

# 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

### Hot meal of the day

Seared Cumin Beef with Spiced Lentils

### 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

Chicken Noodle

### Quiches of the Day

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

### 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

Soba Noodle Salad with sweet chili chicken

Broccoli Cabbage & Cranberry Salad with sunflower seed dressing

The Roasted Pear & Almonds Salad with dried cranberry

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

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

## 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

Pomegranate & Cinnamon Beetroot Salad with oranges segments, roasted hazelnuts, fresh mint leaves, roasted beetroot, & spiced bulgur **(NEW ON)**

Bulgur wheat & Beetroot Salad with white bulgar, grated beetroot, red grapes, dried cranberries, roasted hazelnuts & fresh mint leaves

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

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

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

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## WEDNESDAY SPECIALS

### Sandwich of the Day

1762 down under steak sandwich

### Soups of the Day

lemon and lentil

### 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

Green lentil & Roasted Veg Salad with green lentils, roasted aubergine, roasted courgette, feta cheese, & toasted sunflower seeds

The Green Mix Salad with buckwheat, snow peas, moon beans, green beans, brussel sprouts & baby spinach

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

The Pesto Fussili Salad, sundried tomato, baby spinach, mozzarella, black olives

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

Roasted Pear & Almond Salad with dried cranberry, balsamic vinegar, toasted almonds rocket & mulled vinaigrette **(NEW ON)**

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

## THURSDAY SPECIALS

### Sandwich of the Day

Lamb Kofta

### 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

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

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

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

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

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

Pomegranate & Cinnamon Beetroot Salad with oranges segments, roasted hazlenuts, fresh mint leaves, roasted beetroot, & spiced bulgur **(NEW ON)**

Winter Harvest Pumpkin Salad with brown basmati rice, carrots, sweet potato, butternut squash, clementine segments, fennel seeds, & feta cheese