

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	
STARTERS															
Beef sirloin tartare	x					x	x				o		o		
King prawns buttery garlic wine sauce, croutons, lettuce	x	x	x		x	x					o				
Traditional herring from a barrel in a creamy sauce with onion	x	x			x										
SALADS															
Chicken Ceasar Salad a la Miodowy Mlyn	x	o			x	x									
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		x		
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				
SOUPS															
Chicken and beef broth served with noodles	x					x							x	o	
Traditional sourdough potato soup from świętokrzyskie region	x				x	x	o						o		
Creamy beet soup with regional cheese with wild forest garlic					x						o		x		
Fish soup with homemade noodles and shrimp	x	x	x		x	x									
Traditional plum soup served with mashed potatoes															
Cream soup of baked pumpkin with spicy, nutty crumble and goat cheese					x					x					
MAIN COURSES															
Roast pork knuckle served with boiled cabbage	x				x		x								
Boneless pork chop on a pan	x					x									
Lamb shank / mashed potatoes with roasted garlic and rosemary/ Vegetables in a spicy marinade / gremolata with mint					x										
Pork cheeks in roasted beetroot sauce on potato thyme gratin with carrot and horseradish puree	x										x		x		
Cured wooden smoked pork ribs served with Rowan Berries and fried cabbage and peas	x						x						x		
Long-braised pork neck with potato pancakes and Ukrainian-style beets	x														
Baked zander, wine and lemon sauce, carrot Jewish style, and tomato salsa	o	x			x	x			x	x	x		x		
Jurassic Salmon steak, pulao rice, mango and avocado salsa		x			x										
Dumplings with goose and chanterelle on cranberry sauce	x				x	x									
Baked spinach dumplings with Dor Blue sauce	x				x	x							o		
Dumplings with red lentils served with sage butter	x				x	x		o	o	o				o	
Dumplings with wild rose petals, light cream and cinnamon	x				x	x									
Chicken tagliatelle with spinach and sundried tomatoes in creamy sauce	x				x	x							o		
Vegetarian tagliatelle with chickpeas, spinach, fresh tomatoes and nuts in creamy sauce	x				x				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		
Roast goose stuffed in Old Polish style with an apple from the oven															
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SIDE DISHES															
Potatoes out of the water					x										
Baked potatoes															
Baked potatoes with shell															
Mashed potatoes	o				x										
Mashed potatoes with wild Garlic	o				x										
French fries															
Sweet potato fries															
Green lettuce with vinaigrette sauce							x								
Fresh cucumber with sour cream					x										
Home-made pickled cucumbers															
Cabbage with peas	x												o		
Selection of salads					x	x	o						o		
Fried beetroot	x				x										
Ukrainian-style beets with garlic and walnuts									x	x					
Vegetables from water					x										
DESSERTS															
Hot traditional apple pie with ice-cream and fudge sauce	x				x	x			o	o				o	
Chocolate fondant with raspberries sauce	x				x	x									
Regional plum stewed in coffee and honey, served with mascarpone cheese and salted caramel	x				x										
Ice-cream with fresh fruits, crumbled meringue, raspberry sauce	x				x	o			o	o				o	
Lemon tart with Italian meringue	x				x	x									
Pavlova meringue with lemon curd cream with pistachios and fruit					x	x			x	x					
REGIONAL SWEETS															
Traditionally - handmade regional fudge					x										
HOT DRINKS															

[illegible]

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