

Weekly Sample Menu

Breakfasts

Acai berry bowl, peanut butter, bananas, raspberries, blueberries, puffed wild rice & oats **VE**

Oakpark smoked maple bacon, and chickpea frittata, brown sauce

Smoked salmon, cream cheese, cracked black pepper bagel

Spiced pear, vanilla yogurt, almond hazelnut, chocolate granola **V**

Fresh cut fruit & berries **VE**

Treats

Victoria sponge **VE**

Cardamom blondie **V**

Lunch

Lemongrass & lime leaf prawns, flat rice noodles, shredded vegetables, Thai basil, crushed peanuts, tamarind dressing

Grilled chicken cobb salad, avocado, slow roasted tomatoes, crispy bacon, soft boiled egg, charred corn, blue cheese dressing

Steamed salmon, grilled butternut squash, parsley & chili marinated feta, orzo & pickled red onion

Balsamic roast beetroot, goats' cheese, sliced potato, caper, herb & red onion salad **V**

Zalmon poke bowl- pickled cabbage, edamame beans, charred corn, pineapple & chili, carrots, avocado **VE**

Curry spiced cauliflower, wild mushrooms, saffron & cumin pinto beans, candied walnuts, saffron dressing **V**

Sandwiches & wraps

Grilled chicken, roasted tomatoes, basil pesto, rocket on olive oil focaccia

Roast beef, caramelised onion mayo, mature cheddar, tomato chutney and rocket on granary bloomer bread

Prawn, egg, dill, mayo, baby gem on onion bread

Roasted Mediterranean veg, olive pesto, rocket on parmesan focaccia **V**

Maple roast pumpkin, feta and chilli and basil on focaccia **V**

VE = VEGAN V = VEGETARIAN

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