



The menu



Drinks

price: from €2.50

1. detox juice- green vegetables, apple, lemon and wheatgrass juice
2. Indian chai
3. spiced hot cider
4. water cress and pear juice
5. cucumber, apple, pineapple parsley and yoghurt smoothie
6. vitamin boosting juice made from beetroot, carrot, celery, apple with a drizzle of hemp oil
7. breakfast smoothie; banana, wheat germ, biogarde, nuts, cinnamon and honey



Salads

price: from small €3.50, large €6.50

8. green salad with green apple, nuts and seeds
9. Carrot and spinach salad with cumin seeds \
10. vegetables skewers with rocula tapenade
11. Chukka wakame, glass noodles and radish salad
12. Sushi rolls with almonds and black sesame paste
13. quinoa salad, with avocado, feta cheese and fresh herbs
14. wild rice salad, with raisins, dried apricots nut and fresh coriander
15. lentil salad, with red onion, cherry tomatoes, feta cheese and parsley
16. Indian sprouted mung bean warm salad
17. fruit salad



Sandwiches

price: from €5.50

18. coriander lemon houmous with rocket and tomatoes
19. tapenade with water crest and walnuts
20. goat cheese, grilled pepper and honey
21. pita pockets with tahini and salad
22. avocado salad
23. herby omelette with fresh cut vegetables and olives



Soups

price: from €4.50

24. gespacho- cold soup
25. yoghurt cucumber and mint- cold soup
26. avocado soup
27. miso with vegetables and tofu
28. pumpkin ginger, fresh tomatoes
29. carrot and coriander
30. roasted root vegetables



Warm dishes

price: from €8.50

31. mini quiche (muffin size); spinach and feta cheese or leek or sweet potato
32. brown basmati rice with dhal
33. wholemeal couscous with vegetable stew
34. Sweet potato stew with cherry tomatoes, scented with cinnamon and honey
35. Parsnip and mushrooms pearl barley risotto



Sweet treat

price: from €4.50

- 36. dried fruit and nuts medallions
- 37. Apple soup with bananas and nuts
- 38. Nectarines with honey and cinnamon
- 39. Rose water perfumed fruit salad



Breakfast buffet

price: from €6.50

A buffet of fresh fruit, yoghurt, nuts, fruit juices and warm drinks



Green Catering box

price: from €9.50

Choose one (small) salad, one sandwich and one drink from the menu selection above