

# WEEKLY LUNCH

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A S C A R I



- DAY 1 Chilled Gazpacho served with finely diced green peppers, cucumber and tomato / Followed by homemade Spanish Tortilla, Olives, Selection of Iberian Ham, Manchego Cheese, Tomato Bread, Green Salad and Aioli
- DAY 2 Grilled Tuna Steaks served with a warm vegetable salsa, Grilled Asparagus and a Super food salad with Sprouts and mixed toasted seeds and Avocado / Followed By Homemade Raw Vegan Chocolates
- DAY 3 Artichoke Quinoa Pasta – A light and tasty dish made with artichokes, garlic, mint and Chili's topped with Parmesan cheese, a rocket and red onion salad and Bruschetta
- DAY 4 Chilled Cucumber and Yoghurt Soup / Followed by avocado, Prawns and Mango Salad with a lime and coconut dressing and Toasted Cashew nuts

- DAY 5 Monkfish in a Lemon, Caper and Parsley butter served on a bed of Puy lentils and a Spinach, Pea and Asparagus salad
- DAY 6 Homemade Organic Angus Beef burgers served on a toasted sesame bun with a Roquefort, Pear and walnut salad, Radish Slaw and Sweet Potato wedges
- DAY 7 Fillet of Cod with Mint pea puree and Crispy pancetta served with Italian black kale and Red onions