

1762

SUNDAY SPECIALS

Sandwich of the Day

Mexican Fajita

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

Buffalo Chicken Wrap

Soups of the Day

Chicken Noodle

Quiches of the Day

Roasted Red Pepper, Spinach & Feta

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 Taboulleh 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

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)

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

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

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

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

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