



Events Bento Boxes

MEAT

Bread, butter, mixed olives, semi-dried tomatoes,
smoked home made ketchup, duo of smoked duck breast and chicken.

Salad of quinoa, celery, green apple, walnut,
avocado, lime juice, parsley, coriander, mint.

FISH

Bread, butter, mixed olives, semi-dried tomatoes,
saffron sauce, duo of smoked haddock and salmon.

Salad of lentil, pomegranate, red pepper, sweet chilli, coriander, rocket salad.

BRAIN FOOD (GF)

Bread, butter, mixed olives, semi-dried tomatoes with avocado,
coconut milk & coriander sauce. Salad of quinoa, celery, green apple,
walnut, avocado, lime juice, parsley, coriander, mint.

Salad of lentil, pomegranate, red pepper, sweet chilli, coriander, rocket salad.

Salad of green kale, raw beetroot julienne, wakame, chickpeas,
sunflower seeds, baby spinach.



(GF) Gluten Free