

Menu A
Sandwiches

Pastrami with Swiss cheese, lettuce, tomato & mustard on white rye bread
Baked ham with hard-boiled egg, lettuce, tomato, cucumber & alfalfa on brown bread
Hummus with grilled eggplant, bell pepper, rocket leaf, oven-dried tomato
& mozzarella on ciabatta

or

Salads

Caesar salad with smoked salmon
Spinach salad with tomato, mozzarella, Parma ham & egg with balsamic vinaigrette
Greek salad

Juices: orange / carrot / apple / grapefruit

Menu B
Sandwiches

Smoked turkey breast with hard-boiled egg & cranberry chutney on brown bread
Parma ham with pesto, oven-dried tomato & mozzarella on ciabatta
Salad deluxe (lettuce, tomato, cucumber, coleslaw, mushroom, avocado, hard-boiled egg,
alfalfa) on white rye

or

Salads

Caesar salad with grilled chicken breast
Ham & cheddar salad with hard-boiled egg, tomato, cucumber & avocado
Portobello mushroom with rocket leaf salad, grilled eggplant, roasted bell pepper, red onion &
pesto dressing

Juices: orange / carrot / apple / grapefruit

Menu C
Sandwiches

Roasted pork leg with brie, celery, mushroom, lettuce, tomato, cucumber
& apple sauce on rye submarine
Tuna salad with avocado, lettuce, tomato, cucumber, egg
& alfalfa on brown bread
Hummus with grilled eggplant, bell pepper, rocket leaf, oven-dried tomato
& mozzarella on ciabatta

or

Salads

Shrimps cos lettuce salad with beetroot, cucumber, celery, orange, grapefruit & citrus dressing
Tandoori chicken with crispy vegetable salad & mint yogurt dressing
Greek salad

Juices: orange / carrot / apple / grapefruit

Menu D

Sandwiches

Smoked salmon with cottage cheese, lettuce, tomato, cucumber
& hard-boiled egg on brown bread

Corned beef with cheddar, coleslaw, pickle, lettuce, tomato
& mustard mayonnaise on rye submarine

Salad deluxe (lettuce, tomato, cucumber, coleslaw, mushroom, avocado,
hard-boiled egg, alfalfa) on white rye

or

Salads

Caesar salad with grilled chicken breast

Black-pepper crusted tuna Niçoise salad

Spinach salad with tomato, mozzarella, Parma ham, egg & balsamic vinaigrette

Juices: orange / carrot / apple / grapefruit

Menu E

Sandwiches

Parma ham with pesto, oven-dried tomato, rocket leaf & mozzarella on ciabatta

Tuna salad with avocado, egg, lettuce, tomato, cucumber & alfalfa on brown bread

Salad deluxe (lettuce, tomato, cucumber, coleslaw, mushroom, avocado,
hard-boiled egg, alfalfa) on white rye

or

Salads

Greek salad

Ham & cheddar salad with hard-boiled egg, tomato, cucumber & avocado

Chicken with avocado, hard-boiled egg, cherry tomato & mushroom
served with white balsamic vinaigrette

Juices: orange / carrot / apple / grapefruit

RED