

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









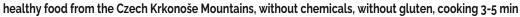




One-s	erving meals with side dish:	Price
. Bı	utter chicken with basmati rice	9,90 €
So	ft creamy Indian sauce with pieces of roasted chicken breast, seasoned with original garam masala, ginger, meric and coriander. The side dish is premium basmati rice	
	aprika Chicken with pasta	9,90 €
	icy pieces of chicken thigh meat, stewed until soft in an onion-based sauce with sweet pepper and cream. The side sh is rice flour fusilli	
. Вс	plognese sauce with fusili	9,90 €
	aditional Italian sauce made from ground beef, juicy tomatoes, root vegetables and herbs with a Mediterranean oma. The side dish is pasta spindles made of rice flour	
. Ро	ork risotto with vegetables	9,90 €
Ris	sotto made of pork shoulder and parboiled rice, to which the fresh taste of tomatoes, peppers, onions and peas add	
wo-s	erving meals:	Price
Pi∈	eef goulash eces of beef stewed until soft in an onion-based sauce with sweet pepper, doused in drawn broth, seasoned with rlic and marjoram	9,90 4
. <b>Pa</b> Jui	aprika chicken icy pieces of chicken thigh meat, stewed until soft in an onion-based sauce with sweet red pepper. The sauce is ftened with cream	9,90 ‡
. Вс	olognese sauce	9,90
	aditional Italian sauce made from ground beef, juicy tomatoes, root vegetables and herbs with a Mediterranean vor	
Po	ork with mashrooms	9,90 4
Le	an pieces of pork shoulder in a creamy sauce with fresh mushrooms, softened with cream and butter	
. Cz	zech chicken	9,90
Jui	icy pieces of chicken meat with onion, bacon, pepper sausage and cottage cheese	
Soups:		Price
. Cł	nicken broth with vegetables	4,90 €
Th	e basis of the soup is a slowly drawn broth with high-quality root vegetables and pieces of lean chicken eef broth with vegetables	4,90
	rong, slowly drawn broth with pieces of meat and root vegetables	
Go	oulash soup	4,90 =
	earty snack soup with pieces of beef and potatoes. The meat is fried on onions and peppers, covered with beef oth, the soup is seasoned with marjoram and garlic	
. М	ashroom cream	4,90
Th	anks 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















## 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 hones cooking starts with a selection of quality ingredients.

We guarantee out 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.