



LUNCH MENU

MARMARA CAMPUS



SARDUNYA

Seasonal Organik Vegetarian Vegan

DATE	MEXICAN DAY	AMERICAN DAY	MEDITERRANEAN DAY	ASIAN DAY	1/9/2023
DAY	MEXICAN DAY	AMERICAN DAY	MEDITERRANEAN DAY	ASIAN DAY	TURKISH DAY
SNACK	ROLL PASTRY WITH POTATO AND OATMEAL(1,3,7) V	CROISSANT (1,3,7) V	PASTRY WITH OLIVE(1,3,7) V	OATMEAL BAGEL (1,3,7) V	ROLL PASTRY WITH CHEESE(1,3,7) V
FRUIT	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV
LUNCH					
SOUP	VEGETABLE SOUP V (1,7)	CARROT SOUP VV	ORGANIC LENTIL SOUP VV	ZUCCHINI SOUP VV	TARHANA SOUP (1,7) V
MAIN MEAT DISH	TURKEY MEAT WITH MEXICAN SAUCE (6,9)	SHEPHERD'S PIE (1,7)	BEEF WITH CAFE DE PARIS SAUCE	DAKORITANG WITH TURKEY MEAT(8)	ORGANIC HARBICOT BEAN DISH WITH MEAT
GARNITURE	STEAMED BROCCOLI WITH CARROT VV	OVEN MIXED VEGETABLES VV	STEAMED PEA WITH ORBIT BEAN AND CORN VV	OVEN MIXED VEGETABLES VV	STEAMED BROCCOLI WITH CARROT VV
MAIN VEGETARIAN DISH	SPINACH SOUFFLE WITH CHESE V (1,3,7)	VEG. SHEPHERD'S PIE WITH GREEN LENTIL (1,7) V	RATATOUILLE WITH CHEESE VV	VEGETARIAN DAKTORITANG VV	ORGANIC COWPEA DISH VV
SIDE DISH	ORGANIC PASTA WITH TOMATO SAUCE (1) V	CAULIFLOWER FRIES (3) V	MASHED POTATO (7) V	KOREAN RICE PILAFF (7) V	ORGANIC BULGUR PILAFF (1) VV
DESSERT	MOSCAI CAKE (1,7) V	DONUT(1,3,7) V	PANNA COTTA WITH BLACKBERRY (1,3,7) V	ICE CREAM (7) V	HAND MADE MIX FRUIT JUICE (1) V
FRUIT	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV
SALAD BAR					
STANDART	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV
SALAD BAR	LETTUCE VV	LETTUCE VV	LETTUCE VV	LETTUCE VV	LETTUCE VV
	CHERRY TOMATO VV/CUCUMBER VV	CHERRY TOMATO VV	CHERRY TOMATO VV	CHERRY TOMATO VV	CHERRY TOMATO VV
	ORGANIC COUSCIOUS SALAD WITH PEPPER VV	CARROT VV	PHAZ VV	CARROT VV	CARROT VV
	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)
	CORN VV	LENTIL BALL VV	RED BEET SALAD VV	YOGURT V (7)	YOGURT V (7)
SALAD SAUCE	COLESLAW (3,7) V	ORGANIC TABULE VV	PASTA SALAD WITH GARNITURE (1) V	RADISH SALAD VV	EGG SALAD (3) V
	HUMMUS VV	AMERICAN SALAD V (3,7,12)	EGG SALAD V (3)	TUNA (4)	CUCUMBER PICKLE VV
	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V
BREAD STORE	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V
	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V
DATE	4/9/2023	5/9/2023	6/9/2023	7/9/2023	8/9/2023
DAY	MEXICAN DAY	AMERICAN DAY	MEDITERRANEAN DAY	ASIAN DAY	TURKISH DAY
SNACK	ROLL PASTRY WITH POTATO AND OATMEAL(1,3,7) V	CROISSANT (1,3,7) V	PASTRY WITH OLIVE(1,3,7) V	OATMEAL BAGEL (1,3,7) V	ROLL PASTRY WITH CHEESE(1,3,7) V
FRUIT	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV
LUNCH					
SOUP	VEGETABLE SOUP V (1,7)	CARROT SOUP VV	ORGANIC LENTIL SOUP VV	ZUCCHINI SOUP VV	TARHANA SOUP (1,7) V
MAIN MEAT DISH	TURKEY MEAT WITH MEXICAN SAUCE (6,9)	SHEPHERD'S PIE (1,7)	BEEF WITH CAFE DE PARIS SAUCE	DAKORITANG WITH TURKEY MEAT(8)	ORGANIC HARBICOT BEAN DISH WITH MEAT
GARNITURE	STEAMED BROCCOLI WITH CARROT VV	OVEN MIXED VEGETABLES VV	STEAMED PEA WITH ORBIT BEAN AND CORN VV	OVEN MIXED VEGETABLES VV	STEAMED BROCCOLI WITH CARROT VV
MAIN VEGETARIAN DISH	SPINACH SOUFFLE WITH CHESE V (1,3,7)	VEG. SHEPHERD'S PIE WITH GREEN LENTIL (1,7) V	RATATOUILLE WITH CHEESE VV	VEGETARIAN DAKTORITANG VV	ORGANIC COWPEA DISH VV
SIDE DISH	ORGANIC PASTA WITH TOMATO SAUCE (1) V	CAULIFLOWER FRIES (3) V	MASHED POTATO (7) V	KOREAN RICE PILAFF (7) V	ORGANIC BULGUR PILAFF (1) VV
DESSERT	MOSCAI CAKE (1,7) V	DONUT(1,3,7) V	PANNA COTTA WITH BLACKBERRY (1,3,7) V	ICE CREAM (7) V	HAND MADE MIX FRUIT JUICE (1) V
FRUIT	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV
SALAD BAR					
STANDART	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV
SALAD BAR	LETTUCE VV	LETTUCE VV	LETTUCE VV	LETTUCE VV	LETTUCE VV
	CHERRY TOMATO VV	CHERRY TOMATO VV	CHERRY TOMATO VV	CHERRY TOMATO VV	CHERRY TOMATO VV
	CUCUMBER VV	CARROT VV	PHAZ VV	CARROT VV	CARROT VV
	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)
	CORN VV	LENTIL BALL VV	RED BEET SALAD VV	YOGURT V (7)	YOGURT V (7)
SALAD SAUCE	COLESLAW (3,7) V	ORGANIC TABULE VV	PASTA SALAD WITH GARNITURE (1) V	RADISH SALAD VV	EGG SALAD (3) V
	HUMMUS VV	AMERICAN SALAD V (3,7,12)	EGG SALAD V (3)	TUNA (4)	CUCUMBER PICKLE VV
	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V
BREAD STORE	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V
	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V
DATE	11/9/2023	12/9/2023	13/9/2023	14/9/2023	15/9/2023
DAY	MEXICAN DAY	AMERICAN DAY	MEDITERRANEAN DAY	ASIAN DAY	TURKISH DAY
SNACK	CAKE WITH DILL(NOT SWEET)(1,3,7) V	BRIOCHE (1,3,7) V	OATMEAL BAGEL (1,3,7) V	SPINACH PASTRY (1,3,7) V	FINGER PASTRY (1,3,7) V
FRUIT	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV
LUNCH					
SOUP	TOMATO SOUP (7) V	VEGETABLE SOUP V (1,7)	ORGANIC LENTIL SOUP VV	ORGANIC LEGUMES SOUP VV	TUTMAG SOUP (1,7) V
MAIN MEAT DISH	TURKEY MEAT FATITA / GUACAMOLE SAUCE VV	BEF HAMBURGER (1,3,7)	SPHAGETTI, BOLOGNESE SAUCE WITH CHEESE (1,3,7)	HAMBAK STEAK (1,3,7)	ORGANIC CHICKEN SISH KEBAP
GARNITURE	STEAMED BROCCOLI WITH CARROT VV	BAKED POTATO VV	STEAMED BROCCOLI VV	OVEN MIX VEGETABLES VV	STEAMED CAULIFLOWER WITH ORBIT BEAN VV
MAIN VEGETARIAN DISH	VEGETABLE FATITA WITH MEXICAN BEANS VV	VEGGIE BURGER (1,3,7,12) V	SPHAGETTI, TOMATO SAUCE WITH CHEESE (1,3,7) V	BEAN BURGER (1,3,7) V	ORGANIC HARBICOT BEAN DISH VV
SIDE DISH	RED PEPPER WITH CHESE VV	STEAMED VEGETABLE VV	ORGANIC COWPEA DISH PEAS AND CARROT VV	ORGANIC RICE (1) VV	ORGANIC BULGUR PILAFF (1) VV
DESSERT	SOPAPILLA CHEESECAKE PIE(1,3,7)	STUNNED POTATO VV	ZEPPLE(1,3,7) V	ICE CREAM (7) V	KADAYIF WITH MUHALLEBI (1,7) V
FRUIT	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV
SALAD BAR					
STANDART	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV
SALAD BAR	LETTUCE VV	LETTUCE VV	LETTUCE VV	LETTUCE VV	LETTUCE VV
	CHERRY TOMATO VV	CHERRY TOMATO VV	CHERRY TOMATO VV / CUCUMBER VV	CHERRY TOMATO VV	CHERRY TOMATO VV
	CUCUMBER VV	CARROT VV	CHEEK SALAD (3) V	CARROT VV	CARROT VV
	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)
	YOGHURT V (7)	ARUGULA SALAD V	CUCUMBER PICKLE VV	TUNA (4)	CACK K (7) V
SALAD SAUCE	SUNNY EGG (3) V	HUMMUS VV	EGG SALAD V (3)	POTATO SALAD (12) VV	RED BEET SALAD VV
	RED BEET SALAD (7)	AMERICAN SALAD V (3,7,12)	PURSILANE SALAD VV	SUNNY EGG (3)	ORGANIC GREEN LENTIL SALAD VV
	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V
BREAD STORE	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V
	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,3,7) V	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V
DATE	18/9/2023	19/9/2023	20/9/2023	21/9/2023	22/9/2023
DAY	MEXICAN DAY	AMERICAN DAY	MEDITERRANEAN DAY	ASIAN DAY	TURKISH DAY
SNACK	PASTRY STICKS WITH OLIVE (1,3,7) V	OATMEAL COOKIE (1,3,7) V	BOREK WITH SPINACH (1,3,7) V	OATMEAL BAGEL (1,3,7) V	SPINACH PASTRY (1,3,7) V
FRUIT	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV
LUNCH					
SOUP	VEGETABLE SOUP V	ORGANIC LENTIL SOUP VV	EZOGELIN SOUP (1) V	TOMATO SOUP WITH CHEESE (7) V	TARHANA SOUP V
MAIN MEAT DISH	CHILI CON CARNE	TURKEY SCHNITZEL (1,3)	PIZZA WITH SMALL MEATBALLS (1,3,7)	KARAGEE JAPANESE FRIED ORGANIC CHICKEN	HUNKAR BEGENDI / EGGPLANT MASHED V (7)
GARNITURE	OVEN POTATO SALUTE WITH PEPPERS VV	STEAMED MIXED VEGETABLE VV	ZUCCHINI WITH CORN VV	OVEN GREEN BEAN WITH CARROT VV	BOILED CAULIFLOWER WITH ORBIT BEANS VV
MAIN VEGETARIAN DISH	CHILI SNR CARNE VV	ORGANIC CHICKPEA DISH WITH MUSHROOMS VV	VEGETABLE PIZZA WITH MUSHROOM(1,3,7) V	ORGANIC CHICKPEA DISH VV	ORGANIC GREEN LENTIL DISH VV
SIDE DISH	ORGANIC RICE VV	WHOLE WHEAT PASTA (1) VV	STEAMED VEGETABLE VV	ORGANIC RICE VV	ORGANIC BULGUR PILAFF (1) VV
DESSERT	CHOCOLATE PUDDING (1,7) V	MAGNOLIA WITH STRAWBERRY (1,3,7) V	TIRAMISU (3,7) V	HAND MADE MIX FRUIT JUICE VV	REVANI WITH MUHALLEBI (1,7) V
FRUIT	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV
SALAD BAR					
STANDART	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV
SALAD BAR	LETTUCE VV	LETTUCE VV	LETTUCE VV	LETTUCE VV	LETTUCE VV
	CHERRY TOMATO VV	CHERRY TOMATO VV	CHERRY TOMATO VV	CHERRY TOMATO VV	CHERRY TOMATO VV
	CUCUMBER VV	CARROT VV	PHAZ VV	CARROT VV	CARROT VV
	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)
	YOGHURT V (7)	HUMMUS VV	YOGHURT VV (7)	CARROT TABATOR V (7)	PICKLE VV
SALAD SAUCE	EGG SALAD (3)	AMERICAN SALAD V (3,7,12)	EGG SALAD V (3)	QUINOA SALAD VV	YOGHURT (7) V
	PURSILANE SALAD VV	TUNA (4)	RED BEET SALAD (7)	RED BEET SALAD VV	HUMMUS VV
	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V
BREAD STORE	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V
	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,3,7) V	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V
DATE	25/9/2023	26/9/2023	27/9/2023	28/9/2023	29/9/2023
DAY	MEXICAN DAY	AMERICAN DAY	MEDITERRANEAN DAY	ASIAN DAY	TURKISH DAY
SNACK	ZUCCHINI SOUP V	ORGANIC LENTIL SOUP (1) V	BORSCHT SOUP (1) VV	TOMATO SOUP AND CHEESE V	EZOGELIN SOUP (1) VV
FRUIT	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV
LUNCH					
SOUP	TURKEY MEAT WITH CREAM SAUCE (7)	TURKEY MEAT FINGER (1,3,7)	BEEF WITH CAFE DE PARIS SAUCE	NIKUJAGA (6)	MEATBALLS WITH VEGETABLE (1,3,7)
MAIN MEAT DISH	OVEN BROCCOLI WITH CARROT VV	STEAMED CAULIFLOWER WITH PEPPER VV	OVEN ZUCCHINI WITH CORN VV	EDAMAME VV	STEAMED BROCCOLI WITH CARROT VV
GARNITURE	VEG. QUESADILLAS W. MEXICAN BEANS (1,7) V	SPINACH SOUFFLE (1,7) V	RATATOUILLE WITH CHEESE VV	CAULIFLOWER, CHICKPEA AND ORANGE SAUCE VV	ORGANIC HARBICOT BEAN VV
MAIN VEGETARIAN DISH	ORGANIC RICE VV	BAKED POTATO VV	ORGANIC BULGUR PILAFF VV	NOODLE WITH VEGETABLES VV	ORGANIC PASTA (1) VV
SIDE DISH	ORGANIC RICE VV	ICE CREAM (7) V	APFELSTRUDEL(1,3,7) V	HAND MADE MIX FRUIT JUICE VV	ORGANIC PASTA (1) VV
DESSERT	TRES LECHES CAKE (1,3,7) V	FRUIT VV	FRUIT VV	FRUIT VV	KADAYIF WITH MUHALLEBI (1,7) V
FRUIT	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV	FRUIT VV
SALAD BAR					
STANDART	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV	MEDITERRANEAN GREENS VV
SALAD BAR	LETTUCE VV	LETTUCE VV	LETTUCE VV	LETTUCE VV	LETTUCE VV
	CHERRY TOMATO VV	CHERRY TOMATO VV	CHERRY TOMATO VV	CHERRY TOMATO VV	CHERRY TOMATO VV
	CUCUMBER VV	CARROT VV	PHAZ VV	CARROT VV	CARROT VV
	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)	CHEESE V (7)
	PICKLE VV	YOGHURT V (7)	PICKLE VV	YOGHURT V (7)	PICKLE VV
SALAD SAUCE	COLESLAW (3,7) V	ORGANIC TABULE VV	ORGANIC TABULE VV	RADISH SALAD VV	LENTIL BALL VV
	HUMMUS VV	AMERICAN SALAD V (3,7,12)	BOILED EGG V (3)	TUNA (4)	PICKLE VV
	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V	VINAIGRETTE SAUCE (3,10,12) & SLICE LEMON V
BREAD STORE	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V	THOUSAND ISLAND SALAD SAUCE (10) V
	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V	WHOLE WHEAT BREAD (1,7) V



NIKUJAGA (6)
BORSCHT SOUP (1) VV
APFELSTRUDEL (1,3,7) V
KARAGEE JAPANESE FRIED ORGANIC CHICKEN

potato, meat, onion, green vegetable, soy sauce, carrot
onion, garlic, carrot, beetroot, peas, cream
flour, milk, egg, apple, dried grape, sugar, powdered sugar
organic chicken, cornstarch, soy sauce, ginger

AUTHENTIC THAI BASIL TURKISH MEAT
HAMBAK STEAK (1,3,7)
AGMA (1,7) V
ŞAŞLIKA VV

turkey meat, garlic, pepper, oyster sauce, soy sauce, basil
meat, egg, parsley, tomato, soy sauce, bbq sauce
flour, eggs, yeast, sugar, salt
eggplant, potatoes, zucchini, tomatoes, peppers, organic tomato paste