

# HUMDINGERS LIGHT LUNCH

## SANDWICHES

*Min order of 6*

### MEAT

Ham, Cucumber & Wholegrain Mustard

Chicken Caesar, Bacon Wrap

Parma Ham, Pesto, Rocket & Parmesan

Chicken Katsu, Lettuce, Red Cabbage & Mayo

### FISH

Spicy Sriracha Tuna & Salad Wrap

Prawn, Avocado & Thousand Island Dressing

Smoked Salmon, Cream Cheese, Black Pepper &

Lemon Zest Bagel

### CHEESE

Mozzarella, Tomato & Pesto (V)

Goat Cheese, Red Onion Chutney & Rocket Wrap (V)

Brie, Wholegrain Mustard, Slow Roasted Tomato & Basil (V)

Applewood Smoked Cheddar & Pickle (V)

### VEGAN / VEGETARIAN

Falafel, Houmous & Lettuce Wrap (VG)

Grilled Vegetables, Tahini & Sesame Seed (VG)

Tenderstem Broccoli, Burnt Aubergine, Romesco &

Roast Garlic (VG)

Marinated Tofu, Kale & Pineapple Relish (VG)

## SALAD BOWLS

*Min order of 6*

Superfood Salad, Quinoa, Edamame, Blueberry, Kale, Sunflower Seeds & Citrus Dressing (VG) (GF)

Baby Gem Lettuce, Red Peppers, Avocado, Chargrilled Sweetcorn, Palm Hearts & Crispy Corn (VG) (GF)

Pickled Beetroot, Goat's Cheese, Walnuts, Mixed Baby Leaves & Balsamic Vinegar (V) (GF)

Roast Turmeric Cauliflower, Rocket, Pomegranate & Lemon Coconut Yogurt Dressing (VG) (GF)

Smoked Chickpea Salad, Wilted Greens & Harissa Dressing (VG) (GF)

Artichoke, New Potato, Butter beans, Caramelized Onions & Salsa Verde (VG) (GF)

Pineapple, Sweet Picante Peppers, Spring Onions, Jalapeno, Lettuce & Lime Coriander Vinaigrette (VG) (GF)

Romanesco Broccoli, Black Olives, Capsicum Peppers, Red Onions, Oregano & Lemon (VG) (GF)

Asparagus, Peas, Shaved Fennel, Rocket, Croutons & Tarragon Dressing (VG) (GF)

Heritage Tomatoes, Rocket, Red Onion, Parmesan & Balsamic Vinegar (GF)

## LUNCH DEAL

*Min order of 6*

Includes a sandwich, a salad & dessert

## HOT SOUP POTS

*Min order of 6*

Leek & Potato (VG) (GF)

Roasted Tomato & Basil (VG) (GF)

Truffled Mushroom (VG) (GF)

## DESSERTS

*Min order of 6*

Burnt Lemon Tart (V)

New York Cheesecake, Mixed Berry Coulis (V)

Carrot Cake, Cream Cheese, Orange Zest Crust (V) (GF)

Flourless Salted Caramel Brownies (GF) (V)

Giant Chocolate Chip Cookies (VG)

Seasonal Fruit Salad (VG) (GF)

Tiramisu Cup (V)

Vegan Pecan Pie (VG)

(VG) Vegan (V) Vegetarian (GF) Gluten Free