



Canapé suggestions

Aubergine croquettes with aioli
Green gazpacho cups (GF)
Beetroot crisps with coriander hummus (GF)
Asparagus Sushi with herbs and flowers (GF)
Sticky sesame butternut squash (GF)
Courgette and feta fritters (can be GF)
Kimchi and courgette pancakes with dipping sauce
Japanese sweet potato spring onion and bean sprout fritters with dipping sauce
Cheese and herb Beignets (deep-fried melting cheese bites) (can be GF)
Potato rostis with beetroot and horseradish topping
Courgette and feta balls
Watermelon and feta skewers (GF)
Melon, Avocado and mint skewers (GF)
Mozzarella, cherry tomato and basil skewers (GF)
Courgette rolls (GF)
Sticky grilled tempeh and peanut sauce (GF)
Vegetable tempura with sweet chilli sauce
Chicory leaves with blue cheese and caramelised pear and walnut (GF)
Smokey sweetcorn tofu and chipotle fritters with tomato salsa (GF)

Main course suggestions

Food can be served on the tables in platters or from a buffet, if it is a buffet we can increase the number of dishes, below is about what will fit on a table for sharing platters.

Menu 1

Creamy polenta with garlic and herb oil, topped with roast spring/summer vegetables and mushrooms with herbs and flowers

Asparagus with green beans and sorrel
Shaved fennel chilli and mint salad
Beetroot tapenade topped with goats cheese, spring onions and hazelnuts

Red pepper and pecan dip
Aubergine and pomegranate dip
Salsa Verde
Flat breads and Flax seed focaccia

Menu 2

Vegetable paella with smoked paprika, artichokes and olives
Ricotta, goat's cheese and roast tomato and Parmesan tart
Fennel, chicory, rocket and sugar snap pea and orange salad with pinenuts
Tomato salad with sumac marinated onions

Red pepper and pecan dip
Aubergine and pomegranate dip
Tzatziki
Flat breads and Flax seed focaccia

Menu 3

Gemista – Greek stuffed peppers and tomatoes with lemon and oregano roast potatoes
Chicory, orange and pine nut salad with rocket and herbs
Spinach, feta and lemon filo pie
Lentil, celeriac, mint and hazelnut salad

Tzatziki
Burnt aubergine and pomegranate dip
Salsa Verde
Flat breads and flaxseed focaccia

Menu 4

Imam bayaldi – Turkish stuffed aubergines
Green bean, magetout, salad with sorrel, dandelion leaves and hazelnuts
Roast herb crusted pumpkin
Fava topped with sumac marinated onions and capers
Tatziki
Avocado Salsa Verde
Flat breads and Flax seed focaccia

Menu 5

Suya spiced aubergine and pepper kebabs on smoky spiced tomato pilaf
Black bean, tomato, avocado, cucumber and kimchi salad with fried plantain
Lightly battered deep fried courgettes
Pineapple, cucumber, coriander and peanut salsa

Menu 6

Leeks and goats cheese terrine
Roast vegetable and parsley tabouleh with freekeh
Tomato, sumac marinated onion and lentil salad
Roast Aubergine with tahini and pinenuts
Artichoke and bean tapenade
Pepper and caper salsa
Coriander hummus

Flat breads and Flax seed focaccia

Puddings

Croque-em-bouche decorated with flowers
Chocolate avocado torte with hazelnut base and chocolate maple topping
Rhubarb sorbet with pistachio brittle
Fruit salad
Chestnut and amaretto roulade topped with caped gooseberries
Meringue roulade
Summer fruit set in a rose jelly
Rhubarb, almond and pistachio tart
Tarte aux citron
Chocolate torte
French berry tart
Baked berry cheesecake topped with fruit
Roast peaches and plums with thyme
Mango and passion fruit trifle with saffron cream

Additional menu suggestions

Spanakopita, giant filo pastry pie with spinach and ricotta/feta or butternut red onion and goat's cheese or mushrooms and thyme.

Tempeh satay

Whole stuffed roast cauliflower

Aubergine and cheese croquettes

Marinated sticky roast tempeh kebabs

Garlic mushroom and cream cheese tart

Spinach and cream cheese roulade

Puy lentil and feta fritters

A mandala of colourful stuffed vegetables

Spinach and cream cheese roulade with spring onions

Smoked paprika and butterbean paella with olives and artichoke hearts

Home made bean burgers and salsa

Stuffed Portobello mushrooms

Falafel burgers with Tahini sauce

Aubergine, goats cheese and red pepper roule sprinkled with roasted pine nuts

Lentil and aubergine moussaka

Cheese stuffed aubergine

Twice baked spinach and gruyere soufflé

Vegetarian or fish sushi

Roasted stuffed cauliflower

Grains and potato

Green herb couscous, with cumin fried onions

Asian noodle salad with coriander and shredded vegetables

Marinated potato salad with red onions and walnuts

Potato salad with spring onions, mint, and mayonnaise

Quinoa and roast vegetable salad

Tabbouleh

Herby wild rice salad with roasted sweet potatoes, red onion and pumpkin

Garlic new potatoes

Beans and Pulses

Puy lentil Salad with roast onions

Lentil, celeriac and hazelnut salad with mint

Black bean, mango and avocado salsa

Garlicky bean salad: French beans, edamame beans, broad beans, roast cherry tomatoes, garlic, lemon juice, salt and a hint of chili.

Marinated butterbeans with lemon and roast fennel

Puy lentil, spiced roast carrot & feta salad

Vegetable based Salads

Green bean and sugar snap pea salad with orange pieces and hazelnuts
Cucumber, dill and red onion salad
Tomato salad with sumac marinated red onions
Tomato caper and onion salad
Tomato, avocado and onion salad
Melon and avocado with mint and French dressing
Shaved fennel, chicory and orange salad
Fennel, mint and chilli salad
Moroccan salad: Finely chopped tomato, onion, pepper, cucumber, herbs, salt and lemon juice.
Asian shredded vegetable slaw with sesame seeds
Beetroot and sour cream slaw
Traditional coleslaw
Avocado, red pepper and courgette roule with balsamic dressing
Roast Mediterranean vegetables with garlic and thyme
Green papaya salad (subject to availability)

Salads with cheese

Roast aubergines rolled up with rocket pesto and goat cheese.
Roast beetroot and goats cheese salad
Pear, Stilton and Walnut Salad
Stuffed chicory leaves
Beetroot carpaccio with goats cheese and pecans
Greek style salad
Asparagus and grilled halloumi salad
Marinated courgette Salad with cumin and feta
Figs with mozzarella rocket and balsamic dressing

Hot dishes

Bruschetta with toppings, eg: caramelised red onion and goats cheese; tomato, avocado, basil and garlic; feta, figs and rocket with a balsamic syrup.
Roast pumpkin with herb and parmesan crust
Lightly battered deep fried courgettes (Vegan Whitebait!)
Spinach onion and potato bhajis (V)
Deep fried courgette balls
Vegetable tempura and Chinese dipping sauces (V)
Honey roast parsnip chips
Cajun sweet potato wedges
Mixed roast vegetables
Roast vegetable kebabs with satay sauce (V)
Veggie Paella with artichokes, olives and broad beans (V)
Celeriac and Potato Gratin
Fennel Gratin

Peas with wasabi and cream
Cabbage and bacon gratin
Cabbage, chestnut and brussel sprout gratin

Sauces, dips and paté

Hummus, spinach and coriander hummus or caramalised onion hummus (V)
Baba ganoush: Roasted aubergine dip (V)
Burnt aubergine with garlic lemon and pomegranate seeds (V)
Roast beetroot tapenade: delicious sweet roast beetroot blended with garlic, herbs and a touch of honey and pomegranate (V)
Tziki: grated cucumber and garlic yoghurt
Tomato and harrisa chili sauce with garlic, lemon and herbs (V)
Tahina: Tahini blended with lemon, garlic, olive oil and water (V)
Peanut satay sauce (V)
Cucumber and peanut dipping sauce (V)
Asian style green herb dipping sauce (V)
Wasabi sour cream sauce
Sumac, lemon and sour cream
Sour cream and chives
Red and green Mojo: blended coriander, garlic, parsley, olive oil (V)
Butterbean and lemon paté
Broad bean and feta paté
Goats cheese and dried tomato paté
Artichoke and feta dip
White bean dip (V)



Vegetarian Brunch Menu suggestions:

1.

Mexican scrambled eggs (eggs, garlic, coriander, chilli)
Smashed Avocado
Sweetcorn and smoked paprika fritters
Grilled Halloumi
Wilted Spinach

Tea, coffee, fresh juice
Bircher muesli and chia seed pots
Fruit salad, granola, yoghurt and honey
Croissants, sour dough bread and tortilla wraps.

2.

Scrambled eggs
Mushrooms
Grilled tomatoes
Halloumi
Home made baked beans
Fried potatoes and onions

Tea, coffee, fresh juice
Bircher muesli and chia seed pots
Fruit salad, granola, yoghurt and honey
Croissants, sour dough bread and tortilla wraps.

3.

Shakshuka
Wilted spinach and grilled courgettes
Fried mushrooms

Tea, coffee, fresh juice
Bircher muesli and chia seed pots

Fruit salad, granola, yoghurt and honey
Croissants, sour dough bread and tortilla wraps.

Or combinations of the following:

Eggs

Scrambled Eggs
Heuvas Rancheros (Scrambled eggs with tomato, coriander, garlic and chilli)
Shakshuka – Spiced tomato, onion and pepper sauce with eggs poached in it,
can be served with buttered flour tortilla)
Spinach frittata
Grated courgette and feta frittata
Spanish omelette with potato and onion
Smokey sweetcorn and smoked paprika fritters
Baked eggs with cream and mushrooms

Other

Fried Halloumi
Scrambled tofu
Veggie sausages
Fried mixed Mushrooms
Smashed avo with tomato, herbs and lemon zest
Grilled courgette strips
Wilted spinach
Grilled tomatoes
Home baked beans: mixed beans in a rich tomato sauce
Potato Rosti
Home made hash browns
Fried potatoes and onions

Breakfast pots

Chia seed soaked porridge with berries
Bircher muesli with grated apple, apricots and almonds

Fruit salad
Jugs of fresh smoothies