

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

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

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

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

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

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

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

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

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

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

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

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

Super Healthy Prawn & Avocado Salad

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