

**SERVED FOR BREAKFAST:**

- Yoghurts (natural, fruit and soya)
- Milk (skimmed, semi-skimmed and soya)
- Fresh fruit salads (i.e. apples, pears, plums, peaches, berries and citruses)
- Porridge oats with honey / agave nectar
- Individual fruit (i.e. apple / banana / nectarine / peach / plum)
- Rice crackers / oatmeal crackers
- Muesli (no added sugar)
- Wholemeal muffins
- Smoothies
- Breads
- “Kick-start kebab” – Fruit kebab skewers (p.29 *GI High Energy Cookbook*)
- Croissant / pain au chocolat / Danish
- Warm breakfast (i.e. boiled eggs / scrambled eggs with smoked salmon, chives and bread)

**SERVED FOR LUNCH AND DINNER:**

- Pita / wraps (Made to Order)
  - Wrapper Selection: Turkish Flatbread, Mini Turkish Flatbread, Salad, Rice, Box, Durum
  - Filling Selection: Roast Vegetables, Falafel, Halloumi, Chicken, Lamb, Veal
  - Salad Selection: Lettuce, Tomatoes, Cucumbers, Pickles, Green Peppers, Olives, Red Onions, Sweet Corn, Jalapenos
  - Cheese: Feta or Halloumi (extra)
  - Spices/Herbs Selection: Salt, Pepper, Herbes de Provence, Thyme, Oregano, Sumac, Allspice, Aci Biber (chilli) and Saffron
  - Sauces: Yoghurt Herbs (tzatziki), Garlic, Hot Chilli, Labneh (yoghurt based), Baba Ganoush (aubergine based), Hummus, Tahini (hummus like), Pomegranate Sauce, Sweet Garlic Sauce, Patat Shoarma (Indonesian peanut sauce, ketchup and garlic sauce), Amba (mango and pickle sauce), teriyaki like marinade, Barbecue sauce, Lemon juice, Mint sauce (similar to Raita), Iskendar Sauce (tomato sauce)
  - Extras: Guacamole, extra cheese
- Salads:
  - Grilled halloumi with orange and mint (with spinach, watercress, white wine vinegar and walnuts) (V)
  - Aubergine, lemon and pepper (with red onion, garlic, tomatoes, mint and black olives) (V)
  - Tuscan (with haricot and kidney beans, red onion, green olives, avocado, tomato, tuna / sardines, chives and vinaigrette)
  - Grilled chicken / turkey (with mixed lettuce, spinach, avocado and tomatoes / spicy or not)
  - Spicy lentil with halloumi / lamb skewers & crudités chopped cucumber, carrots and peppers) (V or not)
  - Chicken & chilli chickpea salad (with cucumber, tomato, red kidney beans, red onion, basil, parsley, chives, grated parmesan, olive oil, pepper and garlic)
  - Roasted vegetables with tuna / chicken /turkey / lamb / feta / halloumi / prawns (V or not)
  - Green vegetable & lentil puree (broccoli, peas and asparagus with orange and soy sauce) (V)

## MedCo Food Corp Ltd Menu Proposal

- Smoked salmon / mackerel with spinach & bean puree (with lettuce, spring onion and tomato)
- Sandwiches with variety of freshly-baked breads:
  - Ricotta, Parma ham & mixed leaves
  - Ricotta / Philadelphia cheese with chives, & smoked salmon
  - Grilled vegetables with crushed feta or goat's cheese (V)
  - Mixed lettuce with olives, tomato & turkey slices
  - Spinach, sun-dried tomato & halloumi (V)
  - "Greek salad" (with cucumber, pepper, tomato, feta and red onion) (V)
  - Mozzarella with olives, fresh basil and tomato (V)
- Soup suggestions (outsourced fresh soup provider):
  - Gazpacho
  - Mixed bean
  - Lentil
  - Chicken
  - Broccoli
  - Seafood
  - Moroccan spices
  - Tomato with spices
- Warm meal section, suggestions:
  - Goat's cheese, red pepper & tomato tart
  - Turkish-style lamb (with ground cumin, coriander, garlic, oregano, mint, red onion, lemon, lettuce, natural yoghurt and pita bread)
  - Italian chicken with basil and beans
  - Slow-roasted Greek-style lamb
  - Chicken in garlic, herb and olive sauce
  - Greek lamb stew with feta
  - *Pork skewers (with spring onions, herbs, lemon juice, honey and olive oil)*
  - *Moroccan lamb pan-fried*

### **SIDES / ADDITION TO SALADS & SOUPS:**

- Courgette / aubergine puree
- Spicy lentil / bean puree
- Buckwheat / barely groats boiled
- Quinoa
- Breads (sourdough / spelt / rye / wholegrain / gluten-free / pita)
- Rice (Basmati / wild)
- Wholegrain couscous (i.e. with spiced herbs and almonds)
- Hummus / other dips
- Olives & sun-dried tomatoes
- Aubergine and feta with chilli
- Crudités / roast vegetables
- Deli platter (a tub of ricotta with chives / sun-dried tomatoes / roasted aubergines and peppers / artichoke hearts / olives / balsamic red onions)

### **"SWEET TOOTH" SECTION:**

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- Fruit crumble (apple & rhubarb / apple & pear / plum / berry)
- Dark chocolate cake with nuts / brownies
- Wholemeal muffins (chocolate / fruit / nuts)
- Fruit tart (berry / peach / nectarine)

### HEALTHY SNACKS:

- Yoghurts / frozen yoghurts
- Nuts / seeds
- Oat-based snacks (oatmeal crackers / low-fat flapjacks / yoghurt & muesli bars)
- Fruit cake
- Fruit nibbles (i.e. *Bear Nibbles*)
- Dries fruit (i.e. apricots and prunes)
- Dark chocolate (< 70% cocoa)
- Smoothies (i.e. mixed berry / tropical / banana)
- Fruit salads

### HEALTH BOOSTERS:

Charged additionally per 15g serving – vitamin and nutrient boost in salads, soups, sauces, yoghurts and smoothies.

- Mixed crushed nuts
- Mixed crushed seeds
- Flaxseed
- Oat bran
- Wheat germ
- Organic mix of Mediterranean herbs

### DRESSINGS:

*No mayo policy*

- Vinaigrette
- Olive oil, lemon and herbs
- Crème fraîche and mustard à l'ancienne
- Pesto (red and green)

### DRINKS & BEVERAGES:

#### *COLD DRINKS*

- Sodas (Coca Cola, Coca Cola Light, etc.)
- Alternative Sodas (Bionade, Africola, Orangina)
- Still and Sparkling Water
- Ayran (Staple Turkish Yogurt Drink)

#### *HOT DRINKS*

- Tea (Multiple)
- Coffee (Multiple)
- Hot chocolate