

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
- 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
- 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

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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

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

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

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