

## MENU BUFFET salads & wraps example

Ingredients may vary in line with seasonal variations



### Transformer salads

#### Greens & Reds

*Green salads, cucumber, red pepper, tomatoes, spring onion*

#### Oranges & purples

*Red cabbage, carrots, variety of onions, radishes or beetroots fresh herbs (*

With a choice of dressings and toppings:

**French Dressing** (*mustard, vinegar, oil, garlic, mixed herbs, sugar*)

**Tahini Dressing** (*sesame, lemon, olive oil, garlic, pomegranate syrup*),

**Asian style Dressing** (*sweet chilli sauce, garlic, lime, sesame oil, soya sauce*)

**Feta style cheese, pomegranate seeds, olives, toasted seeds.**

### Tabbouleh (French style)

*Couscous, cucumber, peppers, tomatoes, spring onions, red onion, chickpeas, sweetcorn, sultanas, mint, parsley, lemon, olive oil, North African spices.*

### Wraps (on white, both wholewheat and white, seeded wraps):

#### **Roasted Sweet potatoes with aubergine Babaganoush and Falafel, (Vegan)**

*Lettuce. Roasted sweet potatoes, red onions, chickpeas, aubergine, olive oil, Seven spices (Lebanese spices), North African spices, pomegranate seeds, lettuce, sesame.*

#### **Baked vegetables Provencal style & cream cheese & goat cheese (Vegetarian)**

*Lettuce. Courgettes, aubergine, yellow pepper, red onion, garlic, parsley, olive oil, Mixed herbs, goat cheese*

#### **Mexican style, cheddar & salsa (Vegetarian)**

*Lettuce. Red kidney beans mash with bay leaf onion, olive oil, garlic, oregano, cumin and smoked paprika with green peppers, tomatoes, onion, coriander salsa, lettuce, Cheddar*

#### **Cheddar, tomatoes and lettuce (Vegetarian)**

*Cheddar, lettuce, tomato, spring onion, mayo*

**NOTE: cross contamination with wheat or nuts, mustard celery and other allergens can occur as I use these products in my kitchen.**