

# 1762

## SUNDAY SPECIALS

### Sandwich of the Day

Buffalo Chicken Wrap

### Soup of the Day

Winter Vegetable

### Quiches of the Day

Turkey Bacon Quiche Lorraine

### Hot meal of the day

Seared Cumin Beef with Spiced Lentils

### Salads of the Day

Superfood Quinoa Salad, kale, cucumber, snow peas, green beans, sliced chili & cumin

The Mango Puy Lentil Salad, green lentils, red chili, baby spinach, lime

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

Avocado and Edamame Salad, fresh lime juice

The Zuma Beach Salad, pumpkin, beetroot, edamame beans, carrots, baby spinach, chickpeas, green beans, sunflower seeds (NEW ON)

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

The Greek Farro Salad, cucumber, red pepper, sundried tomatoes, feta, onion, parsley, & Greek vinaigrette

Chicken Couscous Salad with pistachios & pomegranate drizzle

## MONDAY SPECIALS

### Sandwich of the Day

Mexican Fajita Wrap

### Soups of the Day

Chicken Noodle

### Quiches of the Day

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

### Hot meal of the day

Chicken Tikka

### Salads of the Day

Chicken Couscous Salad with pistachios & pomegranate drizzle

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

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

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

Kale Tabouleh Salad with, kale, mint leaves, parsley, walnuts, onion & tomato

The Protein Power Goddess Salad, green lentils, brown rice, red onion, red pepper, tomatoes, baby spinach, parsley (NEW ON)

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

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

Caramelized onion & goat cheese  
Wheat Free Kale & Broccoli Quiche

### Hot meal of the day

Chili Con Carne

### 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 Healthy Green Salad with kale, brussel sprouts, edamame beans, almond flakes & parmesan shavings

The Mixed Bean Salad, red kidney beans, chick peas, fava beans, green beans, celery, red onion, spring onion (NEW ON)

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

The Thai Mango Salad with lemon grass, red chilli, snow peas & baby spinach

The Balela Vegan Salad with chickpeas, black beans, red onion, sun-dried tomatoes, fresh basil, fresh dill & cherry tomatoes

The Orzo Pesto Salad, orzo pasta, cherry tomatoes, mozzarella cheese, basil (NEW ON)

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## WEDNESDAY SPECIALS

### Sandwich of the Day

1762 down under steak sandwich

### Soups of the Day

Tuscan Bean

### Quiches of the Day

Salmon, Broccoli & Chives

### Hot meal of the day

Italian Meatballs with Penne Pasta

### Salads of the Day

Chicken Couscous Salad with pistachios & pomegranate drizzle

Asian Gabba 3 Rice Tofu Salad, red wild rice, brown rice, gaba rice mix, bok choy, edamame beans, tofu, mushrooms, spring onion, carrots, peanuts (NEW ON)

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

The Chopped Ranch Salad, cucumber, carrots, red & green peppers, mini corn, radish, red & white cabbage, spring onion, dill, parsley, low fat yogurt, low fat mayo, feta cheese, chilli powder (NEW ON)

Kale Taboulleh Salad with, kale, mint leaves, parsley, walnuts, onion & tomato

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

The Rainbow Thai Salad

## THURSDAY SPECIALS

### Sandwich of the Day

Turkey Brie & Cranberry

### Soups of the Day

Chicken & Mushroom

### Quiches of the Day

Salmon, Courgette, Asparagus & dill

### Hot meal of the day

Beef Lasagne

### Salads of the Day

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

Broccoli & Pumpkin Salad with lemon vinaigrette  
roasted pumpkin, mushrooms, broccoli florets, green beans, carrots & baby spinach (NEW ON)

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

Quinoa Kale Cucumber Salad with chiantro, cumin, chili, sliced, snow peas, green beans, kale, black quinoa

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

The Zuma Beach Salad, pumpkin, beetroot, edamame beans, carrots, baby spinach, chickpeas, green beans, sunflower seeds (NEW ON)

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

Kale Taboulleh Salad with, kale, mint leaves, parsley, walnuts, onion & tomato