

Celiac(gluten-free) Specialties

Buckwheat- Energizing and nutritious, buckwheat is available throughout the year.

While many people think that buckwheat is a cereal grain, it is actually a fruit seed that is related to rhubarb and sorrel making it a suitable substitute for grains for people who are sensitive to wheat or other grains that contain protein glutens. Buckwheat flowers are very fragrant and are attractive to bees that use them to produce a special, strongly flavored, dark honey. Buckwheat's beneficial effects are due in part to its rich supply of flavonoids, particularly rutin. Flavonoids are phytonutrients that protect against disease by extending the action of vitamin C and acting as antioxidants. Buckwheat's lipid-lowering activity is largely due to rutin and other flavonoid compounds. These compounds help maintain blood flow, keep platelets from clotting excessively (platelets are compounds in blood that, when triggered, clump together, thus preventing excessive blood loss, and protect LDL from free radical oxidation into potentially harmful cholesterol oxides). All these actions help to protect against heart disease.

Buckwheat is also a good source of magnesium. This mineral relaxes blood vessels, improving blood flow and nutrient delivery while lowering blood pressure-the perfect combination for a healthy cardiovascular system.

Here are some meals made with buckwheat, so do enjoy them any you choose!

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| <i>300g Buckwheat risotto with aubergine, sun-dried tomatoes and artichokes, topped with parmesan cheese</i> | <i>6,30 €</i> |
| <i>350g Buckwheat pancakes made with sour cabbage and filled with with "bryndza" sheep cheese and served with sour cream</i> | <i>5,20 €</i> |
| <i>350g Buckwheat potato dumplings with „bryndza“ sheep cheese, bacon and chive, served with sour milk 0,25l</i> | <i>5,90 €</i> |
| <i>2pcs Buckwheat pancakes filled with rose-hip jam and covered with poppy seed spreading</i> | <i>3,80 €</i> |