



## Mandala Cafeteria

# Health not only for your stomach

Vegetarian, meatless and non-smoking Mandala Cafeteria in Hlinsko is situated on the embankment in the centre of the historical part of Hlinsko called Betlém. The facility is run with three main goals: healthy cooking, fresh local ingredients and food prepared with love. The cafeteria offers 27 seats and becomes more and more popular among satisfied customers.

The variety of food choice is a priority, that is why every working day two different dishes are offered. One dish is based on healthy food rules and vegetarian cuisine and the other is based on Czech cuisine traditions. There are also baker's and confectioner's products made according to traditional recipes (cakes, pies, cheesecakes, desserts and buckwheat pastry). Herbs for cooking come from Mandala's own garden. For drink there is delicious coffee, herbal beer, tea etc. Everyday a pot of cold water is ready on each table for free.

Updated menu information can be found everyday on [www.jidelnamandala.cz](http://www.jidelnamandala.cz), [facebook/jidelnamandala](https://www.facebook.com/jidelnamandala), [www.menicka.cz](http://www.menicka.cz)

### The item certified with "Hlinecko Quality":

- Mandala Cafeteria



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Mandala is a vegetarian cafeteria where principles of healthy eating, freshness of local ingredients and cooking with love are considered to be priority.

Cafeteria has been shaped in the spirit of unity, balance and harmony that the staff is trying to pass on to their guests through food.

Daily menu includes 2 different meals and 6 to 7 fresh bakery and confectionery products. All deserts are prepared daily from freshly groundspelled flour and gluten-free flour which is made from cornflour, riceflour or also buckwheat flour. Dishes are mostly made with local traditional ingredients, these include: seasonal fruit and vegetables, cheese, jam, poppyseeds, eggs, nuts, almonds, cane sugar, oat flakes, legumes, potatoes or rice.

Cakes are baked from natural sour dough prepared according to traditional recipes.

Especially in summer months manually squeezed juice made of carrot and oranges or beetroot with other seasonal fruit from the region can be very refreshing.

Exotic aroma, freshly ground whole-wheat flour, high-quality ingredients, cooking with love, pleasant environment and staff will definitely be beneficial to you.