

# MENU

## GOOD MORNING. IT'S ORGANIC!

90-100% ORGANIC

### BUFFET - DKK 75

(Children 2-10 years DKK 50)

Sourdough wheat bread, coarse rye bread & MIB Naturlig - Nordic charcuterie - Danish cheeses - homemade marmalade & fruit compote - oatmeal, cornflakes & branflakes - fresh cow's milk & oat milk - freshly cut fruit - soft boiled eggs - freshly brewed organic coffee and selection of teas - water with mint, citrus or cucumber

### MIB GOOD MORNING DKK 50

Bread roll with butter and cheese & MIBapple juice

## VEGGIE

N = CONTAINS NUTS / L = CONTAINS LACTOSE / G = CONTAINS GLUTEN

### COLD VEGGIE

**NORDIC FALAFEL** - with hemp and onions  
Falafel, cabbage salad, grilled roots, confit tomato and MIB pesto (N & L)...**DKK 75**

### NORDIC LOW CARB

Avocado, cabbage, spinach, Danish cereals (G), beans, nuts (N), organic eggs, buttermilk cheese (L) and curry hummus...**DKK 75**

### HOT VEGGIE

### 5' GRAIN OTTO

Danish 5 grain mix (G), mushrooms, Danish cheese (L), grilled veggies, frisee salad & lemon...**DKK 95**

### MIB VEGGIE GRILL

Sweet potato, courgette, onion, grilled pepper & tomato relish, roasted kernels and hemp seeds...**DKK 95**

### VEGGIE POT

Chickpeas, tomato, carrot, garlic, lentils, portobello & Danish cheese (L)...**DKK 95**

## PIZZA

### STANDARD

Tomato, mozzarella, fresh herbs, black pepper and cold pressed rapeseed oil...**DKK 85**

### ROMEO

Tomato, mozzarella, fresh ham, pineapple, buttermilk cheese, roasted peppers and herbs...**DKK 85**

### HR. NIELSEN HAM

Tomato, mozzarella, air-dried ham, cherry tomatoes and Danish rocket...**DKK 85**

## SMØRREBRØD

### CHICKEN SALAD

Crispy pancetta, apples, crispy skin and artichoke crisps

### ROAST BEEF

Pickles, crispy onions and fresh horseradish

### HAND PEELED SHRIMP

Soft boiled eggs, crispy rye and dill mayo

### SMOKED SALMON

Apple, fresh fennel and horseradish

### POTATO

Chive emulsion, crispy onions and parsley

1 PIECE **38 DKK** / 3 PIECES **95 DKK**

## SANDWICH

MADE ON SOURDOUGH AND  
"ØLANDS" WHEAT BREAD

### COLD SMOKED SALMON

Dill cream, asparagus, herbs and radishes...**DKK 65**

### DANISH CHICKEN

Mustard, heart salad, dry salted bacon and tomato relish...**DKK 65**

### PORK ROAST SANDWICH

Crisp roast pork, raw marinated red cabbage, pickled cucumbers, fresh apples and mustard mayo...**DKK 65**

### MARINATED POTATO

Potato, baked roots, chickpea puree and pickled onions... **DKK 65**

### RYE BREAD SANDWICH WITH AIR-DRIED BEEF

Pesto, kimchi, spinach and Danish cheese... **DKK 65**

## BEVERAGES

VEGGIE JUICE

### MIB POP-EYE DOC

Apple - ginger - carrot - spinach...**DKK 45**

### BOOK1 RED

Beetroot - carrot - kale - orange - ginger...**DKK 45**

MIB APPLEJUICE...**DKK 25**

MIB ORANGE JUICE...**DKK 39**

### MIB SPRING WATER

still/sparkling...**DKK 20**

### MIBPIZZA

GOURMET PIZZA  
ON SOURDOUGH  
BASES FROM  
MIB BAKERY -  
BAKED IN STONE  
OVEN

### OX

Tomato, mozzarella, braised beef in chili and garlic, pickled mushrooms, spinach and herbs...**DKK 85**

### SALAMI "SLIGHTLY STRONG"

Tomato, mozzarella, free range pork salami, fresh chili, olives and cucumber relish...**DKK 85**

### POTATO AND CHEESE

Rapeseed oil, potato, mozzarella, Danish goat cheese and fresh herbs...**DKK 85**

## GRILL

FROM THE "PIRA" CHARCOAL OVEN

### MIBBURGER MENU

Danish beef, estragon mayo, tomato chutney, heart salad, pickled red onion, west sea cheese + side of MIB fries and 1 optional dip...**DKK 95**

### MEAT AND FISH

### NORDIC SALMON...**DKK 85**

**CHICKEN** - with grilled lemon and thyme...**DKK 85**

**RIB-EYE** - from Himmerland (300 gr.)...**DKK 175**

**ENTRECOTE** - from Himmerland (250 gr.)...**DKK 145**

**BEEF SHORT RIBS** (400 gr.)...**DKK 145**

### SIDEDISHES

**MIB FRIES...DKK 25**

### CRUSHED

Crushed potatoes in browned butter and herbs...**DKK 35**

### UNDERGROUND

Baked celery puree, grilled ground fruits and pickled beets...**DKK 35**

### OVERGROUND

Kimchi and grilled above-ground greens...**DKK 35**

### FRESH

Green salad in creamy dressing with Danish cheese & crispy croutons...**DKK 35**

### SAUCES

(optional sauce for each dish)

Bearnaise / red wine / parsley tapenade

### DIPS...DKK 15

Wild garlic mayo / Truffle mayo / MIB pesto

