



ON A  
PLATTER

DELI & DELIVERY

94 CARYSFORT AVENUE, BLACKROCK, CO. DUBLIN  
[WWW.ONAPLATTER.IE](http://WWW.ONAPLATTER.IE)



# Breakfast

## BREAKFAST PLATTERS

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

### Mixed Breakfast Platter €3.30

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

### Croissant Platter €3.30

*Mixed flavoured large croissants, variety is the spice of life.* Allergens: 1 / 7

### Homebaked Scones €3.30

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

### Savoury Croissants €4.90

*Large croissants filled with honey baked ham & melted Swiss cheese, scrummy!*  
Allergens: 1 / 7

## TOASTED BAGELS

### Smashed Avocado & Coriander €5.50

*With pumpkin seeds & cherry tomatoes.*  
Allergens: 1 / 11

### Cream Cheese & Chive €5.10

*Served with vine tomatoes.*  
Allergens: 1 / 7

### Add Crispy Bacon +€1.30

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

## BREAKFAST TREATS

### Pancakes

#### Minimum Order x 20.

*American style pancake, chopped strawberries & bananas, maple syrup, hazelnut chocolate spread, sugar & lemons.*

Allergens: 1 / 3 / 7 / 6

**(1 x Pancake Per Person) €5.30**

**(2 x Pancakes Per Person) €7.30**

### Waffles

#### Minimum Order x 8.

*Waffle, chopped strawberries & bananas, maple syrup & hazelnut chocolate spread.*

Allergens: 1 / 3 / 7

**(1 x Waffle Per Person) €5.30**

**(2 x Waffles Per Person) €7.30**



# Juice

## FRUIT JUICE & SMOOTHIES

### Fresh Fruit Juices €4.10

*Please ask for our full range of freshly squeezed juices.*

### Fruit Smoothies €4.95

*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



## SOUPS

**Homemade Vegetable Soup of the day** €4.90

*Served with sliced whole wheat brown bread.*

**Gourmet Meat Soup of the day** €5.20

*Served with sliced whole wheat brown bread.*

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## SHARING SALADS

**House Salads:** €2.40

**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.** €3.00

**Minimum Order x 8 people.**

*Choose from the following options:  
Duo Grain Salad / Broccoli Crunch Salad / Carrot Ginger & Chia Seeds / Bacon Potato Ranch / Shredded Beetroot / Butterbean & Semi Sun-dried Tomatoes / Mandalay Carrot / Zingy Slaw / Harrissa Chickpea Salad / Kale & Pomegranates / Lemon Cous Cous / Quinoa Protein Salad / Pico de Gallo / Pasta Pesto / Thai Noodle Salad.*

## BESPOKE SALADS

**Individual Salad boxes** €9.00

*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** €6.95

*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** €7.95

*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** €7.70

*Carefully selected Irish & French cheeses served with crackers, condiments & a healthy serving of grapes.*

**Cured Meat Platter** €8.20

*Selection of Lilliput cured meats, salami, Parma ham & prosciutto. Drizzled with Cheliotis olive oil, parmesan shavings & served with rustic bread.*

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## 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.*



**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** €3.50  
*Topped with banana chips, toasted hazelnuts & seeds.*  
Allergens: 1 / 7 / 8

**Granola Pots** €3.70  
*Fruit compote with Greek yogurt, topped with house granola.*  
Choose from *Mango & Ginger* or *Raspberry & Mint* flavours.  
Allergens: 1 / 7 / 8

**Bircher Muesli Pot** €4.30  
*Overnight Oats with shredded apple, Greek yogurt & raisins. Topped with goji berries toasted hazelnuts & seeds.*  
Allergens: 1 / 7 / 8 / 11

**Organic Irish Porridge** €4.30  
*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** €9.90  
*Chickpea falafel, Moroccan cous cous, roasted aubergine, courgette & peppers.*  
Served with *House hummus & Tzatziki.*  
Allergens: 1 / 7 / 11

**Burrito Bowl** €9.90  
*Chargrilled chicken, brown rice, refried black beans, grated cheddar, Pico de Gallo & shredded iceberg. Served with House guacamole & Greek yogurt.*  
Allergens: 1

**Sweet Chilli Roast Chicken Noodle Salad** €9.90  
*Roast chicken, spinach, red cabbage, grated carrot & bean sprouts.*  
Allergens: 1 / 6 / 10

### **GOOD TO GO – FRUIT**

**Basket of Fruit** €1.20  
*(min order x 8 people)*  
Apples, pears, plums, oranges, bananas.

**Fruit Platter** €4.00  
*(min order x 6 people)*  
Chopped seasonal fruit brimming with goodness.

**Fruit Pots** €4.00  
*(min x 6 people)*  
Individual serving of chopped seasonal fruit.

**For Vegan options please contact our friendly & helpful team.**

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



## TASTY EXTRAS

**Luxury Crisps** €2.20  
*We stock a good selection of luxury O'Donnells & 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

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## TREAT PLATTERS

**Afternoon Treats Platter** €3.90  
*Assortment of desserts & cakes, decadent & perfectly portioned for a guilt free treat.*  
Allergens: 1 / 3 / 5 / 7 / 8

**Mixed Cookie Platter** €3.30  
*Plain, chocolate chip, double & white chocolate, & macadamia combo.*  
*Not many can refuse these.*  
Allergens: 1 / 3 / 5 / 7 / 8

**Luxury Biscuit Platter** €2.75  
*Assortment of butter shortbread, milk & dark chocolate biscuits.*  
Allergens: 1 / 3 / 7

**Cupcakes & Celebration Cakes** P.O.A  
*Available to order 5 day notice required.*



## COLD BEVERAGES

**Bottled Still Water** €2.70  
**Bottled Sparkling Water** €2.70  
**Mineral Water** €2.80  
*Evian / Fiji / San Peligrini.*  
**Soft Drinks** €2.70  
*Coca-Cola / Diet Coke / Fanta / 7UP.*  
**Vit Hit** €3.10  
**SynerChi** €3.90  
*Raw Organic Kombucha.*

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## HOT BEVERAGES

**Coffee & Tea** €2.90  
*Flasks of Coffee & Tea:  
Including milk, sugar & cups.*

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## HOW TO ORDER

**E:** orders@onaplatte.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](mailto:ORDERS@ONAPLATTER.IE)**

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