

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 Mango Puy Lentil Salad with mango, green lentils, puy lentils, red chilli and baby spinach

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

Avocado and Edamame Salad, fresh lime juice

Carrot & olive Salad with coriander, chilli paste, & sliced black olives

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

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

Superfood Quinoa Salad with, red & white quinoa, broccoli, red radish, avocado, spring onions & bean sprouts

Chicken Satay Salad with purple cabbage, white cabbage, snow peas, red pepper, spring onions, carrot, bean sprouts, chilli & sesame seeds

MONDAY SPECIALS

Sandwich of the Day

Buffalo Chicken Wrap

Soups of the Day

Chicken Noodle Soup

Quiches of the Day

Roasted Red Pepper, Spinach & Feta

Salads of the Day

Chicken Couscous Salad with pistachios & pomegranate drizzle

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

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

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

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

Sweet Chilli Chicken Soba Noodle Salad with, snow peas, fresh mint, spring onion & cucumber

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

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

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

Bulgurwheat & Beetroot Salad with red grapes, dried cranberries, roasted hazelnuts & fresh mint

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

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

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

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

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

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

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

The Green lentil & Roasted Veg Salad with pepper, aubergine, courgette, feta & toasted sunflower seeds

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

The Healthy Nut Salad with broccoli, edamame, spring onions & roasted peanuts

Pesto Fussili Salad with sun-dried tomatoes baby spinach, mozzarella & black olives

The Green Mix Salad with buckwheat, kale, brussel sprouts & green beans

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

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

THURSDAY SPECIALS

Sandwich of the Day

Lamb Kofta

Soups of the Day

Cream of Chicken & Mushroom

Quiches of the Day

Wholemeal Salmon, Courgette, Asparagus and Dill

Salads of the Day

The Quinoa Kale, Cucumber Salad with cucumber, snow peas, chilli, green beans & chives

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

The Middle Eastern Pomegranate cous cous Salad with courgette, zucchini, toasted pistachios, dates, dried apricots, sunflower seeds, pumpkin seeds, fresh mint leaves, parsley & pomegranate seeds

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

Carrot & olive Salad with coriander, chilli paste, & sliced black olives

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

Chicken Caesar Salad with Parmesan, croutons, turkey bacon & caesar dressing

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