

LOVING SALADS



CORPORATE CATERING MENU



THE FINEST, FIERCEST, FRESHEST FOOD THAT COMBINES LOCAL VEGETABLES,
SEASONAL FRUITS AND THE BEST GRAINS FROM THE MIDDLE EAST;
ALL PREPARED DAILY INTO DELICIOUS, WHOLESOME SALADS.
LTD COMPANY / VAT NO: 3587745KH

www.lovingsalads.com



SALADS

€36 PER LARGE BOWL OF SALAD

CURRIED CHICKPEAS WITH FRESH COCONUT,
MANGO, CHILLI, CORIANDER & LIME **GF - DF - VEGAN**

LENTIL DE PUY WITH ROASTED SWEET POTATO,
CUMIN, PAPRIKA AND SPINACH **GF - DF - VEGAN**

LOVINGSALADS COLESLAW, RED AND WHITE CABBAGE,
CARROT, APPLE & HERBS **DF**

FREEKEH WITH DATES, POMEGRANATES, PRESERVED
LEMON, SUMAC & FETA CHEESE (1) (7)

WHITE QUINOA WITH ROASTED BEETROOTS IN
(STAR ANISE, CINNAMON & ORANGE) SPINACH, PEPPERS,
TOMATO & PICKLED RED CABBAGE **GF - DF - VEGAN**

ORGANIC RICE WITH CURRIED APPLE, MULLED BERRIES,
FIGS, TURMERIC TOASTED ALMONDS & HERBS
GF - DF - VEGAN (8)

ROASTED CAULIFLOWER WITH TAHINI, CUMIN, GARLIC,
LEMON, SPINACH WITH TOASTED TURMERIC ALMONDS
GF - DF - VEGAN (8) (11)

ROASTED CARROTS, PARSNIPS & SQUASH WITH CORIANDER,
CUMIN, TURMERIC, CHICKPEAS WITH SESAME & SPINACH
GF - DF (8) (11)

POTATO SALAD WITH CHORIZO, RED ONIONS,
SPRING ONIONS & HERBS **DF**

ITALIAN WHITE BEANS WITH PICKLED GINGER & GARLIC SATAY SAUCE,
LEMON, CORIANDER & CHILLI **GF - DF - VEGAN** (5) (8)



SALADS CONT>



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JASON CARROLL
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SALADS (CONT.)

€36 PER LARGE BOWL OF SALAD

MEXICAN SALAD WITH BLACK BEANS, KIDNEY BEANS,
ROAST PEPPERS, JALAPENO, LIME & CORIANDER

GF - DF - VEGAN

VEGAN POTATO SALAD WITH PICKLED GHERKINS,
CORNICHONS, TARRAGON & POMMERY MUSTARD

GF - DF - VEGAN (10)

GREEN PEAS, SPLIT PEAS WITH MOZZARELLA, SUNDRIED
TOMATOES. SPINACH & OLIVES **GF**

BLACK EYED PEAS, BULGUR WHEAT, BASIL & SPINACH
PESTO **V - DF** (1)

THAI NOODLE SALAD, VEGETARIAN STYLE **V - DF** (11)

MORROCAN STYLE COUS-COUS WITH DATES, PRESERVED
LEMON APRICOTS, TURMERIC ALMONDS,
PICKLED CARROTS & MINT **DF - VEGAN** (1) (8)

MACARONI PASTA WITH FETA CHEESE,
BASIL & SPINACH PESTO,
CHERRY & SUNDRIED TOMATOES **V - DF**

AUBERGINE RED PEPPER BRIJAL (10)



FYI

THERE IS 2.5KILOS OF SALAD IN EACH BOWL. THIS WOULD GIVE A
LARGE SPOON SERVING PORTION TO 12 TO 15 GUESTS

MINIMUM ORDER PER SALAD BOWL IS 2.5KILOS

SOME SALADS MAY BE CUSTOM CHANGED DUE TO AVAILABILITY
OF CERTAIN PRODUCE



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MEXICAN MENU

BURRITOS

HOT DISHES

BEEF OR CHICKEN BURRITO WITH MILD JALAPENO, CHIPOTLES, BLACK BEANS, RICE, AND CORIANDER **GF - DF**

AND/OR

VEGETABLE BURRITOS WITH SAUTÉ VEGETABLES, VERY MILD CHILIES, TOMATOES, KIDNEY BEANS & CORIANDER **GF - DF - VEGAN**

SAUCES & SIDES

THIS IS SERVED WITH A LIGHT HEALTHY MEXICAN SALAD OF RED CABBAGE, TOMATO, LIME, SPINACH AND CHILLI SALAD **GF - DF - VEGAN**

AVOCADO GUACAMOLE **GF - DF - VEGAN**

SOUR CREAM, YOGURT, TOMATO & LIME DRESSING. **GF** (7)

GARLIC, LIME, CORIANDER & CHILLI BEAN SAUCE **GF - DF - VEGAN**

WRAPS

THE WRAPS WILL BE SERVED WARM AS YOU TAKE ONE AND BUILD YOUR OWN BURRITO



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SRI LANKAN STYLE CURRY

THIS MENU IS COMPLETELY GLUTEN & DAIRY FREE

HOT DISHES

SRI LANKAN CHICKEN
& SWEET POTATO CURRY **GF - DF**

AND/OR

RED QUINOA, BUTTERNUT SQUASH &
WHITE BEAN CURRY **GF - DF - VEGAN** (10)

AND/OR

BEETROOT & CHICKPEA CURRY
GF - DF - VEGAN

SIDES & DIPS

ALL THE ABOVE CURRIES ARE SERVED WITH
THE FOLLOWING CONDIMENTS

BRIYANI STYLE BRAISED RICE **GF - DF** (8)

AUBERGINE AND RED PEPPER BRINJAL
GF - DF - VEGAN (10)

PICKLED CARROTS WITH CURRY APPLES &
DATES **GF - DF - VEGAN**

POPPADOMS WITH MINT CHICKPEA PESTO
DF - VEGAN



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ASIAN STYLE

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HOT & COLD DISHES

CHINESE RICE PAPER SPRING ROLL WITH SAUTÉ VEGETABLES, LEMON & SESAME WITH HOISIN & CORIANDER (SERVED COLD) (11)

GF - DF - VEGAN

AND/OR

THAI GREEN CHICKEN CURRY WITH GINGER, LEMONGRASS, CHILI, GARLIC & BOK CHOY **GF - DF**

AND/OR

WARM ASIAN SPICY TOFU QUICHE WITH STIR FRIED VEGETABLES **GF - DF** (7)

SIDES & DIPS

THAI STYLE VEGETABLE FRIED RICE

GF - DF - VEGAN (8)

LOVING SALADS HOMEMADE KIMCHI

GF - DF - VEGAN (11)

CHINESE NOODLE SALAD WITH PICKLED RED CABBAGE & CORIANDER **DF** (11)

ROASTED RED PEPPER, PICKLED GINGER & LIME DIP WITH SPRING ONIONS, SESAME SEEDS & FRIED SHALLOTS **GF - DF - VEGAN** (11)



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ITALIAN STYLE

THIS MENU CONTAINS GLUTEN & DAIRY
IN ALL THE DISHES

BEEF & VEGETABLE LASAGNA WITH A FRESH
BASIL TOMATO SAUCE TOPPED WITH
GRATED PARMESAN & FRESH MOZZARELLA
CHEESE (7)

AND/OR

CAJUN CHICKEN BREAST WITH
CHORIZO & MACARONI PASTA WITH A
FRESH ROASTED TOMATO BASIL,
OREGANO & MASCARPONE SAUCE

AND/OR

SMOKED AUBERGINE WITH ROASTED VEGETABLE
LASAGNA WITH A FRESH BASIL TOMATO SAUCE
TOPPED WITH GRATED PARMESAN & FRESH
MOZZARELLA CHEESE

SIDES & DIPS

FRESH HERB GARLIC BUTTER BAGUETTE (7) (8)

BASIL, SPINACH, PARSLEY HERB PESTO

COLESLAW SALAD **GF - DF** (3) (7)

BOWL OF ORGANIC MIX LEAF SALADS
WITH LOVINGSALADS HOUSE DRESSING
GF - DF - VEGAN



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MOROCCAN

LAMB TAGINE WITH TURMERIC CHICKPEAS,
PRESERVED LEMONS, DATES, PAPRIKA &
CORIANDER **GF - DF**

AND/OR

ROASTED CHICKEN WITH
SWEET POTATOES, CARROTS,
PRESERVED LEMONS & OLIVES
GF - DF

AND/OR

ROASTED BUTTERNUT SQUASH TAGINE WITH
BABY POTATOES, CARAMELIZED SHALLOTS
& PRESERVED LEMON **GF - DF - VEGAN**

SIDES & DIPS

SAFFRON COUS-COUS WITH ALMONDS
AND DATES **V - DF** (8)

ROASTED PIQUILLO RED PEPPER HARISSA
GF - DF - VEGAN

YOGURT RIATA WITH TOMATOES,
CUCUMBER & CUMIN **V - GF** (7)

FREEKEH WITH FETA CHEESE,
POMEGRANATES, MINT & LEMON **V** (7) (8)



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FYI

EACH THEMED MENU IS €130 FOR A CHOICE OF ONE MAINS DISH OF YOUR LIKING AND YOU GET ALL THE DIPS, SALADS & SIDES TO GO WITH THAT FOR 10 PERSONS

THIS WILL FEED 10 PERSONS A HEALTHY NUTRITIOUS LUNCH

IF YOU HAVE 20 PERSONS YOU CAN CHOSE TWO HOT DISHES OF YOUR CHOICE FROM ANY OF THE THEMED MENUS ALONG WITH THE SET SALADS, DIPS & SAUCES

MINIMUM ORDER IS 10 PORTIONS PER HOT DISH

WE DON'T DO HALF PORTIONS OF TWO HOT DISHES



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1. CEREALS CONTAINING GLUTEN 2. CRUSTACEANS 3. EGGS 4. FISH 5. PEANUTS 6. SOYABEANS 7. MILK 8. NUTS 9. CELERY 10. MUSTARD 11. SESAME SEEDS 12. SULPHUR DIOXIDE AND SULPHITES 13. LUPIN 14. MOLLUSCS

THIS IS FOOD



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