



Gerust genieten In English

Gluten Free • Vegan • Dairy Free • Soy Free
Low Fodmap • Nut Free • Egg Free • Palm Oil Free

Our concept

KOSelig wants to avoid picky eaters. You will not find fixed options here for your lunch. Instead, you pick your own favourite options, and we prepare them for you. Exactly the way you wanted.

Fool proof, I tell you! You'll find pens and writing paper on your table. Just fill in your table number and name, and write down everything you'd like to eat. Table number? Just check the flowerpot!

All our breads and wraps are free from gluten, soy, milk and egg. If there are any other allergies or intolerances to take into account, please write these down.

In the back of this menu you'll find the most important allergen information. Full information on the ingredients can be found at www.kos-elig.nl. Or you can always ask us, of course.

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Lunch

Available until 16:30

Sandwiches

€ 13.95

You'll find our bread options on the blackboard behind the cash register

Wraps

€ 9.50

Wrap by Schär or
Two tortillas by Old El Paso

Salads

€ 14.50

Lettuce with veggies and fillings of your choice.

Toasty - Aka grilled cheese sandwich

€ 7.50

White, brown or grainy bread

All Toasties, sandwiches and wraps are served with a side salad of your own choosing. If you choose not to create a side salad, we will add one based on your chosen fillings and veggies, as well as lettuce and cucumber.

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So how does this work?

On the next few pages you'll find all of our fillings, spreadables, veggies and dressings. Use this information to create your perfect lunch.

Easy steps

Pick 1 or 2 fillings.

Ham & cheese, for example, or egg salad with salmon. Avocado & Serranoham is also tasty. You prefer plain chicken? Knock yourself out!

Combine your fillings with a nice spreadable, or don't.

Add a nice dressing to your side salad or veggies. Or don't.

Don't forget to tell us which veggies to include or exclude.

Veggies can be communicated in 3 easy ways

- Write down exactly what you'd like to eat,
- Write down what we absolutely have to omit, or
- Write down that you like all veggies & let us go wild.

NOTE: no lettuce? Make sure to indicate that!

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Toppings (choose max 2.)

- Cheese – options: aged, old, Parmesan, vegan
- Ham
- Serranoham
- Smoked chicken
- Smoked salmon
- Homemade tuna salad with pickles
- Homemade egg salad with chives
- Homemade avocado smash
- Hummus with sundried tomato
- Vegan cream cheese with fresh herbs

Butter and such

(Not available with egg salad, tuna salad or smash)

- Vegan butter
- Vegan mayo
- Vegan pesto

Dressing for your (side) salad

- Vegan mayo
- Balsamic dressing
- White wine vinegar & lemon dressing
- Pesto

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Veggies & garnish

- Cucumber
- Tomato
- Sundried Tomato
- Bell Pepper
- Avocado
- Pickles
- Pickled onions
- Boiled egg
- Seeds (pine nuts, sunflower & pumpkin)
- Grilled veggie mix (bell pepper, zucchini, eggplant, green bean)

Good to know:

All our cheeses are free from lactose.

The pesto is both vegan and low fodmap.

Our mayonaise is vegan & free of eggs.

Our avocado smash is vegan.

We do not serve vegan alternatives for meat, fish, or eggs.

If it sounds like an animal, it probably is.

We do have vegan cheese.

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Toasties

Standard with aged cheese. Would you prefer old, Parmezan or Vegan?

Write it down!

- Ham
- Cheese
- Cheese & ham
- Cheese & Serranoham
- Cheese & smoked chicken
- Cheese & smoked salmon

Other options – grilled

- Vegan pesto
- Vegan butter
- Tomato
- Avocado

On the side

- Tomato ketchup
- Curry ketchup
- Vegan mayonaise

Side salad – recommended with Toasties

Pick your own veggies from the list, to go with our standard lettuce and cucumber.

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Children's menu – up to age 10

Sandwich € 7.50

Small size

Savory:

Small version of our lunch menu

Sweet:

Chocolate, sprinkles, jam

Fresh fruit € 3.75

Bowl of seasonal fruit

For even smaller children

Slice of bread or cracker € 5.00

with vegan chocospread or cream cheese

Olvarit / Organix fruit smoothie € 1.50

Olvarit Apple & banana (6m)

Organix Pear & raspberry (6m)

PLEASE DO NOT BRING YOUR OWN FOOD IN HERE!

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Arrangements

KOSelige Tea **pp € 15.00**
A steaming glass of tea combined with a selection of our homemade sweets.

KOSelige High Tea **pp € 30,00**
Two steaming glasses of tea combined with a selection of homemade sweet and savory bites.

KOSelig birthday party **pp € 8.00**
Come celebrate your birthday at KOSelig. Decorate your own poffertjes, cupcake or brownie. Includes unlimited lemonade (from syrup) or tap water.

NOTE:

* Teas must be booked at least 3 weekdays in advance and are available from 2 people.

* Birthday parties must be booked at least a week in advance.
Booked numbers are final.

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Allergen information

This page holds the most vital pieces of information, namely allergens and possible traces. Please visit www.kos-elig.nl for more information. Or feel free to ask us about our products.

All homemade cakes, cupcakes and cookies

May contain traces of soy & contain psyllium fibers.

Bread

All bread may contain traces of soy, sesame seeds, lupine and egg.
Grainy bread contains sesame seeds.

Wraps

Old El Paso wraps contain amaranth flower.
Schär wraps contain soy proteins.

Mayonaise (used in egg salad, tuna salad & smash)

Our vegan mayonnaise contains mustard.

Pesto

Garlic infused oil (aroma), basil, vegan Parmesan and pine nuts.

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