

Refreshing Salads

Select from our wide range of refreshing and delicious Salads

Traditional Salads £6.50 per person

POTATO SALAD : Potatoes , Spring Onion , Parsley and Mayonnaise

GREEN LEAF SALAD: Mixed Seasonal Leaves , Cucumber , Green Beans , Spring Onions and Peas with choice of Salad Dressing : Vinaigrette , Balsamic , Honey and Mustard , Sun Dried Tomato or Caesar

RICE SALAD: Rice , Peas , Red Pepper , Celery , Cucumber , Tomato and Fresh Herbs in an Onion Vinaigrette

TRICOLOUR PASTA SALAD : Pasta Twists with Red Pepper , Broccoli and Parsley in a Vinaigrette Dressing

RED PEPPER PASTA SALAD : Pasta with Roasted Red Peppers and Chopped Fresh Herbs in a Balsamic Vinaigrette

COLESLAW Red and White Cabbage , Carrot , Spring Onion and Mayonnaise Dressing

FOUR - BEAN SALAD : Lima , Borlotti , Red Kidney and Cannelloni Beans with Cherry Tomatoes , Red Onion , Green Pepper and Flat Leaf Parsley in a Wholegrain Mustard Dressing

Middle Eastern salads £8.00 per person

FATTOUSH : Lebanese Bread Salad with Pitta Bread , Cucumber , Tomatoes , Mint Coriander , and Flat - Leaf Parsley with A Lemon and Olive Oil Dressing Flavoured with Sumac

TABBOULEH : Classic Salad of Bulgur Wheat , Flat Leaf Parsley , Mint , Tomato , and Spring Onion

CUCUMBER AND YOGHURT SALAD : Popular Middle - Eastern Salad of Salted Cucumber Mixed with Yoghurt , Garlic and Finely Chopped Mint

GRATED CARROT AND ORANGE SALAD : Grated Carrots with Ground Almonds , Oranges , Mint , and Pinenuts

GREEN LEAF , HERB AND FETA SALAD : Fresh , Herby Salad with Salty Feta and Sweet / Sour Dressing Made with Pomegranate Molasses

CHICKPEA SALAD WITH LEMON AND PARSLEY : Chickpeas , Red Onion , Flat Leaf Parsley Dressed with Lemon and Olive Oil

MOROCCAN GREEN BEANS WITH TOMATOES: Green Beans with Roasted Cherry Tomatoes in a Coriander and Cumin - Spiced Tomato Sauce

ORANGE AND DATE COUSCOUS SALAD : Couscous with Orange Zest , Orange Segments , Baby Spinach , Red Onion and Dates

COUSCOUS WITH HERBS AND CHICKPEAS: Couscous , Chickpeas , Tomatoes , Red Onion , Mint , Coriander and Flat Leaf Parsley with Olive Oil and Preserved Lemon Dressing

FRUITY COUSCOUS SALAD: Couscous with Mint , Parsley.Dried Apricots , Sultanas in an Orange and Olive Oil Dressing Italian Salads

Italian salads £7.00 per person

PANZANELLA : Tuscan Bread , Tomato and Pepper

INSALATA CAPRESE : Mozzarella , Tomato and Basil

*CAPONATA CLASSIC SWEET AND SOUR : Sicilian Dish of Aubergine , Onion ,
Tomato , Peppers and Celery*

*TONNO E FAGIOLI : Tuna and Flageolet Bean Salad with Lemon and Olive Oil
Dressing*

*POTATO , CAPER AND ANCHOVY SALAD : New Potatoes and Rocket , tossed with
Capers , Anchovies , Olive Oil and Lemon Juice*

*ITALIAN BROWN RICE SALAD : Brown Rice , Almonds , Sun Dried Tomatoes ,
Olives , Basil and Parsley with Lime Dressing*

*PESTO RICE SALAD : Arborio Rice Mixed with Fresh Basil Pesto and Garnished
with Basil Leaves , Spring Onions and Parmesan Shavings*

*ROCKET AND PARMESAN SALAD : Rocket Leaves and Parmesan Tossed with
Extra Virgin Olive Oil and Balsamic Vinegar*