

1762

SUNDAY SPECIALS

Sandwich of the Day

Skinny Salmon Wrap

Soup of the Day

Moroccan tomato

Quiches of the Day

Turkey Bacon Quiche Lorraine

Salads of the Day

The Mean Green Salad, red quinoa, white quinoa, courgette, apple, pumpkin seeds & parsley

Super Raspberry Salad with faro, olive oil, lemon, kale, raspberries, onion, walnut

Chicken Satay Salad with crunchy veg, coriander, sesame & peanut dressing

The Tom Pom Salad, tomato, pomegranate, oregano, onion, & basil

The Vitamin K Salad, with kale, parsley, carrots, almonds, pomegranate seeds broccoli, oregano & cauliflower

The Healthy Nut Salad, broccoli, edamame, spring onion & peanut sauce

Balela Vegan Salad, with chickpeas black beans, onions, sun dried tomatoes, cherry tomatoes, dill, parsley, basil & chimichurri dressing

MONDAY SPECIALS

Sandwich of the Day

Buffalo Chicken Wrap

Soups of the Day

Chicken noodle

Quiches of the Day

Roasted Red Pepper, Spinach & Feta
Chicken, Mushroom & Gruyere Quiche

Salads of the Day

Chicken Couscous Salad with pistachios & pomegranate drizzle

The Mediterranean Farro Salad, cucumber, red pepper, sun-dried tomatoes, feta, onion, parsley, & Greek vinaigrette

Balela Vegan Salad, with chickpeas black beans, onions, sun dried tomatoes, cherry tomatoes, dill, parsley, basil & chimichurri dressing

Asian Noodle Salad with black sesame and toasted peanuts, crunchy veg and Asian dressing

The Kale Rainbow salad, avocado, apple, red cabbage, carrot, sunflower seeds

The Healthy Green Salad, kale, Brussels sprouts, olive oil, almonds, edamame, parmesan

The Pesto Fussili Salad, sundried tomato, baby spinach, mozzarella, black olives

TUESDAY SPECIALS

Sandwich of the Day

Sticky Chicken Bap

Soups of the Day

Sweet potato & Coconut

Quiches of the Day

Wheat Free Kale & Broccoli Quiche
Caramelized onion & goat cheese

Salads of the Day

Chicken Caesar Salad with Parmesan, Croutons, Turkey Bacon & Caesar Dressing

Super Raspberry Salad with faro, olive oil, lemon, kale, raspberries, onion, walnut

The Loaded Potato Salad with crispy bacon, hard-boiled egg, parsley, onion, mustard, smoked paprika & spring onion

The Popeye Salad, spinach, crispy turkey bacon, mushroom, mustard & egg

The Zoodle Salad with, kale, mango, red pepper, quinoa, snow peas, silvered almonds, fresh basil, lime, Thai dressing

The Tom Pom Salad, tomato, pomegranate, oregano, onion, & basil

Avocado and Edamame Salad, fresh lime juice

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WEDNESDAY SPECIALS

Sandwich of the Day

1762 down under steak sandwich

Soups of the Day

lemon & lentil

Quiches of the Day

Salmon, Broccoli & Chive Quiche

Salads of the Day

Chicken Couscous Salad with pistachios & pomegranate drizzle

Roasted Chickpea Salad with grilled corn, zucchini, chickpea, sun-dried tomato & vinaigrette

Asian Noodle Salad with black sesame and toasted peanuts, crunchy veg and Asian dressing

Avocado and Edamame Salad, fresh lime juice

The Mediterranean Farro Salad, cucumber, red pepper, sun-dried tomatoes, feta, onion, parsley, & Greek vinaigrette

The Nutty Pear Salad with spinach, pear, walnuts, cranberries, feta, lemon, Dijon mustard, Nigella seeds

The Kale Rainbow salad, avocado, apple, red cabbage, carrot, sunflower seeds

The Vitamin K Salad, with kale, parsley, carrots, almonds, pomegranate seeds, broccoli, oregano & cauliflower

THURSDAY SPECIALS

Sandwich of the Day

Lamb Kofta

Soups of the Day

Chicken & Mushroom

Quiches of the Day

Wholemeal Salmon, Broccoli & Chive Quiche

Super Raspberry Salad with faro, olive oil, lemon, kale, raspberries, onion, walnut

Zesty Asparagus Salad with cucumber, arugula seeds, lemon, olive oil, Dijon mustard

The Loaded Potato Salad with crispy bacon, hard-boiled egg, parsley, onion, mustard, smoked paprika & spring onion

Nutty Date Salad, broccoli, dates, almonds, sunflower seeds, lemon & nigella seeds

Mediterranean Artichoke Salad, kalamata olives, feta, sugar snap peas & spinach

Chicken Caesar Salad with Parmesan, Croutons, Turkey Bacon & Caesar Dressing

Avocado and Edamame Salad, fresh lime juice