

# La Vida Lunch

Seasonal  
Lunch Menu  
Suggestions for  
Office Catering



# *La Vida Seasonal Lunch Menu Suggestions for Office Catering*

**THE FOLLOWING SETS OUT A SELECTION OF SEASONAL LUNCH IDEAS FOR OFFICE CATERING. THE PRICE RANGES SHOWN ARE BASED ON THE DISHES AS THEY ARE SERVED IN THE RESTAURANT OR AN EQUIVALENT DISH.**

**IN OUR EXPERIENCE, WE FIND THAT THE BEST SOLUTION IS PREPARING A SELECTION OF ITEMS FOR SHARING BY ADJUSTING THE SERVINGS SUCH AS CUTTING THE QUESADILLA AS FOUR QUARTERS RATHER THAN TWO HALVES AS WE DO IN THE RESTAURANT OR PRESENTING THE SALADS IN INDIVIDUAL POTS AND PROVIDING PLATTERS OF BURRITOS CUT TO SHARE.**

**THIS APPROACH ALLOWS PEOPLE TO ENJOY A VARIETY OF ITEMS RATHER THAN HAVING TO DECIDE ON A SINGLE ITEM. THIS ALSO GIVES FLEXIBILITY IN MIXING AND MATCHING DIFFERENT ITEMS AND GIVING A WIDE VARIETY OF FLAVOURS WHILST CATERING FOR EVERYONE INCLUDING GLUTEN FREE, VEGAN, AND ANY OTHER ALLERGIES OR DIETARY REQUIREMENTS.**



# La Vida Lunch Menu



La Vida  
Bar de Tapas

## SANDWICHES

**RANGE FROM €7 - €8**

BURRITO (MEXICAN)

HAM, CHEESE, PICA DE GALO

CHORIZO CHEESE, PICA DE GALO

MEXICAN SAUSAGE, CHEESE, PICA DE GALO

SHREDDED CHICKEN

SHREDDED BEEF

PULLED PORK

MUSHROOM

## QUESADILLA (MEXICAN) SERVED WITH GUACAMOLE & SALSA

**RANGE FROM €8 - €10**

CHICKEN, PEPPERS, CHEESE

MUSHROOM, CHEESE, PICA DE GALO (V)

PEPPERS, CHEESE, PICA DE GALO (V)

CHILI BEEF

PULLED PORK

## BOCADILLO (SPANISH)

**RANGE FROM €5 - €8**

BIKINI (BARCELONA) HAM/CHEESE/TRUFFLE

BIKINI (BARCA) VEGETARIAN, MUSHROOM/CHEESE/TRUFFLE(V)

CHORIZO, RED PEPPER, ROCKET, CHILI MAYO

AUBERGINE, ROCKET, HOME-MADE TOMATO SAUCE

CALAMARI, ROCKET, ROASTED GREEN PEPPER, AIOLI

CUBANO (LOMO/PORK LOIN, JAMON CHEESE MUSTARD & PICKLES)

PULLED PORK



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## OPEN SANDWICHES

**RANGE FROM €4 - €8**

SMASHED AVOCADO TOAST (V+)  
PAN CON TOMATE (V)

## SALAD

**RANGE FROM €6 - €12**

BEETROOT & BLUE CHEESE SALAD (V+)  
TOMATO & COURGETTE SALAD (V+)  
CEVICHE OF WHITE FISH (SEA BASS/SEA BREAM)  
MARISCOS COCKTEL (PULPO, PRAWNS)  
MIXTA DE MARISCOS (PULPO, PRAWNS & MUSSELS)  
QUINOA SALAD OF SMASHED PEA, COURGETTE, MINT DRESSING (V+)  
QUINOA SALAD OF ROASTED VEGETABLES, ROMESCO DRESSING (V+)

## TOSTADA

**RANGE FROM €8 - €10**

VEGETARIAN/VEGAN  
FRESH TUNA SESAME STYLE, GUACAMOLE FRESH TUNA CHIPTOLE  
STYLE TUNA

## SIDES

**RANGE FROM €3 - €7**

GARLIC MUSHROOMS (V+) S  
WEET POTATO FRIES (V+)  
PATATA BRAVAS (V+)  
SLICE OF SPANISH TORTILLLA



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## FRESH JUICES AND SMOOTHIE

€3 PER PERSON

ORANGE & CARROT

APPLE, MINT, LEMON & CUCUMBER

ORANGE, APPLE & BEETROOT

MIXED BERRY SMOOTHIE WITH BANANA

STRAWBERRY SMOOTHIE

TROPICAL SMOOTHIE WITH PINEAPPLE, COCONUT MILK &

BANANA BRAZILIAN SUPERFOOD (ACAI) SMOOTHIE

APPLE, LIME, CUCUMBER & PEAR

PINEAPPLE & ORANGE

FRESH LEMONADE

## DESSERTS/POTS

RANGE FROM €2-€5

SEASONAL FRUIT SALAD WITH MARINADES INCL. VANILLA, MINT,

ZESTS OF LEMON & ORANGE CHOCOLATE BROWNIES

CHURROS WITH CHOCOLATE OR DULCE DE LECHE DIPPING

SAUCES

VERY BERRY COMPOTE, GREEK YOGHURT AND TOASTED

HOMEMADE GRANOLA

FIG, DATE, PRUNE COMPOTE, GREEK YOGURT, TOASTED ALMONDS

TROPICAL FRUIT, HONEY COMPOTE, GREEK YOGURT, TOASTED

HOMEMADE GRANOLA BIRCHER MUESLI WITH FRESH FRUIT

**PLEASE NOTE VEGAN AND GLUTEN FREE OPTIONS AVAILABLE**

