

Build *Your Lunch*

Porthia

01 - Pick your protein

Non-Vegetarian

- Roasted loch duart salmon fillet
- Seared marinated rump steak
- Free range chicken breast

Plant-based

- Cumin & coriander falafel
- Roasted sesame tempe

02 - Dress it up

Bold & Spicy

- Spicy Sriracha
- Chipotle & Lime

Asian-Inspired

- Miso, Honey & Lemon
- Tahini, Lime & Sesame Oil
- Soy, Sesame, Ginger & Garlic

Sweet & Tangy

- Pomegranate Molasses
- Sun-Blushed Tomato & Almonds

Classic & Herbaceous

- Classic French Mustard & Olive Oil
- Genovese Pesto
- Chimichurri

Creamy & Indulgent

- Classic Parmesan & Garlic Caesar
- Buttermilk, Garlic & Lemon
- Blue Cheese & Yoghurt

— HALAL OPTIONS AVAILABLE —

03 - Choose your base carb

Pasta & Potatoes

- Baby Rigatoni Pasta Salad with Fresh Tomato, Basil & Mozzarella Cheese
 - Orzo Pasta Salad Puttanesca
- Baby New Potato Salad with Mustard & Honey Dressing
- Baby New Potato Salad with Beetroot, Dill & Crème Fraîche
 - Za'atar-Roasted Sweet Potatoes

Rice & Grains

- Brown Rice Salad Niçoise
- Classic Tabbouleh with Parsley & Pomegranate
- Basmati Rice Salad with Raisins, Coriander & Pistachios
- Bulgur Wheat with Celery, Fennel & Ginger Dressing
- Giant Couscous with Raisins & Almond Pesto



04 - Add a salad

Fresh & Crunchy

- Cherry Tomato & Roasted Pepper Salad with Almonds
- Grated Carrot Salad with Orange, Basil & Pistachios
 - Asian Cucumber Salad with Sesame & Chilli
 - Shirazi Salad with Sumac & Fennel Seeds
 - Shredded Cabbage & Kimchi Slaw

Beans & Grain Based

- Edamame Bean & Farro Salad with Raisins & Mustard Dressing
- Corn Salad with Black Beans, Chilli, Lime & Coriander
 - Spanish Butter Beans with Paprika & Peppers
 - Greek Salad with Chickpeas & Feta

Roasted & Earthy

- Roasted Cauliflower Salad with Cumin & Toasted Pumpkin Seeds
- Roasted Artichoke, Cherry Tomato & Olive Salad with Basil Oil
- Roasted Carrot and Walnut Salad with Date & Garlic Dressing
- Roasted Beets with Balsamic, Walnuts & Feta Cheese

Green & Vegetable Led

- Chopped Kale Salad with Pecans, Dried Cranberries & Pine Nuts
- Chopped Broccoli Caesar Salad with Garlic Croutons
 - Green Beans with Shallot & Tarragon Dressing
 - Roasted Broccoli with Ginger, Garlic & Chilli

