

Dishy.

Catering Menu

Dishy.

A fresh, delicious approach to eating well at work.

We turn catering on its head. Say goodbye to factory-feel and hello to super fresh and truly delicious food!

From zingy fresh-pressed juices, to scrumptious breakfasts, salads, sandwiches and pastries, we have something to please everyone.

Whether weekly employee catering or one-off event, we've got you covered.

GET IN TOUCH TODAY

✉ hello@getdishy.com

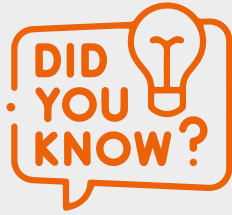
☎ +353 (01) 676 1921

The Dishy difference



- ✓ **Established 2016**
- ✓ **Irish Owned and Operated**
- ✓ **Locally sourced ingredients and Irish meats**
- ✓ **Meals made fresh from our HSE approved kitchen located in East Point Business Park**
- ✓ **Compostable packaging**





65% of employees
would come to office
each day if free lunch
was available*



*2022 survey by ezCater



Weekly Office Catering

No canteen? No problem!

Entice your team to the office with Dishy's delicious prepped meals

Pick and mix from our individually packed breakfasts, lunches and dinners

Choose from daily to weekly delivery

Minimum order value €150 per delivery*

Order your **FREE** sample box today including;

- ✓ 3 x Breakfasts
- ✓ 3 x Lunches
- ✓ 3 x Dinners
- ✓ 2 x Juices



Get in touch Today

✉ hello@getdishy.com

☎ +353 (01) 676 1921

**Scan me to view
our range of
meals**



*Delivery fee will vary based on location

Dishy.

delivers



“
Get great food you can
rely on for your in-house
catering, meetings & events,
professionally prepared
and delivered.

”



Event Catering

- Say goodbye to stodgy sambos with a healthier catering alternative
- We cater meetings and events of up to 200 people
- Bespoke menus available

“
Bye, bye
boring party
fare & stodgy
sambos!
”





Sharing Platters

Mini Pastry Platters *5, 1, 4, 8*

Selection of freshly baked pastries including croissants, pain au chocolate and pain au raisin

Small platter, 30 pieces - €45 (serves 10)

Large platter, 60 pieces - €80 (seves 20)

Mini Desserts *1, 2, 3, 4, 5*

Selection of mini petit fours
Chocolate Fondants, Macaroons
& Meringue Twirls

Platter , 30 pieces €55 (serves 10)

Fresh Fruit Platter

€45 (serves 10)

Seasonal selection of freshly prepared *fruit*

Mini Muffin & Mini Doughnut Platter 5, 1, 4, 8

Small platter of 30 pieces – €45 (serves 10)

Large platter of 60 pieces - €70 (serves 20)

Double chocolate muffins, blueberry muffins, vanilla-custard doughnuts, strawberry doughnuts, chocolate & hazelnut doughnuts

Freshly Baked Scones 1, 4

Selection of Handmade Fruit and Plain Scones

Small Platter of 10 pieces - €40 (serves 10)

Large Platter of 20 pieces - €75 (serves 20)

Savoury Mini Croissants 1,4,5

Small Platter of 20 pieces - €40 (serves 10)

Large Platter of 40 pieces - €75 (serves 20)

- Croissants with Honey Roast ham, Irish Cheddar, Mustard mayo
 - Croissants with Smoked Salmon, Dill, Cream Cheese and Pickled Cucumber
 - Croissants with Homemade Basil Pesto, Heirloom Tomato, Wild rocket & Mozzarella
-

Gourmet Mini Sausage Rolls 1, 4, 10

Small Platter of 30 pieces - €45 (serves 10)

Large Platter of 60 pieces - €75 (serves 20)



“

Lacklustre
lunches?
Not on our
watch!

”



Salads

€45 (serves 8-10 people)

- Beetroot Salad with Honey and Balsamic Dressing, Wild Rocket and Toasted Mixed Seeds *10, 11*
- Moroccan Spiced Chickpea and Roasted Red Pepper Salad, Feta Cheese, Mixed Leaves and Citrus Dressing *4, 10, 12*
- Rainbow Cabbage Slaw. Red and White Shredded Cabbage, Carrots, Red Onion and Chive Aioli *4, 5, 10*
- Baby Roast Potato and Chive Salad, Baby Potatoes, Rosemary, Spring Onion and Whole Grain Aioli *4, 5, 10*
- Pesto Pasta Salad. Homemade Basil Pesto, Wild Rocket, Sundried Tomato and Fresh Parmesan. *1,2,4,5*
- Lemon and Herb CousCous Salad with Fresh Herbs and Lemon Zest *1,11*

*Selection is indicative & subject to seasonal changes





Sandwich Platters

Small Platter of 14 pieces - €50 (serves 5)

Large Platter of 28 pieces - €85 (serves 10)

Additional persons can be added at €10 pp

- Roast Chicken Sandwich - roast chicken, stuffing, spring onion, wild rocket and garlic aioli.
- Honey Roast Ham and Cheese Sandwich - Irish ham Dubliner cheddar, wild rocket, red onion and Dijon aioli. *1,4,5,10*
- Roast Chicken and Chorizo Sandwich - Swiss cheese, red onion, rocket, chipotle-mayo *1,2,3,5,10,12*
- BLT Sandwich - smoked Irish bacon, ripe vine tomato, crisp cos lettuce and homemade relish. *1,4,5,10*
- Falafel Wrap - herbed falafel, beetroot hummus, mixed leaves, pickled red onion and carrot. *1,11,12*
- Chicken Caesar Wrap - roast chicken, Irish bacon, parmesan, cos lettuce, caesar dressing *1,4,5,10*
- Cajun Chicken Wrap - Cajun spiced chicken, cheddar cheese, red onion, rocket and tomato. *1,5*

***Selection is indicative & subject to seasonal changes**





Dishy Main Courses*

Small Platter €50 (serves 5 persons)

Large Platter €80 (serves 10 persons)

Chafing units €55 and €85

- Irish Slow Braised Beef Stroganoff 1,4,10,12
- Irish Beef & Guinness Stew 1, 4, 10, 12, 14
- Chicken Tikka Masala 2,4,14
- Thai Red Fish Curry 1,6,7,8,11
- Thai Green Chicken Curry 8, 11
- Beef Lasagne 1,4,12,14
- Red Lentil Dahl 8, 14
- Selection of breads €2 pp 1

*Subject to seasonal changes – Bespoke menus available on request



Charcuterie Grazing Platters

1,3,4,10,11,12

Selection of Italian Cured Meats, Cheeses,
Artisan Crackers, Mixed Olives and Dried Fruits,
Dishy Hummus and Basil Pesto.

Small - €60 (serves 6)

Large - €95 (serves 10)

Allergens

- | | |
|----------------|---------------------------------------|
| 1. GLUTEN | 9. MOLLUSCS |
| 2. NUTS | 10. MUSTARD |
| 3. PEANUTS | 11. SESAME SEEDS |
| 4. MILK | 12. SULPHUR
DIOXIDE &
SULPHITES |
| 5. EGGS | 13. LUPIN |
| 6. FISH | 14. CELERY |
| 7. CRUSTACEANS | |
| 8. SOYBEANS | |





Drinks/Desserts

Pressed Juices - €3.95

- Green Goddess (spinach, apple, celery, ginger and lime)
- Orange Juice, Apple juice

Soft Drinks €2.50

- San Pellegrino (selection)
- Coke
- Diet Coke
- Coke Zero
- Sprite
- Pepsi Max

Water €2.00

- San Pellegrino sparkling- Aqua Panna still



Meet **Dishy.** founder, Gillian Hynes

Our founder, Gillian Hynes, has worked in the wellness industry for over 20 years as a personal trainer. Through her work with busy, time-pressed professionals she recognised the need to provide them with healthy prepped meals that tasted amazing - and so Dishy was born.

Gillian is passionate about improving lives through great food.

As featured on:

IT THE IRISH TIMES Irish Independent

newstalk

**The Sunday
Business Post**



✉ hello@getdishy.com ☎ +353 (01) 676 1921



Ask about our
Corporate Fitness
Programmes & Events

Dishy.

Orders and Enquiries



hello@getdishy.com



+353 (01) 676 1921



www.getdishy.com



[@dishyhq.com](https://www.instagram.com/dishyhq.com)