

Organic Lunch Buffet

Two course buffet with tea and coffee

€27.50/adult and €13.75/child under 12

Choose one main course and two salads, and one starter or dessert

Soup

Hearty garden vegetable soup (C)(DF, GF)

Roast pumpkin, tomato and ginger (C)(DF, GF)

Leek and potatoe (C)(DF, GF)

Served with fresh bread and roasted seeds (SS, E, M)

Salads

Mixed garden leaves, fresh herbs and salad dressing
with toasted seeds (SS, N, M) (DF, GF)

Roasted squash, kale, toasted seeds and pomegranate
salad served with a tahini sauce (SS, N, M) (DF, GF)

Roasted sweet potatoe topped with feta cheese, toasted nuts and pesto (D, N) (GF)

Main Meal

Beef Lasagna (D, E, M)

Chickpea, coconut, squash and spinach korma (N) (DF, GF)

Savoury quiche (meat or vegetarian) (E, M)

Vegetable tagine and bulger wheat (C, SS)(DF)

Dessert

Chocolate brownie (E, D)

Apple crumble and custard (E, D)

Lemon tart (E, D)

Tiramisu (E, D)

N=NUTS
C=CELERY
SS= SESAME
SEEDS
E=EGGS
F=FISH
G=GLUTEN
D=DAIRY

DF=DAIRY FREE
GF=GLUTEN FREE

PLEASE NOTIFY US OF ANY FOOD ALLERGIES YOU HAVE
FOOD IS PREPARED IN A KITCHEN WHERE NUTS ARE USED
GLUTEN FREE AND VEGAN OPTIONS AVAILABLE



Catering Standard

www.slieveaughtycentre.com