



SALADS

1. Caesar Salad: Romaine Lettuce, with Homemade Parmesan. Lemon & Garlic Dressing served with Herb Croutons or Toasted Seeds. . . €6.00/ €6.80
2. Caesar Salad with Herb Chicken, Tomato & Red Onion. €9.00/€10.20
3. Roasted Mediterranean Vegetables & Toasted Seeds on Mixed Leaves served with Hummus & Sprouted Beans in a Wholemeal Pitta. . . €9.50/€10.80
Add Chicken & Pesto. €1.50 extra
4. Cajun Chicken Salad with Tomatoes, Peppers, Green Onion, Cheddar Cheese & Mixed Leaves with Caesar Dressing. €9.50/€10.80
5. Raw Power Salad, Organic Leaves, Tomato, Red Onion, Peppers, Tomato, Cucumber, Carrot, Strawberry, Orange, Apple, Sprouts & Seeds & Low-fat Balsamic Vinaigrette. €9.50/€10.80
Add Chicken. €1.50 extra
6. Bruschetta with Balsamic, Chorizo, Feta Cheese, Tomato & Red Onion on bed of Lettuce. €9.50/€10.80
7. Hunter Salad: Roast Turkey Breast, Smoked Ham & Crispy Bacon, with Egg Mayo, Herb Stuffing, Cheddar, Tomato & Red Onion, served with Cranberry Sauce, Mustard & Bread. €10.50/€11.90
8. Gatherer Salad: Mixed Leaves, Cherry Tomatoes, Sprouted Beans, Seeds, Apple, Carrot, Cranberry Couscous Salad with a Hazelnut & Balsamic Dressing. €9.00/€10.20
9. Warm Smoked Salmon & Egg Mayonnaise On Crostini Served With Red Onion on a bed of Lemon Dressed Leaves. €10.00/€11.55