

# 1762

## SUNDAY SPECIALS

### Sandwich of the Day

Skinny Salmon Wrap

### Soup of the Day

Moroccan tomato  
Red Gazpacho

### Quiches of the Day

Turkey Bacon Quiche Lorraine  
Rainbow Roasted Veg Tart

### Salads of the Day

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

Bulgur & Beetroot Salad, bulgur, beetroot, grapes, hazelnuts, mint & lemon

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

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

Kale Walnut & Tabbouleh Salad

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

## MONDAY SPECIALS

### Sandwich of the Day

Buffalo Chicken Wrap

### Soups of the Day

Asparagus & Spinach  
Green Gazpacho

### Quiches of the Day

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

### Salads of the Day

Chicken Couscous Salad with pistachios & pomegranate drizzle

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

Mango & Lentil Salad with lime, chili & coriander

Pearl Couscous Salad smoked paprika, Tomato & Mozzarella

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

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

## TUESDAY SPECIALS

### Sandwich of the Day

Sticky Chicken Bap

### Soups of the Day

Sweet potato & Coconut  
Red Gazpacho

### Quiches of the Day

Roasted Red Pepper, Spinach & Feta  
Chicken, Mushroom & Gruyère

### 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

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## WEDNESDAY SPECIALS

### Sandwich of the Day

1762 down under steak sandwich

### Soups of the Day

Green pea & mint

Green Gazpacho

### Quiches of the Day

Rainbow Roasted Veg Tart

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

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

Cucumber Mango Salsa with cucumber, mango salsa, cilantro, lime & jalapeño

Thai Carrot Salad, carrots, red pepper, coriander, raisins & Thai dressing

## THURSDAY SPECIALS

### Sandwich of the Day

Lamb Kofta

### Soups of the Day

Chicken noodle

Red Gazpacho

### Quiches of the Day

Rainbow Roasted Vegetable Tart

Wholemeal Salmon, Broccoli & Chive Quiche

### Salads of the Day

Chicken Couscous Salad with pistachios & pomegranate drizzle

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

Zesty Summer Salad with cantaloupe, cucumber, cherry tomatoes, onion, olive oil, lime maple & mint

Fresh Flamenco Salad, pineapple, cucumber, lime zest, cilantro, cumin, chili, sliced chili

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

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