

# M Q N A D H

## LUNCH ON THE GO

Whether you're exploring our beautiful surroundings and lunchtime will find you far from the nearest café, or you're going home and want something better than a service station pasty en route, the team at our own Monadh is on hand to ensure that you'll be well fed.

**Please fill in one card per order, indicating the number of each item required.**

Then just hand it to any of the Monadh team at breakfast on the day. Your freshly-prepared lunch will be ready and waiting for you at reception when you head out. If you are leaving before breakfast, please hand it to a member of the Monadh team the night before.

### Sandwiches

Please indicate the number of sandwiches you would like:

		on white	on brown
Smoked Scottish salmon, cream cheese:	£9.50	<input type="text"/>	<input type="text"/>
Roast chicken, pesto mayonnaise, tomato:	£9.50	<input type="text"/>	<input type="text"/>
Roast beef, wholegrain mustard, rocket:	£9.50	<input type="text"/>	<input type="text"/>
Cream cheese, marinated cucumber, dill (V):	£7.50	<input type="text"/>	<input type="text"/>
Free range egg mayonnaise, tomato (V):	£7.50	<input type="text"/>	<input type="text"/>
Cheese Ploughmans (V):	£7.50	<input type="text"/>	<input type="text"/>
Falafel, hummus, olives (V, DF):	£5.50	<input type="text"/>	<input type="text"/>

### Fresh Fruit, £1

No.	
<input type="text"/>	Banana
<input type="text"/>	Apple
<input type="text"/>	Orange
<input type="text"/>	Plums (2)

### Crisps, £1

No.	
<input type="text"/>	Ready Salted
<input type="text"/>	Salt & Vinegar
<input type="text"/>	Cheese & Onion

### Treats, £1

No.	
<input type="text"/>	Mars
<input type="text"/>	Bounty
<input type="text"/>	Muesli bar

### Cold Drinks, £2.50

No.		No.	
<input type="text"/>	Still Water, 500ml	<input type="text"/>	Coke, 330ml
<input type="text"/>	Sparkling Water, 500ml	<input type="text"/>	Diet Coke, 330ml
<input type="text"/>	Apple Juice, 200ml	<input type="text"/>	Fanta, 330ml
<input type="text"/>	Orange Juice, 200ml	<input type="text"/>	Sprite, 330ml
<input type="text"/>	Irn-Bru, 330ml	<input type="text"/>	Red Bull, 250ml (+£1)
<input type="text"/>	Diet Irn-Bru, 330ml	<input type="text"/>	Red Bull Sugar Free, 250 ml (+£1)
<input type="text"/>	Appletizer, 330ml		

### When would you like it to be ready for collection from Reception?

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Signature: \_\_\_\_\_

Name: \_\_\_\_\_ Suite: \_\_\_\_\_

### Office Use Only, total charge:

Do you have allergies or other dietary requirements? Our team would be happy to guide you through the options, and explain our ingredients in detail. (V) = vegetarian, (N) = contains nuts, (M) = contains mollusks, (GF) = gluten free, (DF) = dairy free. None of our dishes contain alcohol.