



Silk Road Catering  
Unit 12, K.C.R. Industrial Estate,  
Kimmage,  
Dublin 12.  
Ireland  
Phone: 014070770  
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## Lunch Menu

Whether you need a delivered or fully catered option, we offer a range of options for lunch from sandwiches to buffets. Some of our range of menu options are listed below but please contact us and we'll gladly assist and make suggestions to meet your requirements.

### Sandwiches

- Roast beef & horseradish
- Smoked salmon, cucumber & cream cheese
- Chicken & pesto
- Falafel & hummus
- Roasted aubergine, feta cheese & black olive
- Ham & cheese
- Tuna salad & peppers
- Egg salad with chives
- Selection of standard sandwiches

### Sandwiches & soup

One sandwich per person and a bowl of homemade soup

- Lentil soup
- Tomato & fresh basil soup
- Carrot & coriander soup
- Potato & leek soup
- Mixed vegetable soup

### Sandwiches & salad pots

One sandwich and one salad pot per person

- Mung bean, chick pea, roasted peppers in a lemon & soya dressing
- Greek salad with feta cheese & olives
- Carrot, raisin & coriander salad
- Mixed salad
- Beet root, pistachio, blueberry, red onions in a yoghurt dressing
- Tabbuleh: Couscous with finely chopped tomato, cucumber, lemon, spring onion, red onion and fresh mint & parsley
- Potato salad with garlic, olive oil, black olives, spring onions, tomatoes and a Greek yoghurt dressing
- Red cabbage, & raisins in a balsamic dressing
- Pasta with baby spinach pesto, fresh baby spinach leaves and cherry tomatoes
- Tzatziki: Finely shredded cucumber in a Greek yoghurt dressing with fresh mint and garlic



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### **Lunch buffet**

Consists of three main course options, two salads and rice  
Followed by tea, coffee and a selection of homemade cakes

### **FISH DISHES**

Salmon with herb cream cheese topping

Baked salmon with cream cheese mixed with fresh mint, parsley, lemon, olive oil and a hint of lime (coeliac friendly)

Salmon cakes

Salmon mixed with potatoes and fresh herbs (coeliac friendly)

Red snapper

Red snapper marinated in lemon juice, stuffed with pepper, parsley, garlic, olive oil and mint and then baked in the oven (coeliac friendly)

### **LAMB DISHES**

Moussaká - Greek Mousakka

Layers of aubergine, potato, courgette, a minced lamb sauce and tomato sauce topped with a rich white sauce (coeliac friendly)

The Silk Road Cafes Lamb curry

Lamb in a mild and aromatic red curry sauce with chickpeas (coeliac friendly)

Lamb koftas

lamb meatballs with garlic and herbs in a tomato sauce (coeliac friendly)

Lamb Tajien

Marinated lamb baked slowly in a dish in the oven with fresh figs, almonds and garlic (coeliac friendly)

Aubergines with Lamb

Aubergine stuffed with a mince lamb sauce and peppers (coeliac friendly)

### **CHICKEN DISHES**

The Silk Road Cafes Chicken curry

Chicken breast in a mild and aromatic red curry sauce (coeliac friendly)



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#### Turkish chicken

Chicken filet marinated in olive oil, lemon & yoghurt and baked in the oven (coeliac friendly)

#### Lebanese chicken

Chicken roasted in the oven with fresh herbs and served in a tomato sauce (coeliac friendly)

#### Palestinian chicken

Chicken breast fried with cloves and nutmeg, served with red onions and sumak (Middle Eastern lemon spice) (coeliac friendly)

#### Chicken Tajien

Marinated chicken slowly baked in a dish in the oven with fresh dates, oranges and garlic (coeliac friendly)

#### Chicken with Tarragon

Chicken in a cream, paprika and tarragon sauce (coeliac friendly)

#### VEGETARIAN DISHES

##### Vegetarian Moussaka

Layers of aubergine, potato, courgette and mung beans in a tomato sauce topped with a rich white sauce (coeliac friendly)

##### Vegetarian Lebanese pancakes

Crispy pancakes with courgette, onions, peppers and fresh herbs (coeliac friendly, but have to specify that it has to be coeliac friendly)

##### Baked stuffed peppers and aubergines

Pepper and aubergine stuffed with couscous, mung beans and vegetables baked in the oven. Served with a tomato sauce

##### Spanakópita - Spinach & feta cheese pie

Spinach and feta cheese wrapped in filo pastry covered with sesame seeds and baked in the oven