PLATTER

DELI & DELIVERY

94 CARYSFORT AVENUE, BLACKROCK, CO. DUBLIN
WWW.ONAPLATTER.IE

ON A PLATTER

Breakfast

BREAKFAST PLATTERS

Minimum order of 8 x per item when selecting from the Breakfast Platter range.

Mixed Breakfast Platter €3.10
Deliciously cute mini pastries & mini scones with butter & jam fresh from our early morning bakery – often still warm!
Allergens: 1 / 3 / 7

Croissant Platter €3.10
Mixed flavoured large croissants, variety is the spice of life. Allergens: 1 / 7

Homebaked Scones €3.10
Large fruit, brown & plain white scones, served with real butter & homemade jam.
Allergens: 1 / 3 / 7

Savoury Croissants €4.50
Large croissants filled with honey baked ham & melted Swiss cheese, scrummy!
Allergens: 1 / 7

TOASTED BAGELS

Smashed Avocado & Coriander €5.20
With pumpkin seeds & cherry tomatoes.
Allergens: 1 / 11

Cream Cheese & Chive €4.80
Served with vine tomatoes.
Allergens: 1 / 7

Add Crispy Bacon +€1.20

For more great tasting breakfast options please take a look at our delicious GOOD TO GO range inside.

ON A PLATTER

Fruit

FRUIT

Seasonal Fruit Skewers €3.85
Minimum Order x 6 people.
Easy to handle, fresh fruit skewers are always a popular choice.

Basket of Fruit €1.20
Minimum Order x 8 people.
Apples, pears, plums, oranges, bananas.

Fresh Fruit Platter €3.85
Minimum Order x 6 people.
Chopped seasonal fruit brimming with colour & goodness.

Fruit Pots €3.50
Minimum Order x 6 people.
Individual serving of chopped seasonal fruit.

ON A PLATTER

Juice

FRUIT JUICE & SMOOTHIES

Fresh Fruit Juices €3.85
Please ask for our full range of freshly squeezed juices.

Fruit Smoothies €4.70
Please ask for our full range of smoothie flavours.

For more information please contact our friendly & helpful team.

PLEASE NOTE: ALL PRICING IS PER PERSON

LUNCH

SOUPS

Homemade Vegetable Soup of the day €4.25
Served with sliced whole wheat brown bread.

Gourmet Meat Soup of the day €4.65
Served with sliced whole wheat brown bread.

SHARING SALADS

House Salads: €1.85
Minimum Order x 8 people.
Choose from the following options: Egg Mayonnaise / Mixed Peppers / Ruby Coleslaw / Egg & Tomato Salad / Potato Salad / Mixed Leaf Salad.

Swanky Salads: *Allow 48hrs Notice.* €2.40
Minimum Order x 8 people.
Choose from the following options: Shredded Beetroot / Honey & Walnut / Butterbean & Semi Sun-dried Tomatoes / Mandalay Carrot / Zingy Slaw / Harrissa Chickpea Salad / Broccoli & Feta / Kale & Pomegranates / Giant Cous Cous with Roasted Veg / Lemon Cous Cous / Quinoa Protein Salad / Pico de Gallo / Pasta Pesto / Orzo & Roasted Veg / Thai Noodle Salad.

BESPOKE SALADS

Individual Salad boxes €7.50
If people in your group do not eat bread or have specific dietary requirements, fear not, we can offer bespoke salad boxes with or without meat as an alternative.

For special requests or allergy concerns, please contact a member of our team.

LUNCH PLATTERS

Minimum order of 8 x per item when selecting from the below range.

Classic Sandwich Platter: Best Seller €5.60
This platter is what has set us apart for everyday business lunches. A selection of deliciously fresh sandwiches, wraps & rolls, on plain & fancy breads with creative & popular fillings, makes this platter an appealing & satisfying option.

Gourmet Platter: The Show Stopper €6.60
Showcasing the best in speciality breads, bagels, flat bread, ciabatta & focaccia, these are no ordinary sandwiches, bursting with gourmet ingredients & wicked combinations.

Cheese Board Platter €7.10
Carefully selected Irish & French cheeses served with crackers, condiments & a healthy serving of grapes.

Cured Meat Platter €7.80
Selection of Lilliput cured meats, salami, Parma ham & prosciutto. Drizzled with Cheliotis olive oil, parmesan shavings & served with rustic bread.

DIETARY & FOOD ALLERGIES

Below is our **Allergen Guide**, we cater for all specific dietary requirements & have Gluten Free, Vegan & Vegetarian options available:

1. Gluten	**6.** Soy	**11.** Seeds
2. Crustaceans	**7.** Milk	**12.** Sulphur dioxide
3. Eggs	**8.** Nuts	**13.** Lupin
4. Fish	**9.** Celery	**14.** Molluscs
5. Peanuts	**10.** Mustard	

NB: It is possible that allergens 1 to 14 inclusive apply to some of our lunch options. Please discuss your requirements in advance with a member of our team.

ON A PLATTER

GOOD TO GO

Our Good to Go range has been designed & developed to add depth to our menu in the form of additional nutritious, wholesome choices.

We use only the freshest ingredients & take lots of care in cooking & preparing these healthy dishes, we're confident you'll agree that all the additional effort is well worth it.

Minimum order of 4 x per item when selecting from the below range.

GOOD TO GO – BREAKFAST

Overnight Oats & Crunchy Peanut Butter €3.30
Topped with banana chips, toasted hazelnuts & seeds.
Allergens: 1 / 7 / 8

Granola Pots €3.50
Fruit compote with Greek yogurt, topped with house granola.
Choose from Mango & Ginger or Raspberry & Mint flavours.
Allergens: 1 / 7 / 8

Bircher Muesli Pot €4.00
Overnight Oats with shredded apple, Greek yogurt & raisins. Topped with goji berries toasted hazelnuts & seeds.
Allergens: 1 / 7 / 8 / 11

Organic Irish Porridge €4.00
Served with a choice of topping: Maple syrup honey / seasonal berries / mixed seeds.
Allergens: 1 / 7 / 8 / 11

GOOD TO GO – LUNCH

Large & life affirming, these bowls are an assault on the senses. Packed full of Wholefoods, they are both energising & incredibly scrumptious.

Buddha Bowl €9.35
Chickpea falafel, Moroccan cous cous, roasted aubergine, courgette & peppers. Served with House hummus & Tzatziki.
Allergens: 1 / 7 / 11

Burrito Bowl €9.35
Chargrilled chicken, brown rice, refried black beans, grated cheddar, Pico de Gallo & shredded iceberg. Served with House guacamole & Greek yogurt.
Allergens: 1

Veggie Noodle Bowl €9.35
Chargrilled chicken, spirallised veggie noodles, spinach, seeds & sprout shoots. Served with avocado, mint, walnut & lime dressing.
Allergens: 1 / 8 / 11

GOOD TO GO – SNACKS

Julia's Granola Bars €2.50
Award winning Handmade granola goodness.

Jo's Absolute Nutrition
€3.00 – €5.50
Paleo, high protein & high energy treats & snacks.

All Real Bars €3.50
Vitamin & protein bars, large range.

For Vegan options please contact our friendly & helpful team.

WE ASK FOR 48HRS NOTICE ON ALL GOOD TO GO ORDERS.

ON A PLATTER

SNACKS

TASTY EXTRAS

Luxury Crisps €1.70
We stock a good selection of luxury O'Donnels & Keoghs flavoured crisps.

TRUE NATURAL GOODNESS

Spiced Roasted Chick Pea €2.90
Carob Brazil Nuts €2.00
Rice Cakes €2.00
Sesame Sticks €2.60

ON A PLATTER

DRINKS

COLD BEVERAGES

Bottled Still Water €2.50
Bottled Sparkling Water €2.50
Mineral Water €2.60
Evian / Fiji / San Peligrini.
Soft Drinks €2.50
Coca-Cola / Diet Coke / Fanta / 7UP.
Vit Hit €2.95
SynerChi €3.60
Raw Organic Kombucha.

ON A PLATTER

TREATS

TREAT PLATTERS

Afternoon Treats Platter €3.60
Assortment of desserts & cakes, decadent & perfectly portioned for a guilt free treat.
Allergens: 1 / 3 / 5 / 7 / 8

Mixed Cookie Platter €3.00
Plain, chocolate chip, double & white chocolate, & macadamia combo. Not many can refuse these.
Allergens: 1 / 3 / 5 / 7 / 8

Luxury Biscuit Platter €2.50
Assortment of butter shortbread, milk & dark chocolate biscuits.
Allergens: 1 / 3 / 7

ON A PLATTER

COFFEE

HOT BEVERAGES

Coffee & Tea €2.70
Flasks of Coffee & Tea: Including milk, sugar & cups.

HOW TO ORDER

E: orders@onaplatter.ie
T: 086·812·6245

HOW TO PAY

Payment: *At **On A Platter** we accept all major Credit & Debit cards.*

ON A PLATTER

DELI & DELIVERY

"On A Platter have been supplying our company for over the last two years. Their products are of a high quality catering for all dietary requirements. Through these trying times they have maintained their high standards. I look forward to continue ordering from them into the future."

KARL — JACOBS ENGINEERING IRELAND

"Dealing with Kevin & the On a Platter team has been excellent. They are always so accommodating & their choice of food for both breakfast & lunch is superb & extremely tasty."

KEVIN — LEASEPLAN IRELAND

"We just wanted to say WOW your selection of food was utterly delicious. We most definitely will be back, Thank you."

JUDY — OATLANDS PRIMARY SCHOOL

"Kevin & the team are always friendly, professional & efficient. We order same day & have never had any issues with our orders or the timeliness of the deliveries. The team at On A Platter understand the high standards we provide to our patients & they ensure that their service to us is delivered at the same high standard."

NIKKI — HRBR BLACKROCK

"On A Platter offer an extremely high quality, great value lunch platter delivery service. Ordering is straightforward & efficient with all dietary requirements well catered for – sandwiches with a wide variety of fillings & bread options, all of which are delicious! A great local & reliable service provided by a great team. Highly recommended."

TARA — CARYSFORT NATIONAL SCHOOL

IF YOU WOULD LIKE TO FIND OUT MORE OR
YOU ARE INTERESTED IN PLACING AN ORDER WITH US,
OUR FRIENDLY TEAM WOULD LOVE TO HEAR FROM YOU.

T: 086 · 812 · 6245 E: ORDERS@ONAPLATTER.IE
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