# MENU WORKING LUNCHES 

## MONDAY

## Chilled Selection

Avocado (vg), prawn and mango and chicken sushi with wasabi mayonnaise and pickled ginger
Tomato, red onion, Kalamata olive and cucumber salad (vg, gf)
Vegetarian Caesar salad (v)

## Hot Selection

Penne pasta (vg)
Braised beef and oregano bolognaise (gf, df)
Roasted ratatouille with crushed Napoli sauce (vg, gf) Fried spinach and cheese arancini (v, gf)
Shaved parmesan, basil pesto and chilli (v)
Grissini bread sticks (vg)

## Dessert Selection

Fresh fruit skewers (vg, gf)
Chocolate cake (v)

## WEDNESDAY

## Chilled Selection

Tofu (vg), Californian and smoked salmon sushi with wasabi mayonnaise and pickled ginger
Pumpkin and cous cous salad (vg)
Coleslaw salad (v)

## Hot Selection

Steamed basmati and quinoa rice (vg, g) Braised beef and bean chilli con carne (gf, df) Mixed bean, lentil and tomato stew (vg, gf) Guacamole (vg), salsa (vg) and sour cream Fried sweet potato and cashew nut empanadas (v) Brazilian cheese bread (v, gf)

## Dessert Selection

Fresh fruit skewers (vg, gf)
Orange and poppyseed cake (v, gf)
Freshly brewed coffee and a selection of fine teas

## TUESDAY

## Chilled Selection

Avocado (vg), chicken and tuna sushi with wasabi mayonnaise and pickled ginger
Minted cucumber salad (vg, gf)
Cauliflower and potato salad (gf)

## Hot Selection

Steamed jasmine rice (vg, gf)
Creamy chicken korma (gf, df)
Thai vegetable curry (vg. gf)
Fried vegetable spring rolls (vg)
Pappadums (vg) and prawn crackers (g)

## Dessert Selection

Fresh fruit skewers (vg, gf)
Mini ice creams (v)
Freshly brewed coffee and a selection of fine teas

## THURSDAY

## Chilled Selection

Avocado (vg), prawn and mango and chicken sushi with wasabi mayonnaise and pickled ginger
Tomato, red onion, Kalamata olive and cucumber
salad (vg, gf)
Vegetarian Caesar salad (v)

## Hot Selection

Penne pasta (vg)
Braised beef and oregano bolognaise (gf, df)
Roasted ratatouille with crushed Napoli sauce (vg, gf) Fried spinach and cheese arancini (v, gf)
Shaved parmesan, basil pesto and chilli (v)
Grissini bread sticks (vg)

## Dessert Selection

Fresh fruit skewers (vg, gf)
Chocolate cake (v)
Freshly brewed coffee and a selection of fine teas

## FRIDAY

## Chilled Selection

Avocado (vg), chicken and tuna sushi with wasabi mayonnaise and pickled ginger )
Minted cucumber salad (vg, gf)
Cauliflower and potato salad (gf)

## Hot Selection

Steamed jasmine rice (vg, gf)
Creamy chicken korma (gf, df)
Thai vegetable curry (vg, gf)
Fried vegetable spring rolls (vg)
Pappadums (vg) and prawn crackers (gf)

## Dessert Selection

Fresh fruit skewers (vg, gf)
Mini ice creams (v)
Freshly brewed coffee and a selection of fine teas

## SATURDAY

## Chilled Selection

Tofu (vg), Californian and smoked salmon sushi with wasabi mayonnaise and pickled ginger
Pumpkin and cous cous salad (vg)
Coleslaw salad (v)

## Hot Selection

Steamed basmati and quinoa rice (vg, gf)
Braised beef and bean chilli con carne (gf, df)
Mixed bean, lentil and tomato stew (vg, gf)
Guacamole (vg), salsa (vg) and sour cream
Fried sweet potato and cashew nut empanadas (v)
Brazilian cheese bread (v, gf)

## Dessert Selection

Fresh fruit skewers (vg, gf)
Orange and poppyseed cake (v, gf)
Freshly brewed coffee and a selection of fine teas

## PRICING

## $\$ 45.00$ per person

$\$ 42.00$ per person (Members)

