

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.lovingalads.com



SALADS

€38 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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jason@lovingsalads.com

SALADS (CONT.)

€38 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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FRENCH STYLE

BRAISED BEEF BOURGUIGNON **GF - DF**

AND/OR

ORGANIC CHICKEN LEGS COOKED IN A
WHITE WINE, MUSHROOM & TARRAGON
SAUCE (POULET À L'ESTRAGON) **GF**

SALADS & SIDES

CELERIAC REMOULADE WITH CAPERS,
POMMERY MUSTARD & PICKLES **GF - DF**

GRATED CARROTS AND CRANBERRY
WITH SPINACH **GF - DF**

BRAISED RICE



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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 €150 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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