East Café – Salads and Proteins

Each day, Monday till Friday selection of two salads and one protein displayed in black chalk board next to till point

Salads:

* Green Bobby Bean Salad with Edamame beans, pomegranate, Cherry tomatoes, black olives, mixed leaves
* Sweet Potato and Fennel with sundried tomatoes, chilli and rocket
* Roasted Butternut Squash, beetroot, spring onion, parsley, feta cheese
* Superfood Salad – quinoa, broccoli, beetroot, sprouts, edamame beans, pumpkin seeds
* Roasted Root Vegetables – Parsnip, carrots, celeriac, fennel with courgette and mixed peppers
* Mediterranean salad – mixed leaves, spring onion, fennel, cherry tomatoes with balsamic vinegar and olive oil dressing
* Avocado salad with cos lettuce, cherry tomatoes, radish, spring onion, parsley
* Couscous salad with broccoli, peppers, cucumber, chick peas, parsley and feta cheese
* Beetroot salad with red onion, parsley
* Quinoa salad with green peas, mint, lemon zest, chilli and feta

Proteins

* Grilled chicken breast
* Grilled salmon fillet
* Tiger Prawns with chilli dressing
* Pork and Fennel meatballs in tomato sauce
* Curry Chicken Breast
* Chicken Milanese
* Cod fillet