

Spring/Summer Healthy Options Hot Buffet Package

£12.95 + Vat per person (No Dessert)

£14.95 + Vat with Fresh Fruit Platter

Our Spring/Summer Healthy Hot Buffet menu package is all about naturally lower fat, balanced and nutrient dense menu choices that taste fabulous!

Think....

Lean, locally sourced cuts of meat cooked with minimal extra virgin olive oil.

A rainbow of coloured vegetables and salads with an array of nutrients

For the above pricing per person - please select:

1 Hot Meat/Fish option

1 Hot Vegetarian option

1 Side Dish

1 Salad

Freshly Baked Bread and Butter will also be provided

Hot Dish Options

Chicken Options

Harissa Spiced Breast of Chicken on Smokey Chorizo & Tomato Cassoulet

Turkish Chicken Pilic cooked with Tomatoes, Citrus, Flat Leaf Parsley and served with Pomegranate Cous cous

Jerk Chicken with Honey Glazed Sweet Potato in a Coconut, Passion fruit and Pineapple Broth

Tender Lime & Chilli Chicken Skewers on Fresh Herb Cous-Cous served with Roasted Pepper Aioli

Spiced Chicken, Chickpea, Slow Roast Tomato & Butternut Squash Orzo Pasta

Chicken Soba Noodles

Grilled Chicken, Soba Noodles with Mange Tout, Carrot, Celery, Peppers, Chilli & Tomato

Chicken, Courgette Noodles, Julienne Carrots, Red Pepper, Mango, Edamame Beans, Spring Onion, Coriander, Black Sesame seeds topped with a Peanut-Tamari Dressing.

Chicken Basque Style (DF)

Chicken baked in a Red Wine Sauce with Spanish Chorizo, Fresh Herbs, Spices, Paprika & Black Olives

Chicken & Chorizo Paella (GF)

Cheshire Reared Chicken and Authentic Chorizo Cooked in Saffron Rice, served with Lemon Wedges

Citrus Chicken Breast (GF) (DF)

Char-grilled Citrus Marinated Chicken Breast Served with a piquant Salsa

Thai Green Chicken Curry (GF) (DF)

Pan-fried Chicken cooked in exotic Thai spices

Spicy Yoghurt Chicken Kebabs (GF)

Piri Piri Chicken (GF)

Marinated Chicken Breast (GF)

Please select your choice of Marinade from the list:

Low Fat Crème Fraiche, Garlic and Coriander

Garlic, Lemon and Parsley

Sweet Chilli

Teriyaki

Tikka

Tandoori

Beef or Lamb Options

Cheshire Beef with Soy, Honey, Lime, Chilli and Coriander Marinade

Hungarian Beef Goulash (GF) (DF)

Tender pieces of Beef cooked with Tomato, Paprika & Vegetable Stock

Moroccan Lamb Tagine (DF)

Diced Lamb cooked slowly with Apricots, Tomatoes, and Fresh Cumin & Coriander

Turkey/Pork Options

Rainbow Vegetable 'Spaghetti' and Spelt with Turkey Breast Pieces tossed with a Herby Kale Pesto

Meltingly Tender Belly Pork on Paprika Smoked Butterbean Crush with Buttered Savoy Cabbage

Somerset Scrumpy Pork (GF)

Finest chunks of Pork cooked in Cider Sweet Peppers Onion & Crème Fraiche

Turkey Burger

with a side of Yoghurt and Mint Dressing or a Pineapple Salsa

Marinated Turkey Steak (GF)

Vegetarian Options

'The Superfood Salad'

Warm Salad of Quinoa, Avocado, Kale, Beetroot, Pumpkin Seeds and Mixed Sprouting Seeds finished with Fresh Lime Juice and Crumbled Feta (V)

Griddled Courgette, Cherry Tomato, Lime, Chilli & Fresh Mint Linguine (V)

Lentil Tabbouleh with Haloumi, Baby Spinach, Fresh Herbs and Tomato (V)

Spring Vegetable Risotto of Broad Beans, Peas, Artichoke, Fennel & Asparagus with Crumbled Feta & Fresh Mint (V)

Superfood Omelette with Spinach, Asparagus and Sweet potato topped with Alfalfa Sprouts & Pumpkin Seeds.

Stuffed Sweet Jacket Potato, select from:

Veggie Chilli & Guacamole

Stir-fried Superfoods

Thai Yellow Curry

Spiced Mixed Beans

*Chicken or Seafood fillings can also be accommodated

Puy Lentil & Tomato Shepherd's Style Veggie Pie with Fresh Rosemary Herb & Cheddar Cheese Topped Creamy Mash with Leeks (V)

Potato, Chickpea & Cauliflower Curry (V) (VG) (GF) (DF)

Vegetable Goulash (V) (VG) (GF) (DF)

Chunks of Seasonal Vegetables cooked in a Garlic Paprika Tomato & Red Wine Sauce

Thai Green Vegetable Curry (Mild) (V) (VG) (GF) (DF)

Courgettes, Mushrooms & Pimentos cooked with exotic Thai Spices, Lemon Grass, Coriander, Chillies & Coconut Milk

Aubergine Melt

Aubergine Filled with Plum Tomatoes, Italian Seasoning, Garlic, Basil and Topped with Mozzarella

Stuffed Peppers (V) (VG) (DF)

Roasted Red Peppers stuffed with Thyme, Lemon, Garlic, Cous-Cous and Tomato & Balsamic Dressing

Grilled Vegetable Tagine (Moroccan-style Casserole) (V) (VG) (GF) (DF)

Grilled Aubergine, Pepper and Courgette cooked with Lemon, Coriander & toasted flaked Almonds & bound in a Moroccan Spiced Tomato-Pepper Sauce

Roasted Pepper & Courgette Risotto (V) (VG) (GF)

Peppers & Courgettes with Oven Dried Tomatoes

Vegetable Lasagne (V)

Seasonal Vegetables cooked in a Cherry Tomato, Basil & Oregano Sauce layered with Fresh Pasta and topped with a White Wine, Cream and Parmesan Sauce

Spring Vegetable Frittata (GF) (V)

Similar to a Spanish Omelette but with no potatoes

Fish/Seafood Options

Seared Prawn, Hot Smoked Salmon, Griddled Broccoli, Almonds and Quinoa tossed in a Light Chilli and Zesty Lemon Dressing

Cajun Spiced Salmon Fillet with Pickled Cucumber, Tomato Salsa & Nutty Basmati Rice

Roast Cod Loin on Spring Onion Mash with Tomato Stew & Crispy Kale

Thai Red King Prawn and Salmon Curry with Vermicelli Noodles, Butternut Squash & Green Beans

Poached Salmon Fillets served with Spelt and a lemon and Crème Fraiche Dip on the side

Roasted Cod on a bed of Spinach and a Lemon Citrus sauce
(made with Low Fat Crème Fraiche)

Roasted Cod or Salmon with a Chilli, Garlic and Lime Dressing (GF)

Prawn, Fennel and Rocket Risotto (GF)

Healthy Fish Pie topped with Potato and Parsnip Mash (SF)

Steamed Fish and Pak Choi Parcels (GF)

Haddock in a Tomato and Basil Sauce (GF)

Smoked Haddock Kedgeree (GF)

Side Options

Please choose one side from the list below:

New Potatoes with or without butter
Seasonal Vegetables
Panache Vegetables and New Potatoes
Wilted Greens
Medley of Kale, Courgette and Spring Cabbage
Roast Mediterranean Vegetables
Savoury Rice-Wholemeal or White
Sticky Rice,
Fragrant Rice,
Sweet Potato Wedges with or without spice
Moroccan Couscous

Herb & Spice Fresh Salads

The perfect selection to add to your meal

Chef Salad

Lettuce, Tomatoes, Spring Onion and Cucumber

Mixed Leaf Salad

Iceberg, Radicchio, Rocket, Cucumber, & Spring Onions

Caesar Salad

Romaine Cos Lettuce, Parmesan, fresh Croutons, & our famous Caesar Dressing

Rocket & Parmesan Salad

Rocket Leaves served with fresh shavings of Parmesan

Stilton, Smoked Bacon & Rocket Salad

Garnished with Poached Pears & a Port & Ginger Dressing

Greek Salad

Traditional Plum Tomatoes, Black Olives, Red Onions, Fresh Coriander & our finest Feta Cheese

Rainbow Slaw

Made with Low Fat Crème Fraiche

Mexican Mixed Bean Salad

Chick Peas, Kidney Beans, Cannellini, Tomatoes, Coriander & fresh Chilli

Mexican Mixed Bean Salad
Green, Kidney, Black-Eyed, Butter, & Pinto Beans tossed with fresh Garlic, Paprika,
Tomato & Herbs

Cous-Cous Moroccan Salad
Tomatoes, flat leaf Parsley, Mint, Garlic, Onions & chopped Apricots

Noodle Hoi Sin Style Salad
Julienne of Vegetables with a Hoi Sin Sauce, Lemon Grass, & mixed with Crispy
Noodles

Blue Cheese, Walnut & Celery Salad

Coconut & Cumin Rice Salad

Butternut Squash, Peas & fresh Coriander

Panache of Wild Mushrooms Salad
with an Asparagus, Goats Cheese, & Tarragon Dressing

Italian Pasta Salad
Penne Pasta, Black Olives, Sun-dried Tomatoes, Onions, fresh Tomatoes, Basil & Sweet
Red & Yellow Peppers

Tomato & Onion Vinaigrette Salad
Beef Tomato, served with fresh Herbs, Onion & White Wine Vinegar

Indian Rice Salad
Masala Paste, Nuts Sultanas Green Peppers, onions & Sweetcorn

Fennel Orange & Spring Onion Salad

New Potato Onion & Chive Salad
served with a fresh Mint Yoghurt

Slow Roasted Tomato Salad with Feta Cheese marinated in Rosemary

Beef tomato and Feta Cheese with fresh Rosemary

Tomato & Basil Salad with Olive Oil & cracked Black Pepper
Beef tomato and fresh Basil

Aubergine Lemon Caper Salad served with Balsamic Vinaigrette
Aubergines cooked with fresh lemons and capers

Avocado, Red Grape & Satsuma Salad
with a Mascarpone & Basil Dressing

Traditional Coleslaw
White Cabbage, Carrots, Onions, & our home-made Mayonnaise

Pear & Stilton Salad

Mustard Coleslaw
Traditional Coleslaw with a Mustard Kick

Beetroot, Feta & Mint Salad
Sweet Beetroot, Baby Spinach and Crumbled Feta finished with Pine Nuts and Fresh
Mint

Tossed Green Salad
With a Coriander, Lime & Ginger Dressing

Food Allergy Notice

*If you have a food allergy or special dietary requirements.
Please inform us (a minimum of 7 days' prior your event)
We will endeavor to accommodate*

Allergy Advice/Labelling Key:

(GF) – Gluten Free

(DF) – Dairy Free

(V) – Vegetarian

(VG) – Vegan

(N) – contains Nuts

(SF) – contains Shell Fish

Updated 28/01/2016