

1762

SUNDAY SPECIALS

Sandwich of the Day

1762 Reuben on Rye

Soup of the Day

Moroccan tomato

Quiches of the Day

Broccoli & Cheddar

Wholemeal Salmon, Courgette & Asparagus

Salads of the Day

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

Winter Harvest Pumpkin Salad with Brown Rice &
Apple Cider Dressing

Jewelled Cous Cous Salad with Courgette, Pistachio,
Dates & Pomegranate Seeds

Kale Rainbow Crunch Salad

Pearl Cous Cous Salad with Cherry Tomato,
Mozzarella & Smoked Paprika Dressing

Avocado, Edamame & Cucumber Salad with Parsley,
Mixed Greens & French Dressing

Mediterranean Mix Salad with Peppers, Mozzarella,
Parmesan & Pesto

Chopped Vegetable Salad with Feta, Cabbage &
Ranch Dressing

Jalapeño Chicken Stuffed Avocado

Super Healthy Prawn & Avocado Salad

MONDAY SPECIALS

Sandwich of the Day

Chicken Parmigiana

Soups of the Day

Asparagus & Spinach

Red Gazpacho

Quiches of the Day

Turkey Bacon Quiche Lorraine

Rainbow Roasted Vegetable Tart

Salads of the Day

Chicken Satay Salad with Peanuts, Chilli & Satay
Sauce

Mango & Lentil Salad with Lime, Chilli & Coriander

Edamame & Rice Noodle Salad with Courgette, Mint
& Chilli Lime Dressing

Pesto Fusilli & Sundried Tomato Salad

Kale Tabbouleh Salad with Tomatoes, Walnuts and
Lemon Dressing

Beetroot & Apple Salad with Almonds, Parsley &
Yoghurt Dressing

The Green Mix Salad with Buckwheat, Kale & Green
Herb Dressing

Broccoli, Pumpkin & Baby Spinach Salad with
Sunflower Seeds & Lemon Vinaigrette

Tuna, Dill & Gherkin Stuffed Avocado

TUESDAY SPECIALS

Sandwich of the Day

Lamb Kofta Wrap

Soups of the Day

Sweet Potato & Coconut

Green Gazpacho

Quiches of the Day

Roasted Red Pepper, Spinach & Feta

Wholemeal Chicken, Mushroom & Gruyère

Salads of the Day

Chicken Cous Cous Salad with Pistachios &
Pomegranate Drizzle

Bulgur Wheat & Beetroot Salad with Grapes,
Cranberries & Hazelnuts

Kale Rainbow Crunch Salad

Asian Noodle Salad with Peanuts, Peppers & Asian
Dressing

Traditional Potato Salad with Egg, Gherkins, Celery &
Mustard Mayo

Avocado, Edamame & Cucumber Salad with Parsley,
Mixed Greens & French Dressing

Chopped Vegetable Salad with Feta, Cabbage &
Ranch Dressing

Mixed Bean Salad with Chickpeas & Celery

Jalapeño Chicken Stuffed Avocado

Super Healthy Prawn & Avocado Salad

WEDNESDAY SPECIALS

Sandwich of the Day

Braised Beef Brisket on Rye

Soups of the Day

Green pea & mint
Red Gazpacho

Quiches of the Day

Caramelised Onion & Goat Cheese
Wheat-Free Kale, Broccoli & Quinoa

Salads of the Day

Chicken Caesar Salad with Parmesan, Croutons, Turkey Bacon & Caesar Dressing
Winter Harvest Pumpkin Salad with Brown Rice & Apple Cider Dressing
Crunchy Veg, Red Bean & Quinoa Salad with Peppers, Cherry Tomatoes & Mint Dressing
Pearl Cous Cous Salad with Cherry Tomato, Mozzarella & Smoked Paprika Dressing
Kale Tabbouleh Salad with Tomatoes, Walnuts and Lemon Dressing
Fat-Free Kale, Cucumber & Quinoa Salad with Snow Peas & Chia Seeds
Carrot, Parsnip & Spicy Lentil Salad with Yoghurt Dressing
The Green Mix Salad with Buckwheat, Kale & Green Herb Dressing
Tuna, Dill & Gherkin Stuffed Avocado

THURSDAY SPECIALS

Sandwich of the Day

Sticky Chicken Bap

Soups of the Day

Chicken noodle
Green Gazpacho

Quiches of the Day

Rainbow Roasted Vegetable Tart
Wholemeal Salmon, Broccoli & Chive Quiche

Salads of the Day

Chicken Cous Cous Salad with Pistachios & Pomegranate Drizzle
Superfood Quinoa Salad with Bean Sprouts, Mung Beans & Broccoli
Kale Rainbow Crunch Salad
Pesto Fusilli & Sundried Tomato Salad
Avocado, Edamame & Cucumber Salad with Parsley, Mixed Greens & French Dressing
Mediterranean Mix Salad with Peppers, Mozzarella, Parmesan & Pesto
Beetroot & Apple Salad with Almonds, Parsley & Yoghurt Dressing
Broccoli, Pumpkin & Baby Spinach Salad with Sunflower Seeds & Lemon Vinaigrette
Jalapeño Chicken Stuffed Avocado
Super Healthy Prawn & Avocado Salad