

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

€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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SOUPS

ALL OF OUR SOUPS ARE GLUTEN & DAIRY FREE
€6.80 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*

€11.50 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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COLD MEAT & FISH PROTEIN

€75 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 & DUCK 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
€20 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 €35 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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