street: Legionów 3, 27-500 Opatów, tel. 533 355 393, email: repcja@miodowymlyn.pl

ALLERGENS														
DISHES/PRODUCTS	Cereals containing gluten (1)	Fish and derived products	Crustaceans and derived products	Molluscs and derived products	Milk with lactose and derived products	Eggs and derived products	Mustard and related products	Sesame and derived products	Peanuts and related products	Nuts and derived products (2)	Sulfur dioxide and sulfates	Lupine and its derivatives	Celery and its derivatives	Soy and its derivatives
OUR NEWS														
Salad 4 cheeses - Smoked cheese with fenugreek, Dor Blue cheese, Mimolette cheese, parmesan flakes, filleted orange, grapes, nuts, pumpkin seeds, selection of lettuces, cucumber, cherry tomatoes, orange-ginger sauce					x		o		x	x	o			
Salad with burnt goat cheese and pineapple vinaigrette Charred goat cheese, pineapple vinaigrette, baked caramelized beetroot, selection of lettuces, grapes, pickled cherry tomatoes					x		x			x	x			
Oriental broth with veal shank dumplings	x				x	x			o	o			o	x
Marinated oven-bacon, stewed red onion chutney, potato croquettes, pickled cucumbers with a hint of balsamic	x				x	x	x	o					o	x
Italian ossobuco, roasted potatoes, asparagus, baked vegetables in a spicy marinade							x						o	o
Wild boar stew	x				x		o				o		x	
Cheesecake with mascarpone and orange served with mini pear, marinated in spicy orange, velvet cherry sauce, orange caviar	x				x	x			o	o				
Almond fondant with white chocolate and wild rose on currant sauce	x				x	x			o	x				
STARTERS														
Beef sirloin tartare	x					x	x				o		o	
King prawns buttery garlic wine sauce, croutons, lettuce	x		x		x	x					o			
Traditional herring from a barrel in a creamy sauce with onion	x	x			x									
SALADS														
Chicken Caesar Salad	x	o			x	x								
SOUPS														
Chicken and beef broth served with noodles	x					x							x	
Fish soup	x	x	x		x	x								
Traditional sourdough potato soup from świętokrzyskie region	x				x	x							o	
Creamy beet soup with regional cheese with wild forest garlic					x								x	
MAIN COURSES														
Roast pork knuckle served with boiled cabbage					x		x							
Boneless pork chop on a pan	x					x								
Beef cheeks in red wine with celery and parsley puré	x												x	
Dumplings with goose and chanterelle on cranberry sauce	x				x	x								
Dumplings with red lentils served with sage butter	x				x	x								
Cured wooden smoked pork ribs served with Rowan Berries and fried cabbage and peas	x						x						x	
Ravioli with truffles and ricotta, lovage butter, ripening cheese flakes	x				x	x							o	
Miller chop served on crispy potato cakes	x				x	x							o	
Baked zander, wine and lemon sauce, carrot Jewis style, and tomato salsa	o	x			x	x			x	x	x		x	
Jurassic Salmon steak, basil and parsley pesto on zucchini and carrot pappardelle		x	x		x								o	
Chicken tagliatelle with spinach and sundried tomatoes in creamy sauce	x				x	x							o	
Vegetarian tagliatelle with spinach and sundried tomatoes in creamy sauce	x				x	x							o	
Baked spinach dumplings with Dor Blue sauce	x				x	x							o	
Dumplings with wild rose petals, light cream and cinnamon	x				x	x								
Chicken breast grilled on the stones of volcanic lava														
Beef sirloin steak mashed potatoes with wild garlic, crispy vegetables from the pan	o				x								x	

Hot chocolate						x									
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COLD DRINKS															
Frappé coffee					x										
Baileys coffee					x										
Opatowianka mineral water															
Buskowianka Mineral water															
Pepsi, Pepsi Max, Mirinda, 7 up															
Schweppes															
Lipton Ice Tea															
Selection of Fruit Juices															
Jug of juice (orange, apple, blackcurrant)															
Jug of still mineral water															
Old-fashioned lemonade															

x Contains allergen
o May contain

(1) Cereals containing gluten, i.e. wheat (including spelled and khorasan wheat), rye, barley, oats or hybrid varieties

(2) Nuts: almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios and pistachio nuts, macadamia nuts or Queensland nuts

Note: The information presented on allergens was prepared on the basis of the manufacturer's declaration of the products used