



LUNCH WEEK 7

Lunch 150kr

Monday

Chicken – tomato – artichoke - parmesan
Veg: Cauliflower – carrot – sunflower -
parsley

Tuesday

Fish patty – shellfish – lemon - dill
Veg: Zucchini – lingonberries – cabbage -
butter

Wednesday

Roast beef – sherry – cassis – mushroom
Veg: Swede – mustard – apple - oumph

Thursday

Salisbury steak – capers – beets – gravy
Veg: Mushroom – cabbage – french beans -
cassis

Friday

Pork cheek – Dijon – tarragon - celeriac
Veg: Tomato – chili – tofu - beans

Soup of the day 120kr
Changes every few days

Always at Lokal 4

Lokal 4's beef tartar 185kr
Ground flank, fried shallots,
crispy chicken skin, tarragon emulsion,
parmesan and fries

Lokal 4's "beet tartare" 165kr
Grated and pickled beets, fried shallots,
crispy rice paper, tarragon emulsion,
parmesan and fries

Salad, bread, cream cheese
and coffee included
Ask the staff for allergies
Kitchen is open 11.30-13.30

