

Week # 42 Menu at Soho 19 – 23 October 2026

Please order from the website or send the Excel file (you can have it sent to you from us)

Orders must be received before 9.30 am, if later Pick up 11.30-12 (call if you do not receive confirmation)

Main course kr 2890 .. Soup kr 650 , Fruit box kr 540 , Cake kr 540. Bread and pesto 450

Side salad kr 400 **Eat in the hall At Soho kr 3.790,-** Open for food 11:30-13:00 +/-

Nesvellir kr 1950 for residents of Nesvellir and Febs / others 3790 / **the public can also eat Soho food at Nesvellir**

Note: The menu is subject to change, please check the website [on Soho](http://www.soho.is) before ordering

Monday October 19. October

Mushroom soup, Oatcake with apples, fruit box

Baked cod with cheese cream sauce and rice

Pig sweet & sour with rice

Tuesday 20. October

Vegetable tomato soup, Carrot cake, Fruit box

Baked salmon with vegetables, yogurt sauce and baby potatoes with salt and dill

Meatballs in brown sauce with vegetables and potato mousse

Wednesday 21. October

Asparagus soup, Toffee cake with caramel cream, Fruit box

Egg fried haddock in curry sauce with rice and chutney

Chicken pasta dish in Arrabiata sauce with parmesan and garlic bread

Thursday 22. October

Rice Porridge with cinnamon sugar. Oat apple cake, Fruit box

Stew, rye bread and butter

Grilled pork neck with hot BBQ, potato wedges and corn salad

Friday 23. October

Vegetable soup , Chocolate cake , Fruit box

Minced steak with onion, brown sauce, green beans and potato mousse

Grilled Arctic char with teriyaki and chili mayo vegetables and potato wedges