

MONTY'S **SANDWICHES**



CHICKEN CIABATTA

Ciabatta, roasted chicken, marinade, romaine lettuce, parmesan cheese, Caesar sauce

10.95



BEEF STEAK CIABATTA

Ciabatta, beef, Monty's hot mayo, romaine lettuce, gherkin, cheddar, chimichurri sauce

11.95

POWER SALADS



MONTY'S CHICKEN

Roasted chicken, kale and spinach, shredded carrots, edamame mix, pickled cabbage, salsa verde, roasted sweet potatoes, crispy corn

11.95



BEEF STEAK

Bavette steak, spinach & bulgur, pickled onions, edamame mix, chimichurri, roasted potatoes and carrots, crispy onions

12.95



MISO SALMON

Miso glazed salmon, kale & quinoa, fermented cabbage, shredded carrots, miso dressing, roasted sweet potatoes, mixed seeds

13.95



CHICKEN CAESAR

Roasted chicken, romaine, parmesan, cherry tomatoes, halved boiled egg, croutons, Caesar dressing

11.95



GRILLED SEA BREAM

Grilled sea bream, quinoa, kale, shredded carrots, roasted potatoes & carrots, pickled cabbage, Monty's vinaigrette

13.95



CHICKEN PASTA

Grilled chicken, fusilli pasta, spinach, cherry tomatoes, parmesan shaves, edamame, mixed seeds, mediterranean pesto

11.95



CURED SALMON

Cured salmon, romaine and bulgur, mixed beans, pickled cucumber, pomegranate mix, radish, Monty's vinaigrette, mixed seeds

11.95



MARINATED TOFU

Marinated tofu, spinach & quinoa, cucumber, beetroot, avocado, spring onions, shredded carrots, lemon tahini, cashew nuts

10.95

PROTEIN BOXES



BAVETTE STEAK

Glazed bavette steak, spinach, roasted potatoes and carrots, mac & cheese, chimichurri sauce

11.95



MISO GLAZE SALMON

Miso glazed salmon, kale, sweet potatoes, mac & cheese, miso dressing

12.95



CHICKEN BOX

Roasted chicken, Monty's chicken, spinach, roasted vegetables, bulgur, salsa verde

10.95



KOREAN TOFU

Korean tofu, spinach, sweet potatoes, quinoa, tahini

10.95

BUILD YOUR OWN SALAD

1. BASE CHOOSE UP TO 2 from **9.95**
Romaine, spinach, kale, quinoa, bulgur, pasta fusilli

2. PROTEIN CHOOSE ONE
Bavette steak, roasted chicken, Korean tofu, miso glazed salmon, chicken breast, grilled sea bream, cured salmon & dill

Extra Protein:

Roasted chicken, Korean tofu, chicken breast

3.95/Each

Bavette steak, miso glazed salmon, sea bream, cured salmon & dill

4.95/Each

3. TOPPINGS CHOOSE UP TO FOUR
Pickled red onions, red radish, tomatoes, broccoli, pickled red cabbage, sweetcorn, edamame mix, jalapenos, shredded carrots, coriander, pickled cucumber, beetroot & dill, olives, spring onions

Premium Toppings 1.95/Each

Half avocado, parmesan, feta, whole egg, pomegranate mix

4. DRESSING CHOOSE ONE
Chimichurri, Pesto, Caesar dressing, Miso, Monty's vinaigrette, Salsa verde, Tahini, Monty's hot mayo

5. CRUNCH CHOOSE ONE
Crispy onions, mixed seeds, croutons, crispy corn, cashew nuts

BUILD YOUR OWN BOX

MONTY'S

1. BASE CHOOSE UP TO 2 from **9.95**

Sweet potatoes, roasted potatoes and carrots, roasted seasonal veggies, romaine, spinach, kale, quinoa, bulgur, mac & cheese

2. PROTEIN CHOOSE ONE
Bavette steak + chimichurri, roasted chicken + salsa verde, miso glazed salmon + miso sauce, Korean tofu + tahini, grilled sea bream + Monty's vinaigrette

Extra Protein:

Roasted chicken, Korean tofu, chicken breast

3.95/Each

Bavette steak, miso glazed salmon, sea bream, cured salmon & dill

4.95/Each

