

## THE MORE YOU KNOW

On the plates at Le Batat, you can find the highest quality ingredients from **local producers**<sup>1</sup>. Seasonal, varied, healthy and nutritionally rich, they combine modern ideas and the tradition of Međimurje.

Some of our healthy dishes are **made entirely by ourselves**<sup>2</sup> in our kitchen.

Our concern for health and the desire to introduce healthy and quality ingredients led us to find local producers who consider **ecological and biodynamic**<sup>3</sup> agriculture **their mission and vow**. It is these ingredients of the healthiest possible origin that guarantee each of our guests the best for their body.

In order to emphasize every taste of certain dishes on this menu, our chefs use herbs from **our own biodynamic garden**<sup>4</sup>, which is located right next to the restaurant.

All desserts in our restaurant can be enjoyed guilt-free, as they are all homemade and handmade, with the highest quality local ingredients and **without artificial sweeteners and flavour enhancers**<sup>5</sup>.

Our restaurant has a Halal certificate and thus we guarantee a special preparation of ingredients in accordance with prescribed standards of Islam.

The selection of vegan dishes is rich, and they are marked with this label: 

Gluten-free dishes are identified by this label: 

Local ingredients are used in all our dishes which are marked with this label: 

Homemade dishes made in our kitchen are identified by this label: 

**1 0 km policy.**

**3 Biodynamics is a holistic, ecological and ethical approach to agriculture, gardening and food with an emphasis on vitality.**

**4 Ask our staff for directions.**

**2 Hand-made torn pasta, gnocchi and noodles.**

**5 We add local honey to our desserts!**

## INSTRUCTIONS FOR USING THE MENU

- 1.** There is information about allergens in the restaurant, and you can request the allergen card from our staff.
- 2.** While thinking and combining the perfect meal, we suggest a healthy version of sweet potato chips with homemade dip, both prepared in our kitchen.
- 3.** The next step is to combine the dishes according to your preferences, because at Le Batat everyone creates their own meal combinations. We are especially known for our bowl of health - the Healthness bowl and soups adapted to a vegan diet, without dairy products, based on natural and plant-based ingredients.
- 4.** The main dish can be combined with any side dish and sauce, and as a side or separate dish we recommend homemade hand-torn pasta made by our most experienced chefs and which serve as a great base for all sauces.
- 5.** For the youngest guests, we prepared a special menu with Marti and Martina's favourite dishes. Just one note - nothing here is fried, but we have all the healthy alternatives to the most popular children's meals. :)



Feelings are for the SOUL,  
what food is for the BODY.

*Dr. Rudolf Steiner.*

# Le Batat

HEALTHY DINING

## MENU

The human body has the power of  
SELF-HEALING  
- it only needs  
a little help from  
NATURE.

*Dr. Rudolf Steiner*

VAT is included in the prices. We reserve the right to change prices. The price list is valid from 7th of April 2023. For terms of business and services that are not listed, the regular terms and conditions from the official price list of Terme Sveti Martin, which is valid from 1st of January 2023., apply. All prices stated in € are converted according to the fixed conversion rate 1 € = 7,53450 HRK. We do not serve alcohol to persons under the age of 18.

## GREETINGS FROM THE KITCHEN

### Homemade sweet potato chips with yogurt dip

locally grown sweet potato, herbs from our biodynamic garden



1. base: rice or millet or quinoa or buckwheat or Chinese noodles
2. legumes: lentils or chickpeas or red beans
3. seeds & nuts: pumpkin or sesame or walnuts or sunflower
4. fresh vegetables: tomatoes, cucumbers, bell pepper
5. grilled vegetables: zucchini, carrots, cabbage, sweet potato

4,50 € | 33,91 kn



## SALADS FOR HEALTH

### the real Steiner's

grapefruit, orange, radicchio, lettuce, seasonal fruits, sunflower seeds, pumpkin seeds, sesame seeds

4,90 € | 36,92 kn



### Caesar salad from Medimurje

iceberg lettuce, homemade yogurt dressing, sweet potato, parmesan, croutons

4,90 € | 36,92 kn



### vitamin C explosion

lettuce, white cabbage, red cabbage, radicchio, seasonal fruits, roasted hazelnuts

4,90 € | 36,92 kn



### a little bit of everything

lettuce, mini tomatoes, fresh cabbage, sweet corn

4,90 € | 36,92 kn



## HOMEMMADE SPREADS

### chickpea



### sweet potato



### beetroot



### Spread trio and homemade flatbread

9,90 € | 74,59 kn



\*All spreads come as an extra to the Healthness bowl and are included in the price. Try the spread trio as an appetizer with homemade flatbread.

## EXTRAS FOR THE BOWL, SALADS, PASTA, RICE & KASHA

tofu	chicken	strip steak
6,90 € 51,99 kn	4,90 € 36,92 kn	7,90 € 59,52 kn

fresh cheese	homemade croutons	homemade flatbread
2,90 € 21,85 kn	1,90 € 14,32 kn	2,90 € 21,85 kn

seeds: sunflower or pumpkin or sesame	nuts: roasted hazelnuts or almonds or walnuts	dried fruit: cranberries or dates or raisins
2,90 € 21,85 kn	2,90 € 21,85 kn	2,90 € 21,85 kn

## HOMEMMADE DRESSINGS

### lemon and lemon pepper

3,90 € | 29,38 kn



### yogurt

3,90 € | 29,38 kn



### creamy with garlic

3,90 € | 29,38 kn



### mustard

3,90 € | 29,38 kn



### sweet beetroot

4,90 € | 36,92 kn



### nutritious pumpkin

4,90 € | 36,92 kn



### mushrooms from Medimurje

4,90 € | 36,92 kn



### orange sweet potato and red lentil

4,90 € | 36,92 kn



### all kinds of healthy vegetables

3,50 € | 26,37 kn



\*surcharge for homemade grated noodles (not vegan):  
1,90 € | 14,32 kn



\*Soups are vegan, the vegetable one is clear, all others are completely creamy. :)

## HOMEMADE SOUPS

## COMBINE MAIN AND SIDE DISHES AS YOU WISH

### Beef steak

30,90 € | 232,82 kn



### Pan roasted honey turkey steak

11,90 € | 89,66 kn



### Duck breast with orange sauce

25,90 € | 195,14 kn



### Perch from Mura breaded in pumpkin seeds

19,90 € | 149,94 kn



### Grilled tofu steak marinated in soy sauce

8,90 € | 67,06 kn



### Mushrooms stuffed green ravioli with spinach sauce

9,90 € | 74,59 kn



### Quinoa stuffed bell peppers

9,90 € | 74,59 kn



### Colourful grilled vegetables and sweet potato with soy sauce

2,90 € | 21,85 kn



### Sweet potato and celery cream purée

5,90 € | 44,45 kn



### Sweet potato and mixed vegetable ratatouille

2,90 € | 21,85 kn



### Stewed cabbage with apples from Medimurje, homemade jam and honey

3,90 € | 29,38 kn



### Sweet potato and seasonal vegetables healthy fries

3,90 € | 29,38 kn



\*In addition to this offer, check out the combinations of pasta with some of the homemade sauces as a possible side dish to the main dishes.

## PASTA COMBINED WITH HOMEMMADE SAUCE

9,90 € | 74,59 kn

### Tri colori gnocchi



### Spinach noodles



### Pumpkin noodles



### Homemade hand-torn pasta



### creamy with homemade cheese



### sweet tomato and basil



### fresh local spinach



### light cream and local mushrooms



## RICE & KASHA

9,90 € | 74,59 kn

### Kashoto (mix of grains)



### Sweet potato risotto



### Mushroom risotto



\*We make our own noodles, gnocchi and hand-torn pasta, and all of their ingredients are locally produced under our caring supervision. It is possible to order a combination of pasta with homemade sauce, rice and kasha as a side dish to one of the main dishes at the price of:

4,95 € | 37,30 kn

## CHEF'S RECOMMENDATION

### homemade pasta with Medimurje game sauce

13,90 € | 104,73 kn



### homemade pasta with light trout sauce

12,90 € | 97,20 kn



## DID SOMEONE SAY "SWEET"?

### House speciality: Falat cake or chocolate cake

3,90 € | 29,38 kn



### The real Medimurska gibanica

5,90 € | 44,45 kn



### Grandma's old recipe hazelnut and caramel tart

4,90 € | 36,92 kn



### Refreshing raspberry cake

3,90 € | 29,38 kn



### Raw blueberry cake

5,90 € | 44,45 kn



\*We make the desserts ourselves using only local ingredients and homemade honey as a healthy alternative to sugar, except for our blueberry cake, which is prepared only with vegan ingredients.