

Menu 7A Posthuset

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.



Conference packages

Meal package (full day)

The package includes coffee/tea, freshly squeezed juice and sandwiches in the morning. Today's lunch with salad, bread, whipped butter, still- and sparkling mineral water and a piece of chocolate with your coffee/tea. Afternoon break with coffee/tea, smoothie and freshly baked pastry.

During the day you will have access to coffee/tea, still- and sparkling mineral water, sweets, fruit and energizing treats.

Meal package (half day)

Morning

Package includes coffee/tea, freshly squeezed juice and sandwiches. Today's lunch with salad, bread, whipped butter, still- and sparkling mineral water and a piece of chocolate with your coffee/tea. During the day you will have access to coffee/tea, still- and sparkling mineral water, sweets, fruit and energizing treats.

Afternoon

Package includes today's lunch with salad, bread, whipped butter, still- and sparkling mineral water and a piece of chocolate with your coffee/tea. Afternoon break with coffee/tea, smoothie and freshly baked pastry. During the day you will have access to coffee/tea, still- and sparkling mineral water, sweets, fruit and energizing treats.



Breakfast packages



Breakfast package

Sandwiches, fresh fruit, energizing treats, coffee/tea, freshly squeezed juice and still- and sparkling mineral water.

Healthy breakfast package

Sandwiches, fruit salad, yogurt with fresh berries and granola, fresh fruit, energizing treats, coffee/tea, freshly squeezed juice and still- and sparkling mineral water.

Breakfast package deluxe

Croissants with cream cheese and marmalade, sandwiches, smoothie, freshly squeezed juice, fresh fruit, energizing treats, coffee/tea and still- and sparkling mineral water.



Breakfast packages



Add on

Health boosting shot

Smoothie

Energizing bar

Fruit salad

Croissant with cream cheese and marmalade

Yoghurt with fresh berries and granola

Fika package

Coffee/tea, freshly baked pastry, smoothie, energizing treat, fruit and still- and sparkling mineral water.



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. We will of course adjust the menu for our guests with allergies or for those who are vegetarian. Please let us know in advance.

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



Dinner menu

— tasty meals for a pleasant evening



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

Starters

Sooted soy graved salmon loin with yuzu mayonnaise, herb salad topped with crispy oyster mushroom

Variety of beets, browned sage butter, roasted almonds and sour herbal cream

Beef tartare, cramelized onion cream, parmesan, capers and cress

Mains

Grilled duck breast with a potatoe and root vegetable cake, cream-boiled cabbage, baked tomatoes and a raspberries and red wine reduction

Tender sirloin steak cauliflower purée, wild mushroom and red wine sauce with kale crisp

Grilled char fillet with lukewarm asparagus and potato sallad, Sandefjord sauce, trout roe and smoked chive oil

Citrus and butter-baked cauliflower with pumpkin purée, roasted feta cheese, tomatoe gravey and root vegetable crisp

Desserts

Classic Swedish apple crubble pie served with creme anglais

Dark chocolate marquise with salty rosted nuts, orange and lightly whipped cream

Yuzu pannacotta with roasted white chocolate, fresh berries and meringue



Buffet menu — something good for all tastes



Scandinavian buffet (served cold)

- Thin slices of Norwegian cold-smoked salmon with dill and lemon
- Seafood pâté with smoked chives mayonnaise
- Night-baked veal with roasted onions and pickled cucumbers
- Herb marinated sliced Swedish chicken fillet with baked tomatoes
- Roasted fennel and root vegetables from Swedish farms
- Finely chopped smooth herb gared sauce
- Creamy potato and leek salad with potatoes from the island Gotland
- Swedish Västerbotten cheese pie topped with vegetarian roe, sour cream and red onion
- Bread with cream cheese and browned whipped butter

Mediterranean buffet (served hot)

- Rosemary and red wine marinated chicken drumsticks
- Citrus baked cabbage
- Spicy lamb skewers with feta cheese and mint
- Pan fired Spanish tortilla
- Tomato and olive salad
- Couscous with grilled vegetables
- Herb roasted mini potatoes
- Tzatzik with mint
- Bread with cream cheese and browned whipped butter



Buffet menu — something good for all tastes



Asian buffet

- Salmon tataki with yuzu and thinly sliced spring onion
- Pan-fried duck breast with tonkatsu sauce
- Vegetarian dumplings gyoza
- Grilled pak-choi with white miso and lime kimchi
- Noodle salad with vegetables
- Edamame beans with sesame seeds
- Sriracha mayonnaise and roasted sesame seeds
- Fried rice noodle balls
- Sweet and sour chili dip

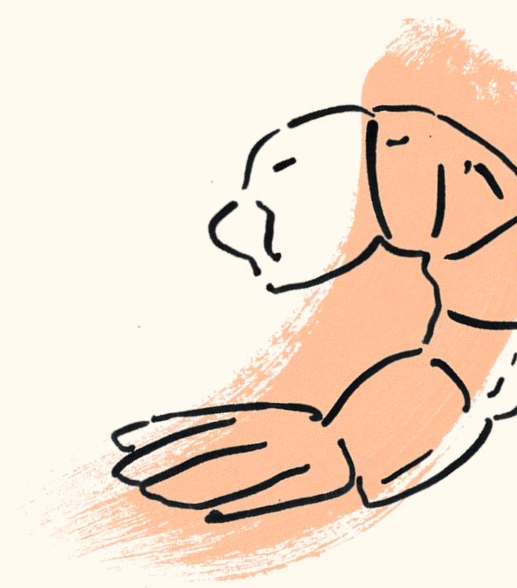


Minimum 20 persons. One menu choice for everyone in the party. Subject to changes in seasonal availability.



Mingle

— Delicious cocktail foods



Canapés

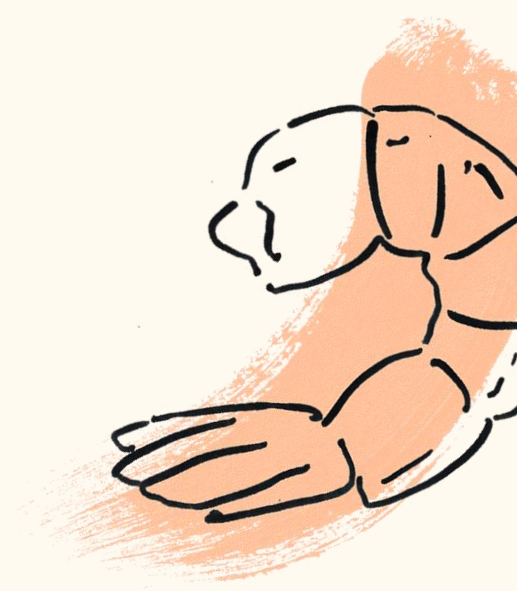
- Classic swedish Skagen mixture on buttery toast
- Seafood pâté with smoked chives mayonnaise
- Västerbotten cheese with vegetarian roe, sour cream and pickled onion
- Cream cheese with candied walnuts on crostini
- Wrångebäcks cheese with lingonberries
- Mushroom tartlet, sour cream, red onion and vegetarian roe
- Vegetarian tapenade on crostini
- Spanish tortilla with grilled pepper
- Salmon tartare with horseradish cream
- Sooted salmon with yuzu mayonnaise
- Salt-baked beet with goat cheese cream and roasted sunflower seeds

Tip!
We recommend three
canapés per person



Mingle

— Delicious cocktail foods



Choose from three different mingle plates

Charcuterie

Italien Proscuitto Crudo ham
Thinly sliced Milano salami
Gruyere cheese in sticks
Kalamata olives & green olives
Cornichons & pickles
Crostini with tapenade
Dijonaise

From the sea

Graved salmon with Swedish Hovmästar sauce
Swedish Skagen mixture on toast
Seafood terrine with dill and lemon mayonnaise
Västerbotten cheesecake with trout roe
Cumin crackers and whipped browned butter

Farm & Woods

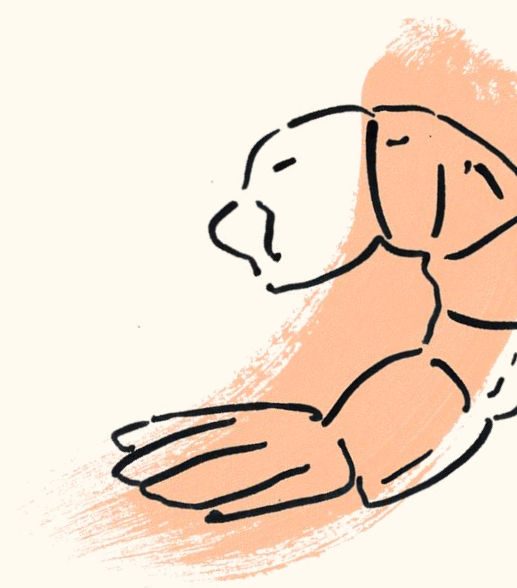
Forest mushroom tartlet with pickled onions
Baked beetroots with Västerbotten cheese cream
Farmhouse ham with leek and potatoes from the island Gotland
Beef with horseradish and a chives cream cheese
Cheese from Wrångebäck with lingonberries
Cumin crackers and whipped browned butter

One menu choice for everyone in the party. Subject to changes in seasonal availability.



Mingle

— Delicious cocktail foods



Wraps

- Salmon with herb sauce
- Chicken and caesar dressing
- Shrimp with Rhode island dressing
- Grilled vegetables with herb cream

All wraps come in a tortilla bread with lettuce, cucumber, tomato and pickled ren cabbage.

Salads

- Herb-baked salmon with herb sauce and pickled cucumber
- Roasted chicken fillet with caesar dressing and croutons
- Shrimps with eggs and Rhone island dressing
- Grilled vegetables and feta cheese

All salads comes with lettuce, cucumber, tomato, pickled red cabbage and Julienne carrots. Also available as a pasta salad.

