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INFORMATION AND
UPDATED MENUS

Refreshing Salads

SELECT 1 SALAD OR 3 SALADS PER PERSON FROM OUR WIDE RANGE OF REFRESHING AND DELICIOUS SALADS

Traditional Salads

POTATO SALAD

Potatoes, Spring Onion, Parsley & Mayonnaise

GREEN LEAF SALAD

Mixed Seasonal Leaves, Cucumber, Green Beans, Spring Onions and Peas with choice of Salad Dressing: Vinaigrette, Balsamic, Honey and Mustard, Sun Dried Tomato or Caesar

RICE SALAD

Rice, Peas, Red Pepper, Celery, Cucumber, Tomato and Fresh Herbs in an Onion Vinaigrette

TRICOLOUR PASTA SALAD

Pasta Twists with Red Pepper, Broccoli and Parsley in a Vinaigrette Dressing

RED PEPPER PASTA SALAD

Pasta with Roasted Red Peppers and Chopped Fresh Herbs in a Balsamic Vinaigrette

COLESLAW

Red and White Cabbage, Carrot, Spring Onion and Mayonnaise Dressing

FOUR-BEAN SALAD

Lima, Borlotti, Red Kidney and Cannelloni Beans with Cherry Tomatoes, Red Onion, Green Pepper and Flat Leaf Parsley in a Wholegrain Mustard Dressing

Italian Salads

PANZANELLA

Tuscan Bread, Tomato and Pepper

INSALATA CAPRESE

Mozzarella, Tomato and Basil

CAPONATA CLASSIC SWEET AND SOUR

Sicilian Dish of Aubergine, Onion, Tomato, Peppers and Celery

TONNO E FAGIOLI

Tuna and Flageolet Bean Salad with Lemon and Olive Oil Dressing

POTATO, CAPER AND ANCHOVY SALAD

New Potatoes and Rocket, tossed with Capers, Anchovies, Olive Oil and Lemon Juice

ITALIAN BROWN RICE SALAD

Brown Rice, Almonds, Sun Dried Tomatoes, Olives, Basil and Parsley with Lime Dressing

PESTO RICE SALAD

Arborio Rice Mixed with Fresh Basil Pesto and Garnished with Basil Leaves, Spring Onions and Parmesan Shavings

ROCKET AND PARMESAN SALAD

Rocket Leaves and Parmesan Tossed with Extra Virgin Olive Oil and Balsamic Vinegar

Middle Eastern Salads

FATTOUSH

Lebanese Bread Salad with Pitta Bread, Cucumber, Tomatoes, Mint, Coriander, and Flat-Leaf Parsley with A Lemon and Olive Oil Dressing Flavoured with Sumac

TABBOULEH

Classic Salad of Bulgur Wheat, Flat Leaf Parsley, Mint, Tomato, and Spring Onion

CUCUMBER AND YOGHURT SALAD

Popular Middle-Eastern Salad of Salted Cucumber Mixed with Yoghurt, Garlic and Finely Chopped Mint

GRATED CARROT AND ORANGE SALAD

Grated Carrots with Ground Almonds, Oranges, Mint, and Pinenuts

GREEN LEAF, HERB AND FETA SALAD

Fresh, Herby Salad with Salty Feta and Sweet/Sour Dressing Made with Pomegranate Molasses

CHICKPEA SALAD WITH LEMON AND PARSLEY

Chickpeas, Red Onion, Flat Leaf Parsley Dressed with Lemon and Olive Oil

MOROCCAN GREEN BEANS WITH TOMATOES

Green Beans with Roasted Cherry Tomatoes in a Coriander and Cumin-Spiced Tomato Sauce

ORANGE AND DATE COUSCOUS SALAD

Couscous with Orange Zest, Orange Segments, Baby Spinach, Red Onion and Dates

COUSCOUS WITH HERBS AND CHICKPEAS

Couscous, Chickpeas, Tomatoes, Red Onion, Mint, Coriander and Flat Leaf Parsley with Olive Oil and Preserved Lemon Dressing

FRUITY COUSCOUS SALAD

Couscous with Mint, Parsley, Dried Apricots, Sultanas in an Orange and Olive Oil Dressing

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ASK US ABOUT ALLERGENS
AND INTOLERANCES

American Salads

CAESAR SALAD

Croutons, Cos Lettuce, Caesar Dressing and Parmesan Shavings

CHOPPED SALAD

Cos Lettuce and Radicchio Chopped with Red Pepper, Red Onion, Cucumber, Tomatoes, Celery, Radishes, Feta Cheese and Herbs in a Vinaigrette Dressing

ICEBERG LETTUCE WITH BLUE CHEESE

Iceberg Wedges Drizzled with Creamy Blue Cheese Dressing

CAJUN RICE

Rice, Smoked Bacon, Onion, Green Pepper, Celery, Garlic, Cayenne, Spring Onions and Kidney Beans

WALDORF SALAD

Apples, Celery, Walnuts and Mayonnaise

DELUXE COLESLAW

Cabbage, Carrot, Apple, Dried Cranberries, Pecan Nuts, Spring Onions and Mayonnaise

WINTER VEGETABLE COLESLAW

Finely Shredded Cabbage, Fennel, Green Beans, Celery and Celeriac in a Cider Vinegar Dressing

DELUXE POTATO SALAD

Potatoes, Crispy Fried Onions, Spring Onions, Parsley and Mayonnaise

Asian Salads

ASIAN CRISPY NOODLE SALAD

Chinese Lettuce, Water Chestnuts, Sugar Snap Peas, Red Pepper, Crispy Fried Noodles, Roasted Cashews and Fresh Coriander Leaves in a Sesame Soy Dressing

THAI NOODLE SALAD

Rice Noodles, Sugarsnap Peas, Cashew Nuts, Carrots, Spring Onions, Bean Sprouts in a Chilli, Sesame Oil, Soy and Lime Dressing

THAI BEAN SALAD

Cannellini Beans with Pink Grapefruit, Red Grapes, Beansprouts, Fresh Mint, Coriander and Rocket Leaves in a Chilli, Lime and Herb Dressing

ORIENTAL COLESLAW

Red Cabbage, Carrots, Spring Onions and Coriander with a Sesame Oil, Soy Sauce, Honey and Lime Dressing

CRUNCHY HOT AND SOUR SALAD

Beansprouts, Mangetout, Water Chestnuts, Cashew Nuts and Coriander in a Hot and Sour Chilli and Rice Wine Vinegar Dressing

GREEN MANGO SALAD

Green Mango, Chilli, Sesame Seeds, Sugar Snap Peas, Red Onion and Fresh Coriander and Mint Leaves in a Lime and Ginger Dressing

THAI HERB AND MANGO SALAD

Fresh Mango, Lemon Grass, Red Chilli, Sugar Snap Peas, Spring Onions, Bean Sprouts with Fresh Coriander, Mint, and Thai Basil Leaves in a Palm Sugar and Lime Dressing

Modern British Salads

CHICORY, PEAR AND WALNUT SALAD

Caramelised Pear Cubes with thinly sliced Chicory and Walnuts with a Walnut Oil Dressing

PEAS, PEA SHOOTS AND BROAD BEANS

Fresh Summer Salad of Peas, Broad Beans and Pea Shoots with Rocket and Fresh Mint in An Olive Oil and Lemon Dressing

SUMMER VEGETABLE SALAD

Mixed Green Vegetables such as Green Beans, Peas, Sugarsnap Peas, Asparagus, Broad Beans and Broccoli with Cucumber and Flat-Leaf Parsley in a Sherry Vinegar Vinaigrette

TOMATO AND SHALLOT SALAD

Finely Sliced Tomatoes with Finely Chopped Shallots, Capers, Olive Oil and Red Wine Vinegar

CAMARGUE RED RICE SALAD

Nutty Camargue Red Rice with Shallots, Rocket, Spring Onions and Feta Cheese in a Grain Mustard and Balsamic Dressing

LENTIL SALAD WITH WALNUTS

Puy Lentils, Toasted Walnut Pieces and Goats Cheese in a Punchy Balsamic, Garlic and Mustard Dressing