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: recepcja@miodowymlyn.pl

			AL	LERGENS										
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					x		0		x	x	0			
pumpkin seeds, selection of lettuces, cucumber, cherry tomatoes, orange-ginger sauce Salad with burnt goat cheese and pineapple vinaigrette Charred goat cheese, pineapple vinaigrette, baked caramelized											_			
beetroot, selection of lettuces, grapes, pickled cherry tomatoes					х		х			х	х			
Oriental broth with veal shank dumplings	х				х	х			0	0			0	х
Marinated oven-bacon, stewed red onion chutney, potato croquettes, pickled cucumbers with a hint of balsamic	х				х	х	х	0					0	х
Italian ossobuco, roasted potatoes, asparagus, baked vegetables in a spicy marinade							х						0	0
Wild boar stew	х				х		0				0		x	
Cheesecake with mascarpone and orange served with mini pear, marinated in spicy orange, velvet cherry sauce, orange caviar	x				x	x			0	0				
Almond fondant with white chocolate and wild rose on currant sauce	х				х	х			0	х				
STARTERS														
Beef sirloin tartare	х					х	х				0		0	
King prawns buttery garlic wine sauce, croutons, lettuce	х		х		х	х					0			
Traditional herring from a barrel in a creamy sauce with onion	х	Х			Х									
SALADS														
Chicken Ceasar Salad	х	0			х	Х								
SOUPS														
Chicken and beef broth served with noodles	х					х							х	
Fish soup	х	х	х		х	х								
Traditional sourdough potato soup from świetokrzyskie region	х				х	х							0	
Creamy beet soup with regional cheese with wild forest garlic					х								Х	
MAIN COURSES														
Roast pork knuckle served with boiled cabbage					х		х							
Boneless pork chop on a pan	х					х								
Beef cheeks in red wine with celery and parsley puré	х												Х	
Dumplings with goose and chanterelle on cranberry sauce	х				х	X								
Dumplings with red lentils served with sage butter	х				х	х								
Cured wooden smoked pork ribs served with Rowan Berries and fried cabbage and peas	х						х						х	
Ravioli with truffles and ricotta, lovage butter, ripening cheese flakes	х				х	х							0	
Miller chop served on crispy potato cakes	х				х	х							0	
Baked zander, wine and lemon sauce, carrot Jewis style, and tomato salsa	0	х			х	х			х	х	х		х	
Jurassic Salmon steak, basil and parsley pesto on zucchini and carrot pappardelle		х	х		х								0	
Chicken tagliatelle with spinach and sundried tomatoes in creamy sause	х				х	х							o	
Vegetarian tagliatelle with spinach and sundried tomatoes in creamy sause	х				х	х							o	
Baked spinach dumplings with Dor Blue sauce	х				х	х							0	
Dumplings with wild rose petals, light cream and cinnamon	х				х	х								
Chicken breast grilled on the stones of volcanic lava														
Beef sirloin steak mashed potatoes with wild garlic, crispy vegetables from the pan	0				х								х	

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SIDE DISHES														
Potatoes out oft he water					х									
Baked potatoes														
Baked potatoes with shell														
Mashed potatoes	0				х									
Mashed potatoes with wild Garlic	0				х									
French fries														
Sweet potato fries														1
Green lettuce with vinaigrette sauce							х							1
Spinach with sour cream and garlic	0				х									1
Fresh tomato with sour cream					х									
Fresh cucumber with sour cream					х									ļ
Pickled cucumbers														
Cabbage with peas	х												0	
Boiled vegetables					х									
Selection of salads					х	х	0						0	
Fried beetroot	х				х									
Dumplings with goose and chanterelle on cranberry sauce (tasting version)	х				х	х								
DESSERTS														
Hot traditional apple pie with ice-cream, fudge sauce and quince crumble	х				х	х			О	0				o
Chocolate fondant with raspberries sauce	х				х	х								1
Regional plum stewed in coffee and honey, served with mascarpone cheese and salted caramel	х				х									
Ice- cream with fresh fruits, crumbled meringue, raspberry souce	х				х	0			0	0				0
Baked raspberries under foam	х					х								
REGIONAL SWEETS														
Traditionally - handmade regional fudge					х									
HOT DRINKS														
Selection of RichMont Teas														
Espresso														
Double Espresso														
Cappuccino					х									
Cafe Latte					х									
Black coffee														
White coffee					х									
Green coffee														
Italian ice-cream coffee					х	0								
Jameson Irish coffee					0									
Lebanese tea with ginger														
Beer & hop cones tea														
Cannabis tea with honey														
Tea made of black mallow flowers with rose petals														
Tea with passion fruit syrup														
Ginger tea														
Cloves & cinnamon tea														
Raspberry tea with cranberry														
Mulled red wine & Bols tea														
Tea with rum														
Tea with whisky														

Hot chocolate					х									
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COLD DRINKS														
Frappé coffee					х									
Baileys coffee					х									
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