



**INSOMNIA**  
*delivers*



# INSOMNIA CORPORATE MENU 2010/11

## INSOMNIA WAKE-UP CALL / GENERAL MEETINGS

AVAILABLE FROM 8AM

FLASK OF FAIRTRADE & ORGANIC COFFEE €20

FLASK OF FAIRTRADE TEA €15

(10 persons, includes cups/ sugar/stirrers/napkins and cold milk also supplied)

### BREAKFAST PLATTER (PER PERSON)

FAIRTRADE & ORGANIC COFFEE OR TEA €2.00

SELECTION OF PASTRIES/ CROISSANTS/ SCONES AND MUFFINS €2.00

SELECTION OF MINI PASTRIES 2 PER PERSON €1.50

BISCUITS €1.00

ASSORTED FRESHLY BAKED LUXURY MUFFINS €2.00

ASSORTED FRESHLY BAKED SCONES WITH BUTTER & JAM €2.00

ZUMO FRESHLY SQUEEZED BREAKFAST JUICES €2.50

RANGE OF ZUMO BREAKFAST SMOOTHIES €2.50

FRESH FRUIT SALAD €2.85

MUESLI CUP (Greek yoghurt, crème fraises, honey + mango puree) €2.85

MIXED COOKIES €1.50

RANGE OF INSOMNIA BRANDED FLAPJACKS €1.75

## BEVERAGES

STILL / SPARKLING WATER €1.70

SOFT DRINKS (Pepsi, 7-Up, Club Orange) €2.00

ZUMO ORANGE JUICE €2.50

HOUSE RED & WHITE WINE €15.00

NB: Selection of beers available on request

## GLUTEN FREE

WE CAN OFFER A SELECTION OF GLUTEN FREE PRODUCTS, TO CATER FOR SPECIAL DIETARY NEEDS: SOUPS, FLORENTINES, MACAROONS & DIVA POPCORN

## LUNCH TO GO

PER PERSON

**CLASSIC INSOMNIA SELECTION PLATTERS** €4.50

SELECTION OF MIXED SANDWICHES, WRAPS AND PITTAS  
VEGETARIAN PLATTER

WE DELIVER OUR SANDWICH SELECTION CUT AND GARNISHED ON A SPECIAL DISPLAY TRAY SO THEY ARRIVE TO YOU FRESH AND READY TO EAT!

**SALAD BUFFET** €9.95

SELECTION OF COLD MEATS AND VARIOUS SALAD RANGE,  
SERVED WITH FRESHLY BAKED ROLLS

**HOT DISHES** €11.95

THAI CHICKEN CURRY AND RICE  
HUNGARIAN GOULASH SERVED WITH RICE

**HOME MADE SOUP** €4.50

VEGETABLE SOUP WITH A BASKET OF BAKED ROLLS

### DESSERTS

SELECTION OF MIXED CAKES €2.65

FRESH GATEAU WITH CREAM €3.50

## FINGER FOOD RECEPTIONS €10.50 PER PERSON

A DELICIOUS RANGE OF HOT & COLD FOOD OPTIONS WITH FULL SERVICE INCLUDED.

- SPICY POTATO WEDGES — SOUR CREAM & CHIVES
- THAI SPICED VEGETABLE SPRING ROLLS — SWEET & SOUR SAUCE
- SATAY SKEWERED CHICKEN
- COCKTAIL SAUSAGES
- MIXED PLATTER OF SEASONAL FRUITS / CRACKERS / CHEESES
- NACHOS - SELECTION OF DIPS
- SMOKED SALMON MINI BAGEL WITH CREAM CHEESE
- SPICED PRAWN RUSTIC TOAST WITH ROSEMARIE SAUCE

Food options will depend on the numbers attending. Please ask for details.