









- Andalusian gazpacho cold soup with toppings and toasted bread;
- Zuchinni Rolls and Eggplant rolls with ricotta and tomatoe base + served with fresh salad
- Malaga style Goat cheese salad;
- Roasted pumpkin and lentil salad with pecan nuts and spinach
- Betroot and feta salad, rocket and walnuts, mustard dressing;
- Grilled Andalusian style marinated prawn skewers;
- Quiche Lorraine;
- Quiche with Feta cheese & spinach;
- Chickpea Hummus with crudites;
- Ceaser salad;
- Greek salad;
- Vegetable cream soup;
- Delicious Falafel, baby spinach, local; tomatoes, cucumber, red onion, pitta bread and tsaziki;
- Spanish Padron peppers;
- Ratatouille, fresh bread and butter;
- Burrata salad with roasted cherry tomatoes and crusty bread;
- Guacamole with home made Nachos;
- Quinoa and chickpea salad with roasted pistachios, feta cheese; cucumber and sweet tomatoes, lemon dressing;
- Andalusian potatoe and tuna salad with mayo, pickles, pimienton asado;
- Poke bowl with Tuna, salmon or marinated tofu and more...
- Jamon LEG
- Beetroot leaves Pie



Main Courses

Pasta dishes (whole grain or veggie pasta can be used)

- Sea food Tagliatelli, lemon;
- Creamy Salmon pasta with dill and lemon, seasonal salad;
- Spaghetti or macaroni with chicken or beef and french beans or brocoli (kids);
- Veggie spaghetti (Spaghetti mixed with Ratatoille);
- Pizzas or focaccia bread with topping of your choice;
- Spaghetti meatballs;
- Greek pasta Spinach, tomatoes, sun dried tomatoes, olives, feta, red pepper, pine nuts, shallots, lemon, parsley;
- Shrimp scampi with pasta, sweet cherry tomatoes, seasonal salad;
- Spaghetti Bolognese, parmesan and basil;
- Spaghetti Carbonara;
- Beef lasagna, seasonal salad or garlic bread



Anin Courses

Meat dishes:

- Beef entrecote or Irish beef fillet, canarian potatoes, roasted cherry tomatoes, french beans and asparagus, sauce of your choice Béarnaise, peppercorn sauce, red wine sauce, gravy, chimmichurri;
- Beef strogonof with rice, pasta or potatoe purreé;
- Beef milanesa Breaded beef fillet, mediterrean salad, lemon veggies;
- Traditional beef burger with salad, tomatoe, onion, pickle, bacon, burger sauce, sides french fries or salad;
- Lemon, garlic, mayo marinated Chicken tights with grilled veggies, and rice;
- Tandori spiced chicket tights, marocco style couscous, mint yogurt, coriander, fresh nann bread
- Piri piri chicken
- Teriyaki chicken
- Bacalao al ajoarriero
- Veal or chicken Schnitzel
- Veal Beef Stroganoff with Grichka
- Veal Lasagna with veggies
- Marinated oven cooked salmon + brocoli + Mushroom rice + cherry tomatoes on vine
- Whole cooked fish oven cooked with or without salt crust
- Coconut fish curry
- Marinated and grilled chicken tights
- Chicken wings Spanish style





Main Courses

Rice dishes:

- Sea food paella;
- Risotto with Fresh scallops (Ratio 60/40) + fresh seafood stock
- Chickpea Curry with basmati or brown rice, cilantro, fresh Naan bread choose your spice level from mild to spicy;
- Marinated lamb chops or lamb koftas with pilaf rice, spring onions and marinated tomato salad, mint yogurt;
- Chicken curry with Basmati or brown rice, fresh Naan bread, choose your spice level from mild to spicy;
- Lemon, garlic marinated chicken tights with egg fried rice and seasonal salad;

Sides:

- Grichka
- Roasted potatoes
- Steamed Asparagus, green beans and brocoli
- Boiled potatoes
- Potato puree
- Rice white, brown, eggfried, mushroom rice
- roasted Vegetables
- Steamed vegetables
- Pesto
- Hummus
- Pasta Spaghetti





Lids home made dishes

Protein:

- Chicken nuggets
- Chicken fillet
- Chicken skewers
- Chicken burger
- Beef burger
- Spaghetti bolognese
- Meatballs
- Beef or veal Milanesa
- Lasagna
- Spanish Puchero Soup
- Cream soups
- Fish fillet
- Fish fingers (using cod or sea bass)
- Spanish Croquetas

Side dishes

- Boiled rice
- Egg fried rice
- Pasta of your choice
- Boiled potatoes
- Mash potatoes
- Jacket potatoes
- Green beans and peas
- Carrots boiled and roasted
- Broccoli and Cauliflower
- Sweet potato
- Zuchini







- Fresh Gazpacho
- Sweet miso with fish
- Salmorejo
- Borsch beetroot soup (with or without meat)
- Cream soups (Tomato, mushroom, veggie, pumpkin, leek and potatoe, Caroot and onion, chicken and veg, etc)
- Solanka (Russian soup)
- Chicken soup
- Minestrone
- Ungarian Goulash
- Fish soup
- Sea food soup
- Meatball soup with veggies and herbs
- Garbanzos cream soup (Tuscany)
- For all soups i use home made stock depending on soup



Vegan & Vegetarian options

- Sweet potato curry;
- Chickpea curry with white/brown rice and fresh naan bread;
- Lentils bolognese
- Mexican Spicy quinoa;
- Variety of nutrition bowls and more
- Veggie Paella
- Lentil veggie coconut curry + lemon chicken bites
- Okonomiyaki with cabbage
- Veggie burger paddies with brown rice, mushrooms, brocoli, carrots, onion, garlic, kidney beans, spinach, walnuts, fresh herbs
- Zuchinni fritters + carrots + tsaziki sauce



Then dishes

Breakfast options:

- Overnight oats with various toppings
- Chia puddings with various toppings
- Pancakes
- Waffles
- Smoothies & fresh juices and more...
- Delicious omelettes
- Potatoe pancakes, smoked salmon, sour cream with dill

Desserts:

- Fresh fruit box
- Milkshakes;
- Home made sorberts;
- No sugar Powerballs;
- Strawberry Tiramisu
- Banana bread
- Bizcochos
- Lots of healthy snack options