

THE MORE YOU KNOW

On the plates at Le Batat, you can find the highest quality ingredients from **local producers**¹. 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**² 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**³ **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**⁴, 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**⁵.

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: GF

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

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.

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

GREETINGS FROM THE KITCHEN

Homemade sweet potato chips with yogurt dip

locally grown sweet potato, herbs from our biodynamic garden



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

6,90 €

51,99 kn



chicken

4,90 €

36,92 kn



strip steak

7,90 €

59,52 kn



fresh cheese

2,90 €

21,85 kn



homemade croutons

1,90 €

14,32 kn



homemade flatbread

2,90 €

21,85 kn



seeds: sunflower or pumpkin or sesame

2,90 €

21,85 kn



nuts: roasted hazelnuts or almonds or walnuts

2,90 €

21,85 kn



dried fruit: cranberries or dates or raisins

2,90 €

21,85 kn



HOMEMMADE DRESSINGS

lemon and lemon pepper

3,90 € | 29,38 kn



creamy with garlic

3,90 € | 29,38 kn



mustard

3,90 € | 29,38 kn



yogurt

3,90 € | 29,38 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



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. :)

COMBINE MAIN AND SIDE DISHES AS YOU WISH

Beef steak

30,90 € | 232,82 kn



Colourful grilled vegetables and sweet potato with soy sauce

2,90 € | 21,85 kn



Pan roasted honey turkey steak

11,90 € | 89,66 kn



Sweet potato and celery cream purée

5,90 € | 44,45 kn



Duck breast with orange sauce

25,90 € | 195,14 kn



Sweet potato and mixed vegetable ratatouille

2,90 € | 21,85 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



Stewed cabbage with apples from Medimurje, homemade jam and honey

3,90 € | 29,38 kn



Mushrooms stuffed green ravioli with spinach sauce

9,90 € | 74,59 kn



Sweet potato and seasonal vegetables healthy fries

3,90 € | 29,38 kn



Quinoa stuffed bell peppers

9,90 € | 74,59 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 specialty: 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



Healthy "deconstructed" Medimurska gibanica

5,90 € | 44,45 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.