



intenz
cafetaria • lunchroom • ijssalon

LUNCH - DINER - DRANK



Ninaberlaan 67
7447 AC Hellendoorn

Telefoon: 0548-547057
E-mail: info@cafetaria-intenz.nl
Website: www.cafetaria-intenz.com

Intenz genieten van onze heerlijke gerechten!

Heeft u een allergie, vraag onze medewerkers voor meer informatie.

LUNCH

SANDWICHES

choice of baguette, Italian bread, multigrain bread or soft bread

CHEESE	€ 4,30
GRILLED HAM	€ 3,60
BOILED EGG	€ 3,60
MEATBALL	€ 5,30

GRILLED SANDWICH

CHEESE	€ 4,40
HAM AND CHEESE	€ 4,70
HAWAII (with cheese, ham and pineapple)	€ 5,20

BOUNCERS

HAM AND CHEESE	€ 8,80
CARPACCIO	€ 11,20
INTENZ with ham, fried onion, tomato and melted cheese	€ 9,50

LUXURIOUS SANDWICHES

keuze uit Italiaanse bol, meergranen bol, ciabatta of stokbrood

CARPACCIO with sun-dried tomato, parmesan cheese, pine nuts, lettuce and a dressing	€ 9,00
SMOKED SALMON with cream cheese, red onion, tomato, lettuce and dill dressing	€ 9,75
BRIE with walnuts, honey and lettuce	€ 7,00
SMOKED CHICKEN FILLET with sun-dried tomato, lettuce, cucumber, red onion, pine nuts and a dressing	€ 8,00
HEALTHY with grilled ham, cheese, lettuce, raw vegetables, cucumber, tomato, egg, beef salad, and a dressing	€ 8,10
CHIVE CREAM CHEESE with tomato, cucumber, lettuce and red onion	€ 6,20
TWELVE O'CLOCK with a cup of soup of your choice, bread with ham/cheese, bread with crquette and a garnish	€ 10,80
THE LUXURY MEATBALL BREAD with fried mushroom/bacon/onion and tomato with a layer of melted cheese	€ 9,00
HOT CHICKEN	€ 8,50
PULLED PORK	€ 8,50
BREAD ROLL WITH STEWED MEAT	€ 8,50
BBQ CHICKEN with sweet and sour sauce and red onion	€ 8,50





LUNCH AND DINNER

MEAL SALADS

salades worden geserveerd met brood en roomboter

SMOKED SALMON	€ 13,00
with salad, tomato, cucumber, red onion, egg, croutons and a dressing	
CARPACCIO	€ 12,50
with salad, cucumber, tomato, red onion, parmesan cheese, pine nuts, sun-dried tomato and dressing	
SMOKED CHICKEN FILLET	€ 11,80
with salad, tomato, cucumber, red onion, sun-dried tomato, bacon, pine nuts and a dressing	

PANCAKES

NATURAL	€ 7,00
APPLE	€ 7,90
ANANAS	€ 7,90
BACON	€ 8,50
FARMERS	€ 9,20
CHILDREN'S PANCAKE (with a smiley face made out of fruits)	€ 7,40

HAMBURGERS

BASIC HAMBURGER	€ 4,00
with a soft bun, tomato, pickle, lettuce and hamburger sauce	
HAMBURGER SPECIAL	€ 4,50
with a soft bun, tomato, pickle, baked onion, mayonnaise, curry and lettuce	
CHEESEBURGER	€ 5,00
with a soft bun, tomato, pickle, cheese, lettuce and curry	
HAWAIIBURGER	€ 5,10
with a soft bun, tomato, pickle, cheese, pineapple, lettuce and curry	
BIG DOUBLE BURGER	€ 6,10
with a double burger, lettuce, tomato, pickle, baked onion and sauce	
CHICKEN BURGER	€ 5,00
with a soft bun, tomato, pickle, lettuce and joppie sauce	
CHICKEN HAWAIIBURGER	€ 5,20
with a soft bun, tomato, pickle, pineapple and cheese	
FISHBURGER	€ 5,10

LUXURIOUS HAMBURGERS

100% black angus beef, 200 grams on a luxury hamburger bun

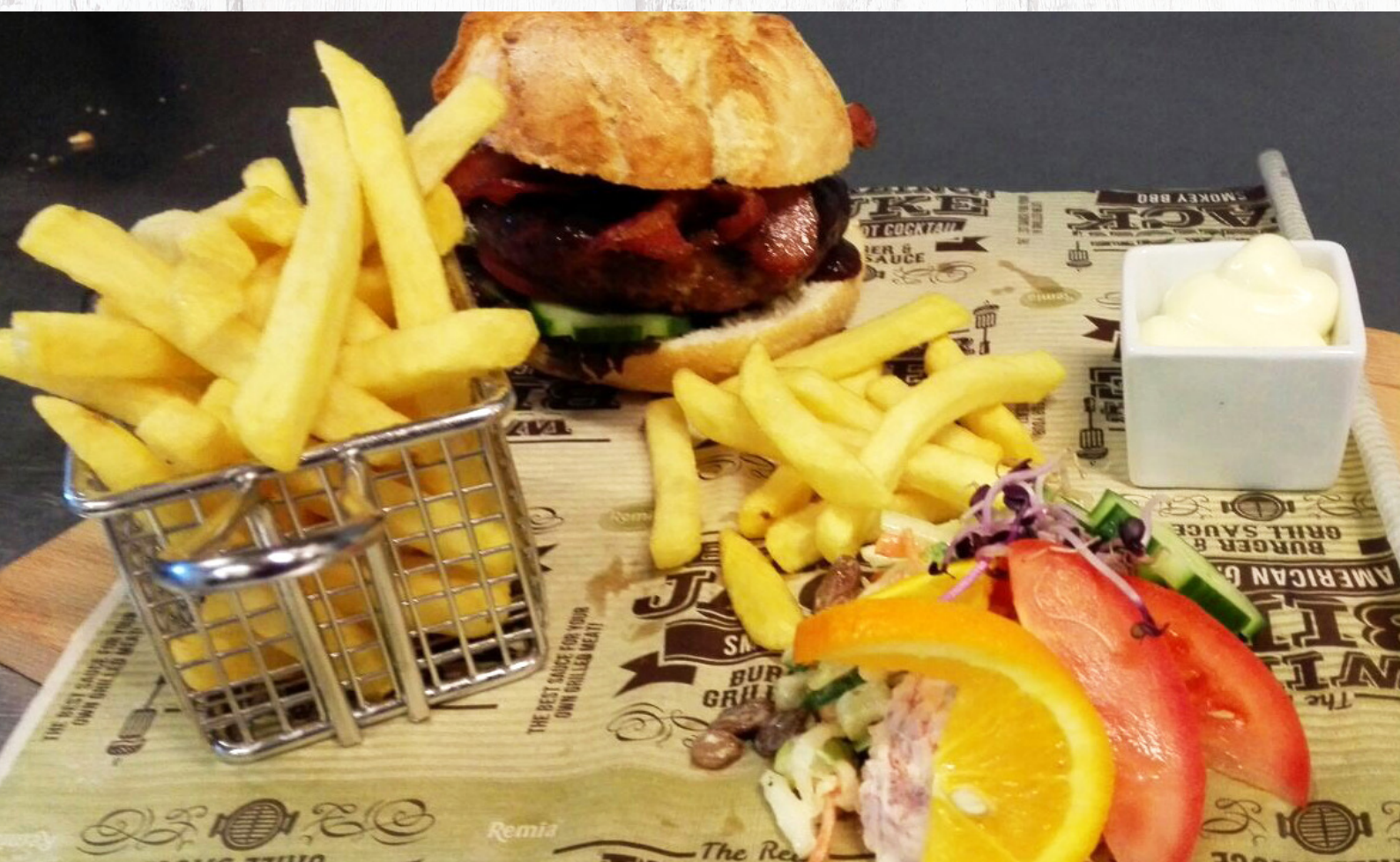
HAMBURGER INTENZ	€ 8,10
with a luxury bun, hamburger, tomato, cucumber, lettuce, bacon, red onion and smokey barbecue sauce	
OLD AMSTERDAM BURGER	€ 9,10
with a luxury bun, hamburger, old Amsterdam cheese, tomato, cucumber, lettuce, bacon, red onion and smokey barbecue sauce	
HAMBURGER COMPLETE	€ 9,30
luxury bun, hamburger, tomato, cucumber, lettuce, red onion, cheese, baked egg, pineapple and smokey barbecue sauce	
BREAD SHOARMA WITH SAUCE	€ 8,20
BREAD SHOARMA WITH SAUCE, A LARGER PORTION	€ 10,40
BREAD SHOARMA WITH MUSHROOM/PIECES OF BACON/ONIONS/PAPRIKA	€ 9,80

SENIORS MENU

served with fries, raw vegetables, garnish and mayonnaise

SCHNITZEL SENIOR	€ 9,30
FARMER'S SCHNITZEL SENIOR WITH MUSHROOM/PIECES OF BACON/PAPRIKA/ONIONS	€ 10,30
SATÉ SENIOR	€ 9,80
SPARE-RIBS SENIOR	€ 14,00
PORK MEDALLIONS SENIOR WITH MUSHROOM SAUCE	€ 11,20
MIX GRILL SENIOR (STEAK, CHICKEN AND PORK MEDALLIONS)	€ 14,50
SALMON FILLET SENIOR	€ 14,70

BAKED POTATOES INSTEAD OF FRIES IS € 1,70 EXTRA



LUNCH AN DINNER

VEGETARIAN DISHES

VEGETARIAN SALAD	€ 9,95
VEGETARIAN WRAP	€ 11,95

EASTERN DISHES

BAMI with saté, peanut sauce, baked egg and atjar	€ 12,50
NASI with saté, peanut sauce, baked egg and atjar	€ 12,50

CHILDREN'S MENU

fresh fries, snack, apple sauce, a surprise and an ice cream

FRIKANDEL	€ 8,70
CROQUETTE	€ 8,70
SAUSAGE	€ 8,70
CHICKEN NUGGETS (6 PIECES)	€ 8,70
SCHNITZEL	€ 10,00
SPARE-RIBS	€ 12,50
PANCAKES	€ 8,70

WITH DRINKS (APPETIZER)

LUXURIOUS BREADBOARD with various types of bread with cream cheese, herb butter and bread sauce	€ 8,00
BAGUETTE BASKET with herb butter and bread sauce	€ 5,00



LUNCH AND DINNER

APPETIZER

TOMATO SOUP	€ 5,20
VEGETABLE SOUP	€ 5,20
MUSHROOMSOUP	€ 5,20
CARPACCIO	€ 10,50
salad, cucumber, tomato, red onion, parmesan cheese, pine nuts, sun-dried tomato and dressing	
SALMON ON TOAST	€ 9,70
SMOKED CHICKEN FILLET	€ 8,70
with curry mayonnaise and a sun-dried tomato	
CHAMPIGNONS IN BIERBESLAG	€ 8,70
GUETTE BASKET	€ 5,00
LUXURIOUS BREADBOARD	€ 8,00
various types of bread with divers types of sauces	





PLATE SERVICE

served with fries, mayonnaise and raw vegetables

PLATE SCHNITZEL	€ 12,50
PLATE FARMER'S SCHNITZEL WITH MUSHROOM/PIECES OF BACON/PAPRIKA/ONIONS	€ 14,00
PLATE SPARE-RIBS	€ 18,00
PLATE SATÉ	€ 13,00
PLATE STEAK	€ 17,00
PLATE PORK MEDALLIONS	€ 15,00
PLATE MIX GRILL	€ 17,20
PLATE SALMON FILLET	€ 19,00
PLATE CHICKEN SCHNITZEL	€ 13,50
PLATE CHOP	€ 12,50
PLATE HALF ROOSTER	€ 14,00
PLATE HAMBUCER INTENZ	€ 13,00
PLATE SHOARMA	€ 13,00
PLATE FARMER'S SHOARMA WITH MUSHROOM/PIECES OF BACON/PAPRIKA/ONIONS	€ 14,50
PLATE SHASLICK	€ 12,00
PLATE MEATBALL	€ 11,00
PLATE RIBS AND WINGS	€ 17,00
PLATE PRIME RIB	€ 18,50
PLATE FRIED SHRIMPS	€ 13,00
PLATE CHICKEN SATAY	€ 17,00

BAKED POTATOES INSTEAD OF FRIES IS € 1,90 EXTRA



FRESH FRIES

PLATE OF FRESH FRIES	€ 3,50
PLATE OF BAKED POTATOES	€ 4,50
PLATE OF FRIES STEW	€ 8,50
PLATE OF FARMER'S FRIES	€ 6,00
KAPSALON	€ 9,00
FRIES PULLED PORK	€ 9,00

SNACKS

FRIKANDEL	€ 2,30
FRIKANDEL SPECIAL	€ 3,00
FRIKANDEL XXL	€ 4,50
FRIKANDEL XXL-SPECIAL	€ 5,50
CROQUETTE	€ 2,70
GOULASH CROQUETTE	€ 2,60
VEAL CROQUETTE	€ 2,60
SATE KROKET	€ 2,80
BAMI SNACK	€ 2,60
NASI SNACK	€ 2,60
CHICKEN CORN	€ 2,70
SITOSTICK	€ 3,50
SHOARMA ROLL	€ 3,50
SATÉ ROLL	€ 3,50
FOOD ROLL	€ 3,50
MEATBALL WITH SAUCE	€ 4,20
TREHAP WITH PEANUT SAUCE	€ 3,90
FARMER'S TREHAP WITH BACON/PAPRIKA/ONION	€ 4,90
TRIO WITH SAUCE	€ 3,50
BOERENBROK	€ 3,00
MEXICANO	€ 2,80
HAMBURGER	€ 2,80
CHICKEN SATAY	€ 7,60
PIKANTO	€ 2,80
BRATWURST	€ 2,90
BREADED SHRIMP	€ 12,50
FIANDEL	€ 2,80

SAUSAGE	€ 2,80
SPRING ROLL	€ 4,30
SPRING ROLL SPECIAL	€ 5,50
LOEMPIDEL	€ 3,30
MINI SPRING ROLLS (2 PIECES)	€ 3,40
BITTER BALLS (6 PIECES)	€ 4,60
BITTER GARNISH (8 PIECES)	€ 5,60
CHICKEN NUGGETS (6 PIECES)	€ 3,50
HOTWINGS (6 PIECES)	€ 5,00
SMALL SALAD	€ 3,20

VEGETARIAN SNACKS

VEGETARIAN MINI SPRING ROLLS	€ 3,40
VEGETARIAN VEGETABLE CROQUETTE	€ 2,60
VEGETARIAN BAMI SNACK	€ 2,60
VEGETARIAN CHEESE SOUFLÉ	€ 2,60
VEGETARIAN BONITA	€ 2,80
VEGETARIAN CHICKEN BURGER	€ 5,00

SAUCES

MAYONNAISE/CURRY/KETCHUP	€ 0,80
JOPPIE/JAMBALLA SAUCE	€ 1,00
SPECIAL/WAR/PEANUT SAUCE	€ 1,00
GARLIC/COCKTAIL	€ 1,00
GYPSY SAUCE/HUNTER SAUCE	€ 2,00



DRINKS

WARM DRINKS

COFFEE	€ 2,90
LUXURIOUS COFFEE	€ 4,00
CAPPUCCINO	€ 3,30
LUXURIOUS CAPPUCCINO	€ 4,30
LUXURIOUS COFFEE WRONG	€ 3,30
LATTE MACCHIATO	€ 3,70
LUXURIOUS LATTE MACCHIATO	€ 4,70
LUXURIOUS EXPRESSO	€ 4,30
THEE	€ 2,90
LUXURIOUS THEE	€ 3,90
HOT CHOCOLATEMILK	€ 3,10
HOT CHOCOLATEMILK WITH WHIPPED CREAM	€ 4,00
ICE COFFEE	€ 6,20
IRISH COFFEE	€ 6,50
SPANISH COFFEE	€ 6,50
FRENCH COFFEE	€ 6,50
EXTRA WHIPPED CREAM	€ 0,90

PIE

APPLEPIE	€ 3,40
SHUTTERED WAFFLE with hot cherries and whipped cream	€ 4,30



COLD DRINKS

COLA, COLA LIGHT	€ 2,90
SINAS, 7-UP	€ 2,90
CASSIS, TONIC,	€ 2,90
BITTER LEMON, APPLE JUICE	€ 2,90
ICE TEA, ICE TEA GREEN	€ 3,20
RIVELLA	€ 3,30
SOURCY ROOD/BLAUW	€ 2,90
FRESH ORANGE JUICE	€ 4,20
FRISTI/CHOCOLATEMILK	€ 3,00
MILK	€ 2,70
BUBBLE TEA	€ 5,00

ALCOHOLIC BEVERAGES

GROLSH OR HEINEKEN	€ 3,10
HALF A LITER OF GROLSCH	€ 4,20
SEASONAL BEER	€ 3,50
RADLER LEMON 0%	€ 3,30
BAVARIA 0%	€ 3,30
GLASS OF RED WINE	€ 4,10
GLASS OF WHITE DRY / SWEET WINE	€ 4,10
GLASS OF ROSE WINE	€ 4,10



intenz
cafetaria • lunchroom • ijssalon

Ninaberlaan 67
7447 AC Hellendoorn
Telefoon: 0548-547057
E-mail: info@cafetaria-intenz.nl
Website: www.cafetaria-intenz.com

FIXED DAILY BITE

aktie prijzen, vaste dagen, elke week

TUESDAY: PLATE SATÉ € 11,50

WEDNESDAY: PLATE SHOARMA € 11,50

THURSDAY: PLATE SCHNITZEL € 11,50

FRIDAY: PLATE SPARE-RIBS € 18,00

SATURDAY: PLATE HAMBURGER INTENZ € 11,50

BAKED POTATOES INSTEAD OF FRIES IS € 1,90 EXTRA

