



# Hospitality Brochure

For a quote, or to book catering services with us please

e-mail:[saol@scculenterprises.ie](mailto:saol@scculenterprises.ie)

**At Saol Cafe we love good food!**

Saol Café, ILAS Building, NUI Galway



# Hospitality

**Welcome to Café Saol hospitality.**

We at SAOL love good food and have designed our menus to be creative, innovative and exciting. We purchase from local suppliers and where possible use organic produce. Our Goal is to provide food and services, which delights

Within our brochure we offer ideas, which will assist you in planning your catering event.

Should you need something alternative or have any specific dietary requirements, we will be delighted to assist you.

Our menus are updated regularly in consultation with our customers. With your feedback and help we will ensure that the food and service we provide surprises and delights.

We are eager to receive your feedback so please let us know what you think of our service.

Thank You from 'The Saol Team'





## Hot and Cold Beverages

We have chosen beverage products from local suppliers with a reputation for excellence.

Choose from:

Freshly brewed Fair-trade Tea and Coffee

A selection of Solaris Herb and Fruit Teas

Bottled Still & Sparkling Water

Orange juice

Apple juice

Canned minerals

Bottled minerals





## Light Treats

Luxury biscuits

Foods of Athenry Bakes

Mini Fresh Scone selection with Jam & Butter

Mini Danish Pastry selection

Fresh fruit platter, serves 10 (In-season fruits)

Individual Confectionery (Broderick's Mini Biscuits)

Gluten Free Cookie Selection (Foods of Athenry)

Galway Food Company Biscuits





# Breakfast Options

## Light and healthy breakfast

House recipe Muesli or Granola served with Natural Yoghurt and Berry Compote

Fresh seasonal fruit platter

Chilled fruit juice

Freshly Brewed Tea and Coffee  
Selection of Solaris Herbal Teas.

## From the bakery

Fresh Baked Croissants served with butter and jam

Danish Pastries

Mini Scones

Chilled Fruit Juices

Freshly brewed Fair-trade Tea and Coffee  
Selection of Solaris Herbal Teas.





# The Quick Lunch

Freshly cut assorted Sandwich and Wrap platter  
garnished with tossed Salad  
\*Gluten Free options also available

## Fillings to include:

Tuna with Cucumber  
Roast Irish Beef with Horseradish.  
Poached Salmon with Watercress  
Honey Roast Limerick Ham with Mustard.  
Chunky Egg mayonnaise with Mustard Cress.  
Sheridan's Cheddar Cheese with Tomato and Pickle.  
Chicken Mayo with Lemon and Cracked Pepper.  
Mozzarella Garlic Tomato and Pesto  
Roast Turkey with Bacon and Ballymaloe Cranberry

Freshly brewed Fair-trade Tea and Coffee  
A selection of Solaris Herbal Teas





## Soup and Sandwich Lunch

A selection of our best selling sandwich range served with a bowl of our delicious Homemade Soup.

### Speciality Sandwiches

A selection of speciality bread and wrap sandwiches, e.g.

Kinvara Smoked Salmon with Pickled Mayo  
Sheridan's Cheddar Club  
Chicken Caesar  
Chorizo, Rocket, Mozzarella  
Chicken, Bacon Caesar  
Sheridan's Brie with Cranberry  
Air Dried Beef with Horseradish

\*Gluten Free options also available





# The Working lunch

Freshly cut assorted Sandwiches and Wraps garnished with Tossed Salad

\*Gluten Free options also available

## Fillings to include:

Tuna with Cucumber

Roast Irish Beef with Horseradish.

Kinvara Poached Salmon with Watercress

Honey Roast Limerick Ham with Mustard.

Chunky Egg mayonnaise with Mustard Cress.

Sheridan's Cheddar Cheese with Tomato and Pickle.

Chicken Mayo with Lemon and Cracked Pepper.

Mozzarella Garlic Tomato and Pesto

Roast Turkey with Bacon and Ballymaloe Cranberry

Fresh Fruit Bowl

Sparkling & still mineral water

Freshly brewed Fair-trade Tea and Coffee

A selection of Solaris Herbal Teas





## Premium Working Lunch

Freshly cut assorted Sandwiches and Wraps garnished  
With Fresh seasonal Salads

\*Gluten Free options also available

### **Fillings to include:**

Roast Beef & with Caramelised Onion Marmalade.

Smoked Salmon with Creamed Cheese

Mozzarella, Garlic, Tomato and Basil

Chicken Caesar with Mixed Leaves

Irish Bacon, Lettuce & Tomato

Mediterranean Vegetables with Humus

Mini Dessert Selection

Seasonal Fruit Platter

Sparkling & Still Mineral Water

Freshly Brewed Tea and Coffee

A selection of Solaris Herb Teas



## Fork Buffet

Ginger Roasted Salmon or Chicken Supreme with Cucumber Salsa

New potatoes with a chive and lemon vinaigrette

Pesto pasta with pine nuts and spinach

Seasonal salad leaves

Greek salad of Feta Cheese, black olives,  
tomato, cucumber, red and green peppers  
in a citrus olive oil dressing

Red onion and tomato salad

Freshly cooked breads

Selection of Sheridan's fine cheeses

Fruit platter

Tiramisu Gateaux

Freshly Brewed Tea and Coffee

A selection of Solaris Herb Teas





## Corporate Visits

### Gourmet Canape Selection Platters

**A selection from:**

Kinvara Smoked Salmon with Lemon  
Sour Cream and Dill.

Galway Goats Cheese with Sheridan's Onion Marmalade.

Sheridan's Cheese Platter on Cranberry and Hazelnut  
Crackers.

Mc Geogh's Air Dried Beef Rolled with  
Chilli Humus

Avocado Cream Borchetta.

Roast Vegetable Tartlets with Basil Pesto.