

# Menu 7A Strandvägen 2021

At 7A we know that food and drinks play an important part of a successful and inspiring day of meetings. We offer a menu based on the season, carefully composed by our catering chefs.

Attached you will find our selected menus for the season.

# Conference — Tasty meals for the whole stay



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## Meal package all day

The package includes freshly baked bread with cold cuts, müsli bar, yoghurt and granola, fruit, juice and coffee/tea. Today's lunch comes with salad, freshly baked bread, crisp bread, whipped butter, sparkling- and still water and a piece of chocolate. You will choose between today special or a filling salad. Afternoon fika with coffee/tea, raw food ball, smoothie and freshly baked pastries.

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## Meal package half-day

### Morning

The package includes freshly baked bread with cold cuts, müsli bar, yoghurt and granola, fruit, juice and coffee/tea. Today's lunch comes with salad, freshly baked bread, crisp bread, whipped butter, sparkling- and still water and a piece of chocolate. You will choose between today special or a filling salad.

### Afternoon

Today's lunch comes with salad, freshly baked bread, crisp bread, whipped butter, sparkling- and still water and a piece of chocolate. You will choose between today special or a filling salad. Afternoon fika with coffee/tea, raw food ball, smoothie and freshly baked pastries.

All coffee & tea being served are organic & Fair trade.  
Minimum 10 persons. All menus subject to seasonal availability.



# Conference — Tasty meals for the whole stay

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## Breakfast package small

The package includes freshly baked bread with cold cuts, müsli bar, juice, coffee/tea and sparkling- and still water.

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## Breakfast package large

The package includes freshly baked bread with cold cuts, croissant, müsli bar, yoghurt and granola, juice, energy shot, coffee/tea and sparkling- and still water.

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## Fika package

Coffee/tea, pastry, health boosting shot, raw food ball and sparkling- and still water.

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## Add ons

- Sweets the whole day
- Fruit the whole day
- Croissant
- Energy bar
- Pastries
- Eggs with caviar
- Cottage cheese with topping
- Filling sandwiches
- Wrap
- Sliced fruit (10 persons)
- Vegetables sticks with dip (min. 15 persons)



# Today's Lunch — Seasonal & locally produced



We work with locally produced and seasonal based ingredients. Our chef will put together a lovely dish which varies each day – choose in advance between a Swedish classic dish or healthy salad. We will of course adjust the menu for our guests with allergies or for those who are vegetarian. Please let us know in advance.

Bon Appetit!

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Today's lunch is always served with freshly baked bread, whipped butter, green salad, sparkling- and still water and coffee/tea with a piece of chocolate.

Prices above are excl. VAT. Minimum 10 persons. All menus subject to seasonal availability.



# Buffet Menu

## — Something good for all tastes

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Choose between three delicious buffets

### Italian flavours

- Garlic roasted chicken thigh with grilled lemon
  - Three kinds of sliced cured meat on a plate (Ventricina, Bresaola & Serrano)
  - Lasagne on oyster mushrooms
  - Roasted vegetables with basil & Grana Padano
  - Marinated olives with rosemary, tomato & mozzarella salad with chili & red onion
  - Romaine salad with roasted pine nuts & sourdough croutons
  - Seed pesto
  - Aubergine cream with garlic & parsley
  - Taleggio cheese with grapes
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### Asian flavors

- Beef salad with sesame seeds, chili & cilantro
- Salmon tataki with wasabi, ginger & soy
- Pork meatballs with lime & ginger in hot coconut milk
- Steamed rice with lime & star-anise
- Fresh Vietnamese spring rolls filled with chopped vegetables
- Pak Choi salad with fried egg, pea sprouts, onion & cilantro
- Fried shrimp chips
- Sesame & garlic mayonnaise
- Soy sauce with chili & ginger

Minimum 10 persons. Each party must choose a set menu. All menus subject to seasonal availability.

# Dinner Menu

## — Tasty meals for a pleasant evening

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### Menu

Compose your own two or three course dinner. Each party must choose a set menu.

#### Starters

- Cured blackened salmon with planed seasonal vegetables, pumpkin creme, browned butter, dill-pickled cucumber & fried sweet potatoes.
- Salvia & almond filled chicken leg with baked tomato, gruyere mayonnaise, pickled silver onions & rye bread croutons.
- Baked pickled beets served with roasted almond, goat cheese, cicely creme, pickled red cabbage, asparagus & potato chips.

#### Main dishes

- Grilled char with lemon emulsion, cress vinaigrette, radish salad, confit Ratte potatoes & artichoke chips.
- Grilled steak with baked tomato salad, parmigiana creme, pickled turnip, roasted potatoes & fried salvia.
- Vegetarian: Salt baked celeriac with croquets of Västerbotten cheese, tarragon emulsion, grilled silver onion, radicchio leaves & roasted nuts.

#### Dessert

- Baked chocolate creme with orange, olive oil, roasted pumpkin seeds & fried mint.
- Yoghurt panna cotta with white chocolate, apple crips & dried raspberries.
- Berry- & vanilla tarte with lemon salad, honeydew & roasted almond.

Our sommelier is happy to recommend customized wine packages with selected wines to each dish! Minimum 10 persons. Each party must choose a set menu. All menus subject to seasonal availability.

# Buffet Menu

## — Something good for all tastes

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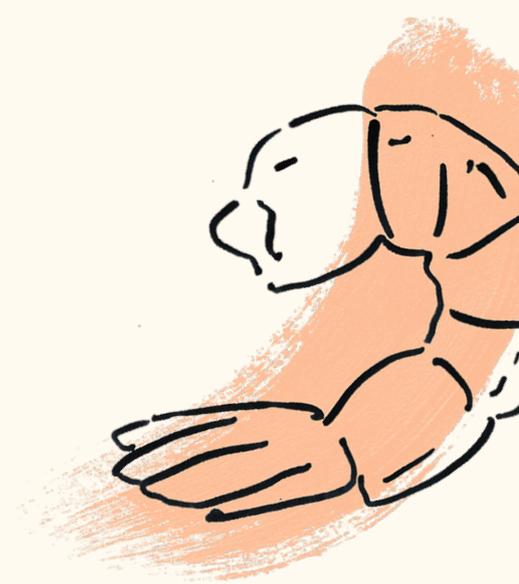
### Healthy vegetarian buffet

- Zucchini pancakes
- Omelette with feta cheese & spinach
- Baked potato salad with chives & capers
- Quinoa with herbs & garlic
- Roasted cabbage with chervil & lemon
- Garlic roasted mushroom salad with green beans, baked onion & arugula
- Chili mayonnaise
- Lemon & parsley yoghurt
- Baked celeriac with gremolata



Minimum 10 persons. Each party must choose a set menu. All menus subject to seasonal availability.

# Mingle — Delicious cocktail foods



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## Mingle plate

Choose between three kinds of mingle plates– meat, fish or vegetarian!

### Meat

Cold-cut roast beef with salad of quinoa, raw root vegetables, baked cauliflower, mayonnaise flavoured with parsley and pickled red onion

### Fish

Cold smoked salmon, potato salad with mustard dressing, mayonnaise flavoured with chives, baked parsnips and pickled fennel

### Vegetarian

Our chefs can also offer you a completely vegetarian dish. Ask us and we will be happy to tell you more about it.

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## Cheese & meat platter

- Two kinds of cheese with marmalade
- Two kinds of cured meats
- Rosemary & garlic marinated olives
- Crackers & sourdough bread



Finish your day off in a luxurious way with  
a glass of sparkling wine and macarons 125 SEK/ person

Prices above are excl. VAT. Minimum 10 persons. Each party must choose a set menu. All menus subject to seasonal availability.

# Mingle — Delicious cocktail foods



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## Canapés

- Salmon with horseradish cream cheese, romaine salad & cucumber
- Swedish Skagen mixture on dark rye bread
- Bresaola with creamed Präst cheese & chives on crostini

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## Finger food

- Fresh vegetarian spring rolls filled with vegetables
- Glass noodle salad with beef & Pak Choi served in a glass
- Andalusian gazpacho with chopped vegetables

We recommend 3 canapés per person!

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## Wraps

- Chicken, quinoa, Chèvre, basil cream & roasted vegetables
- Vegan wrap with baked vegetables, bean mixture, naked oats, red onion & Puy lentils
- Smoked salmon, red cabbage salad, pomegranate, dill, lemon mayonnaise & French potato salad
- Cured beef brisket, capers, red onion, horseradish, pickled red onion, French potato salad & mayonnaise

Minimum 10 persons. Each party must choose a set menu. All menus subject to seasonal availability.