

LOVING SALADS



PRIVATE 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.lovingalads.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@lovingsalads.com

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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SOUPS

ALL OF OUR SOUPS ARE GLUTEN & DAIRY FREE
€5.80 PER PORTION

WINTER ROOT VEGETABLE SOUP

BUTTERNUT SQUASH &
SWEET POTATO SOUP

TOMATO & BASIL SOUP

LEEK & POTATO SOUP

CELERIAC W/ PARMESAN TRUFFLE
CROUTONS ⁽⁹⁾

INDIAN RED LENTIL DAHL SOUP ⁽¹⁰⁾

MUSHROOM SOUP

CARROT & CORIANDER SOUP

CAULIFLOWER & BLUE CHEESE ⁽⁷⁾

LEEK, BUTTER BEAN & BACON SOUP

SEAFOOD CHOWDER
(SUPPLEMENT €2 PER PORTION) ⁽⁴⁾

SPICY LENTIL DE PUY & TOMATO SOUP

PARSNIP & CURRY CHICKPEA SOUP

POTATO, PEA & HAM SOUP



MINIMUM ORDER 10 PORTIONS PER SOUP

ALL SOUPS COME WITH OMEGA BROWN BREAD & SPLIT PEA HUMMUS



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CURRIES & CASSEROLES

MINIMUM ORDER 10 PORTIONS PER DISH

ALL DISHES ON THIS MENU ARE GLUTEN & DAIRY FREE*

€9.80 PER PORTION

SRI LANKAN CHICKEN CURRY WITH SWEET POTATO SERVED WITH BRIYONI RICE AND POPADOMS

BRAISED BEEF IN RED WINE WITH ROOT VEGETABLES & CRANBERRY WITH BABY POTATOES

BEEF RENDANG INDONESIA CURRY WITH BLACK BEAN SERVED WITH BRIYANI RICE AND POPADOMS

CHICKEN JAMBALAYA WITH CHORIZO & BIRYANI RICE AND POPADOMS

SHEPHERDS PIE WITH ROOT VEGETABLES, POTATO TOPPING

BEEF STROGANOFF WITH RICE PILAF
(THIS CONTAINS DAIRY)*

RED QUINOA, WHITE BEAN AND BUTTERNUT SQUASH CURRY SERVED WITH BRIYANI RICE AND POPPADOMS

MOROCCAN LAMB TAGINE WITH CHICKPEAS & PRESERVED LEMON WITH SAFFRON COUSCOUS

SLOW COOKED HAM HOCK, ROOT VEGETABLES & SPLIT PEA STEW

BEEF LASAGNA LOVINGSALADS STYLE WITH TOASTED GARLIC HERB BREAD
(THIS CONTAINS GLUTEN)*



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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

COLD MEAT & FISH PROTEIN

€65 PER 10 PORTIONS MINIMUM ORDER

CAJUN CHICKEN BREAST WITH HARISSA YOGURT
GF (7)

ZARTAR CHICKEN WITH CARROT CUMIN PESTO
GF - DF (8)

PIRI PIRI CHICKEN WITH GREEK YOGURT RIATA
GF (7) (8)

SALMON FILLET WITH HOISIN AND DUKKAH
GF - DF (4) (8)

POACHED SALMON WITH CELERIAC
REMOULADE AND BASIL & CHIVE MAYONNAISE
GF - DF (3) (4) (9)

SMOKED SALMON WITH CREAM CHEESE &
BUCKWHEAT PANCAKE & PICKLED FENNEL
& RED CABBAGE (4) (7)

SMOKED CHICKEN BALLOTINE WITH PISTACHIO,
DATES & DRIED MULBERRIES **GF - DF** (7) (8)

RICE PAPER SPRING ROLLS WITH FETA CHEESE,
PICKLED VEGETABLE & CARROT CUMIN PESTO **GF** (7) (11)

TOFU QUICHE WITH MUSHROOM TOMATO SUGO
DI CASA SAUCE **GF - DF** (3)

VEGAN MEXICAN VEGETARIAN BURGER WITH
GUACAMOLE & TURMERIC ALMONDS **DF** (8) (11)

COUNTRY STYLE QUICHE LORRAINE
WITH PANCETTA (3) (7)

VEGETARIAN QUICHE WITH ROASTED
VEGETABLES (3) (7)



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DIPS

ALL DIPS COME IN 2KG BOWLS AND ARE
€18 PER BOWL MINIMUM ORDER

SPLIT PEA HUMMUS WITH FRESH
LEMON & SESAME (11)

GREEK YOGURT RAITA (7)

AUBERGINE & RED PEPPER BRINJAL (11)

SMOKED WHITE BEANS
& CHICKPEA HUMMUS (11)

GREEN SALSA VERDE PESTO WITH LEMON (8)

MILD MEXICAN JALAPEÑO
CHIPOTLE SMOKEY DIP

GARLIC MAYO WITH SHALLOTS, PARSLEY,
CHIVES & GRATED PARMESAN

SPANISH STYLE ROMESCO (8)

SIDE DISHES

ALL SIDE DISHES ARE €30 PER SIDE
AND SERVES 10 PEOPLE

GARLIC DAUPHINOISE POTATOES (7)

HONEY & STAR ANISE GLAZED CARROTS (11)

STEAMED CARDAMOM RICE

SPICED GLAZED WHOLE PARSNIPS

STEAMED NEW SEASON
BABY BOILED POTATOES (7)



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DESSERTS

ALL DESSERTS ARE €40 EACH.
MINIMUM ORDER IS 10 PORTIONS
PER DESSERT

BAILEYS, CHOCOLATE & AMARETTO BISCUIT CHEESECAKE
(6) (7) (8)

DARK CHOCOLATE MOUSSE CAKE WITH RUM CHERRIES
GF (3) (6)

MICHELLE'S VEGAN CHOCOLATE BROWNIE
WITH PISTACHIO & DRIED MICRO BERRIES
GF - DF - VEGAN (8)

SALTED CARAMEL & CHOCOLATE SLICE WITH
PISTACHIOS & GOJI BERRIES **GF** (5) (6) (7) (8)

LOVINGSALADS CHOCOLATE COCONUT SLICE
GF (3) (6) (7)

SEASONAL BERRIES / FRUITS WITH VANILLA PANACOTTA
GF (7) (8)

BLACK FOREST GATEAUX LOVINGSALADS STYLE

PAVLOVA WITH MIXED SEASONAL FRUITS **GF**

CARROT & WALNUT CAKE **GF - DF** (3) (8)

DEEP CINNAMON APPLE PIE WITH CRUMBLE TOPPING
/CHANTILLY CREAM **GF** (3) (7) (8)

BREAD & BUTTER CHOCOLATE PUDDING WITH
APRICOT GLAZE (1) (3) (7) (8)

QUEEN OF PUDDING WITH FRESH RASPBERRY JAM, ALMOND & MERINGUE (1) (3) (7) (8)

BANOFFEE PIE WITH CARAMEL, BANANA & VANILLA MASCARPONE CREAM **GF** (3) (7) (8)

GLAZED STRAWBERRY & APRICOT FRANGIPANI TART
WITH VANILLA CRÈME ANGLAISE **GF** (3) (7) (8)

RHUBARB, ORANGE & GINGER PIE /CHANTILLY CREAM
(AVAILABLE SPRING & SUMMER TIME) **GF** (3) (7) (8)

CLASSIC FRENCH CRÈME BRULEE WITH ALMOND & PISTACHIO PRALINE **GF** (3) (7) (8)



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