

Café Iach

Snacks

Baked crisps
Chickpea, date and cashew bites
Pitta bread and lower fat dips
Curry and lime spiced popcorn
Rice cakes with low-fat cream cheese and cucumber
Celery sticks filled with lower-fat cheese

Lunch

Rainbow Beef Salad
Tomato penne with avocado
Lime prawn cocktail pitta salad
Chicken Humus Bowl
Spinach falafel & hummus bowl

Iach (Welsh) = Healthy/Wholesome