

EXPRES MENU

healthy food from the Czech Krkonoše Mountains, without chemicals, without gluten, cooking 3-5 min



storage



heating



no gluten



no E



One-serving meals with side dish:

Price

1. Butter chicken with basmati rice

9,90 €

Soft creamy Indian sauce with pieces of roasted chicken breast, seasoned with original garam masala, ginger, turmeric and coriander. The side dish is premium basmati rice

2. Paprika Chicken with pasta

9,90 €

Juicy pieces of chicken thigh meat, stewed until soft in an onion-based sauce with sweet pepper and cream. The side dish is rice flour fusilli

3. Bolognese sauce with fusili

9,90 €

Traditional Italian sauce made from ground beef, juicy tomatoes, root vegetables and herbs with a Mediterranean aroma. The side dish is pasta spindles made of rice flour

4. Pork risotto with vegetables

9,90 €

Risotto made of pork shoulder and parboiled rice, to which the fresh taste of tomatoes, peppers, onions and peas add

Two-serving meals:

Price

1. Beef goulash

9,90 €

Pieces of beef stewed until soft in an onion-based sauce with sweet pepper, doused in drawn broth, seasoned with garlic and marjoram

2. Paprika chicken

9,90 €

Juicy pieces of chicken thigh meat, stewed until soft in an onion-based sauce with sweet red pepper. The sauce is softened with cream

3. Bolognese sauce

9,90 €

Traditional Italian sauce made from ground beef, juicy tomatoes, root vegetables and herbs with a Mediterranean flavor

4. Pork with mashrooms

9,90 €

Lean pieces of pork shoulder in a creamy sauce with fresh mushrooms, softened with cream and butter

5. Czech chicken

9,90 €

Juicy pieces of chicken meat with onion, bacon, pepper sausage and cottage cheese

Soups:

Price

1. Chicken broth with vegetables

4,90 €

The basis of the soup is a slowly drawn broth with high-quality root vegetables and pieces of lean chicken

2. Beef broth with vegetables

4,90 €

Strong, slowly drawn broth with pieces of meat and root vegetables

3. Goulash soup

4,90 €

Hearty snack soup with pieces of beef and potatoes. The meat is fried on onions and peppers, covered with beef broth, the soup is seasoned with marjoram and garlic

4. Mashroom cream

4,90 €

Thanks to mushrooms sautéed with finely chopped onions and carefully selected spices, this hearty soup has an unmistakable, full flavor. Cream and butter give it softness



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Have you ever tried the EXPRESS MENU?

REAL21.travel prepared an offer of healthy and high-quality meals for you, which help people to use their time more effectively and not to make compromise on their healthy lifestyle at home or during a trip.

EXPRESS MENU is a Czech family company founded in 1999. With the help of the latest world technologies and the Czech cooking heart, it offers a good alternative for home cooking.

The secret of durability is in the patented CTP packaging technology - continuous thermal process. This process has only two ingredients: heat and no chemicals in the food.

Choose what you like, heat the contents from the pack for a few minutes in a pot or in the microwave, cook pasta as a side dish and enjoy.

You pay the price for consumption from the mini bar by transfer to our account, in cash upon departure, or it will be deducted from your deposit.

Did you know that EXPRESS MENU also produces food for space flights?



The use of living water.

Today's way of eating, which contains a large proportion of chemically modified products, leads to over-acidification of our body. This acidity has a negative effect on our body and the taste of food as well.

That is why we use so-called living water in our products. Thanks to its alkalinity, we can use 30% less salt and 20% less pepper without any change in the resulting taste.

Every honest cooking starts with a selection of quality ingredients.

We guarantee our customers that we do not use chemical additives (preservatives, fast salts, artificial sweeteners, stabilizers, dyes, etc.). Of course, this must also apply to the ingredients that we put in our meals, so for example, we have sausages produced in the traditional way by local butchers. It is practically impossible to buy a sausage today that does not contain fast salt and gluten.

In addition to quality, we also think of ecology. We make maximum use of local suppliers, and thanks to the shelf life, we can cook meals seasonally when the given ingredients are freshly harvested. We also thought about ecology when choosing to package. The dishes are packed in an innovative multi-layer barrier bag.

REAL21.travel

price list Express menu