

# 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

### 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

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

## 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

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  
Red Gazpacho

### 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

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

## WEDNESDAY SPECIALS

### Sandwich of the Day

1762 down under steak sandwich

### Soups of the Day

Green pea & mint

Green Gazpacho

### 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 noodle

Red Gazpacho

### 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

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

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

Avocado and Edamame Salad, fresh lime juice