



M E N U

Chicken with dates, olives and capers (*gf, df*)

Smokey aubergine dip with crunchy oregano & lemon zest
dressing (*v*)

Jerk seasoned cauliflower with whipped tahini (*v*) (*gf*) (*contains
sesame*)

Tabbouleh (*v*)

Roasted prawns with chilli and garlic (*gf*)

Chaat Masala Potatoes with Yogurt and Tamarind (*gf*)

Hummus, olives and mixed pickles (*v*) (*gf*)

Sourdough Bread

Gluten-free bread available on demand



Cheese and fruit platter

Mini sausage rolls

Mini veggie sausage rolls

Pizza rolls

Potato salad

Veggie samosas + mango chutney

Greek salad

Salmon + cucumber sandwiches

Smoked carrot lox & vegan cream cheese
sandwiches

Egg and chive sandwiches



CHEESE GRAZING PLATTER:

Camembert

Stilton

Mature Cheddar

Goats Cheese

Fresh grapes

Strawberries

Blueberries

Sliced apple

Cherry tomatoes

Dried apricots

Dates

Olives

Pretzels

Mixed crackers and breads

Apple and plum chutneys

Sweet chilli jam

Honey



M E N U

Spiced cauliflower with whipped tahini (v)
(sesame) (mustard) (traces of gluten)

Ricotta with crushed olives, almonds and lemon
(gf) (nuts) (dairy)

Bulgur Tabbouleh (v) *(gluten)*

Pitta bread (v) *(gluten)* (gf available on
demand)

Rainbow salad (v) (gf)
(dressing contains mustard)

*gf= gluten free

*v= vegan



M E N U

Za'atar roasted aubergines with buttermilk sauce and
pomegranate (gf) (*dairy*) (*sesame*)

Mixed Mediterranean dips- hummus (v) (*sesame*),
roasted peppers dip (v), tzatziki (*dairy*), olives and
stuffed vine leaves platter (v) (gf)

Lemon & fresh herbs lentil salad (v) (*gluten*)

Hasselback butternut squash with whipped feta,
pomegranate & pistachios (gf) (*nuts*) (*dairy*)

Pitta bread (v) (*gluten*) (gf available on demand)

*gf= gluten free

*v= vegan



M E N U

Succulent roast chicken with dates, olives and capers (gf)

Crispy courgettes and polenta thins with marinara sauce (gf)(v)

Neapolitan Caponata- fried aubergines slow stewed with tomatoes, garlic and olives (gf)(v)

Mixed Mediterranean dips- hummus (sesame), roasted peppers dip, tzatziki (dairy), olives and stuffed vine leaves platter (all gf)

Bulgur Tabbouleh (v)

Pitta bread (gluten)

Vegan Chocolate Bliss Balls (coconut/nut-free option)(gf)(v)

*gf= gluten free

*v= vegan



M E N U

Savoury:

Homemade Mini Jamaican Patties (v)
(*gluten*)

Carrot Lox and Cucumber Rolls (v)
(*gluten*)

Caribbean saltfish-less fritters (v)
(*gluten*)

Mixed Veg Pakoras (v)(gf)

Lightly spiced tomato dip (v)(gf)

Sweet Treats:

Chocolate Vegan Truffles (v)(gf)

*gf= gluten free

*v= vegan



M E N U

BOWL FOOD

Meat option:

Warmly spiced lamb tagine with prunes and apricots,
jewelled cous cous

Fish option:

Souvlaki- rustic Greek dish with prawns cooked with
tomatoes, onions and feta; served with sour dough. Dairy
free option available.

Plant-based option:

Porcini and lentil stew with creamed corn



M E N U

CHILDREN

Fruit and veggie platter: cucumber caterpillars, hummus and carrots bear, melon stars, strawberries, kiwis, plums, figs, pineapple.

Roasted butternut squash & cheddar mini muffins

Baby friendly puffs

Crustless mini sandwiches: cream cheese and smashed avocado

Stewed plums and yogurt mini pots

All our children's food is free from salt and refined sugars



M E N U

Cheese & Chilli Mini Muffins with cream cheese and chive topping

contains gluten and dairy

Mini Homemade Pies (chicken, meat or vegetarian option)

contains gluten and dairy

Jamaican Fritters

contains gluten

Leeks & Cheese Filo Palm Pies

contains gluten and dairy

Plantain and guacamole bites (v)(gf)

Mini Spanish Omelettes with Aioli (gf)

contains egg and dairy

Hôrs d'oeuvre Platter with Middle eastern Dips (gf)

contains dairy

Olives and Mixed Pickles (gf)



Spooky Camembert

Cheesy Dead Man's Fingers

Salami Roses

Googly eye figs

Creature Cheddar

Pumpkin Shaped Boursin

Grapes

Dried apricots

Nuts

Orange slices

Crackers

Honey & Chutneys



M E N U

Succulent roast chicken with dates, olives and capers (gf)

Sumac roasted cauliflower with whipped tahini (sesame, may contain traces of gluten)(traces of mustard and celery)(v)

Za'atar roasted aubergines with buttermilk sauce and pomegranate (dairy)(sesame)(gf)

Sabl  potatoes (v) (gluten)

Mixed Mediterranean dips- hummus (v)(sesame), roasted peppers dip (v), tzatziki (dairy), olives and stuffed vine leaves platter (v)(gf)

Bulgur Tabbouleh salad (v)

Pitta bread (gluten)

*gf= gluten free

*v= vegan



M E N U

Savoury:

Homemade Mini Jamaican Patties (v)
(*gluten*)

Carrot Lox and Cucumber Rolls (v)
(*gluten*)

Caribbean saltfish-less fritters (v)
(*gluten*)

Lightly spiced tomato dip (v)(gf)

Sweet Treats:

Lemon & Poppy Seed Mini Muffins (v)
(*gluten*)

Roast pineapple & strawberry skewers (v)(gf)

*gf= gluten free

*v= vegan



M E N U

Salmon & Cucumber Sandwiches

Smoked carrot lox (Vegan Smoked Salmon) & cucumber rolls (v)

Chicken & Tarragon Sandwiches

Peppers, hummus & artichoke thins (v)

Double chocolate brownies

Homemade scones with jam & cream (v)
(Vegan cream available)

Selection of teas and coffees