

Salads

Big Greek salad (M)

Classic Caesar salad (W) (M)

Caprese Salad (M)

Roasted butternut squash, kale, pomegranate, and pumpkin seed

Cauliflower roasted with ras-el-hanout, rocket and chickpeas with a rose harissa dressing (Ses) (Nuts)

Cold sesame noodles with peppers, spring onions, broccoli and baby sweetcorn (E) (Ses) (S)

Puy lentil, goat's cheese and roasted red pepper salad (M)

Rocket and parmesan salad with balsamic dressing (M)

Wild rice salad with kidney beans, mange tout, chickpeas and red peppers

Panzanella (rustic Tuscan salad) (W)

Pasta salad with roasted Mediterranean vegetables And feta cheese (M) (W)

Pasta, bocconcini and tomato salad (W) (M)

Beetroot, asparagus and feta salad (M)

GF=Gluten-free V=Vegan VEG=Vegetarian

Allergens: M-Milk S-Soy Ses-Sesame W-Wheat E-Egg F-Fish



Chilli salmon noodle salad with lime, coriander and toasted sesame seed dressing (F) (E) (Ses) (S)

Green lentil and shredded mango and carrot salad Spiced chicken salad with quinoa and lemon

Potato salad with lemon and chive crème fraiche (M)

Thai-style ruby slaw (V) (Ses) (S)

Cold sesame noodles with spring onions, baby corn and sugar snaps (E) (Ses) (S)

Broccoli, hazelnut, cherry tomato and feta salad (Nuts) (M)

Tuna Nicoise-boiled baby potatoes, eggs, green beans, olives and red onions (F) (E) (Mus)

Roasted baby potatoes with rosemary, garlic and red onions (V)

Carrot and sesame seed (V) (Ses)

Heritage tomatoes, buffalo mozzarella and green pesto (only when heritage tomatoes are in season from May-August. Otherwise, regular tomatoes) (M) (Nuts) (M)

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Quinoa, roasted seasonal vegetables and toasted seeds (V)

Chickpea, mixed peppers, celery and red onion salad (V) (C)

Roasted sweet potato wedges with coriander and garlic oil (V)

Pearl couscous with orange, feta and parsley (W) (M)

Roasted squash, chilli, Kitchenetta hummus, feta and dukkah salad (V) (Ses) (nuts)

Chargrilled Mediterranean vegetables with basil and garlic oil (V)

Watermelon, rocket, black olives, feta, pickled red onions (M)

Salads are

€5.00pp

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