

# 1762

## SUNDAY SPECIALS

### Sandwich of the Day

1762 Reuben

### Soup of the Day

Lemon & Lentil

### Quiche of the Day

Broccoli & Cheddar Cheese  
Salmon, Courgette, Asparagus and Dill

### Salads of the Day

Chef Protein Salad

Crunchy Bean & Quinoa Salad with Mint

Avocado, Edamame Bean, Cucumber & Parsley

Mediterranean Mix with Mozzarella & Pesto

Thai Mango & Herb

Beetroot, Green Bean, Feta & Walnut

Pearl Cous Cous, Smoked Paprika,  
Tomato & Mozzarella

Kale Rainbow Crunch Salad

## MONDAY SPECIALS

### Sandwich of the Day

Grilled Chicken Parmigiana with Pesto & Mozzarella

### Soup of the Day

Chicken Noodle

### Quiche of the Day

Turkey Bacon & Spinach  
Cherry Tomato & Feta

### Salads of the Day

Chicken Satay

Edamame Rice Noodle with chili & Lime Dressing

Puy Lentil & Mango

Pesto Fusilli with Sundried Tomatoes

Kale, Cucumber, Quinoa & Chia Seeds

Carrot & Parsnip with Spicy Lentils & Yoghurt  
Dressing

Apple & Beetroot with Yoghurt Dressing

Green Bean, Courgette & Sweet Chilli with Black  
Sesame

## TUESDAY SPECIALS

### Sandwich of the Day

Lamb Kofta Wrap with Spicy Hummus

### Soup of the Day

Sweet Potato & Coconut

### Quiche of the Day

Chicken, Mushroom & Gruyère Cheese with  
Wholemeal Crust  
Spinach, Feta & Roasted Red Capsicum

### Salads of the Day

Chicken Fattoush Salad

Bulgur, Wheat & Beetroot

Superfood Quinoa Salad

Asian Noodle Salad

Mixed Bean Salad

Chopped Vegetables with Ranch Dressing

Kale Rainbow Crunch Salad

Potato Salad with Eggs, Chives, Gherkins & Mayo

## WEDNESDAY SPECIALS

### Sandwich of the Day

Braised Beef Brisket on Rye

### Soup of the Day

Green Pea & Mint

### Quiche of the Day

Caramelised Onion & Goat Cheese  
Wheat-Free Quiche with Kale and Broccoli

### Salads of the Day

Chicken Caesar Salad

Protein Power Goddess

Crunchy Bean & Quinoa with Mint

Edamame Rice Noodle with Chilli and Lime Dressing

Pearl Cous Cous, Smoked Paprika, Tomato & Mozzarella

Kale, Cucumber, Quinoa & Chia Seeds

Carrot & Parsnip with Spicy Lentils & Yoghurt Dressing

Green Bean, Courgette & Sweet Chili with Black Sesame

## THURSDAY SPECIALS

### Sandwich of the Day

Chilli Chicken Mango Wrap

### Soup of the Day

Creamy Chicken & Mushroom

### Quiche of the Day

Mediterranean Vegetables, Oregano & Feta  
Salmon, Broccoli & Chive with Wholemeal Crust

### Salads of the Day

Chicken Satay

Jewelled Cous Cous with Pomegranate seeds & Dried Fruits

Kale Rainbow Crunch Salad

Broccoli & Pumpkin with Lemon Vinaigrette

Pesto Fusilli with Sundried Tomatoes

Avocado, Edamame Bean & Cucumber with Parsley

Beetroot, Green Bean, Feta & Walnut

Watermelon, Mint & Feta