

MENU BUFFET example



1.FRESH:

Green & Red

Salad leaves, cucumber, peppers tomatoes, spring onions

Red & orange coleslaw

Red cabbage, carrots, spring onions, red onion, radishes.

Either of the above with a choice of dressings and toppings:

French Dressing (contains mustard), Tahini Dressing, Asian style Dressing
Feta style cheese with olive oil, Pomegranate Seeds,
olives, toasted seeds.

2.GRAIN SALADS:

Tabbouleh (French style)

Couscous*, cucumber, peppers, tomatoes, spring onions, red onion, chickpeas, sweetcorn, sultanas, mint, parsley, lemon, olive oil, sprinkle of ras-el hanout (mixed North African spices).

Tabbouleh with cooked vegetables (Tagine style)

Couscous*, carrots, courgettes, celery peppers, tomatoes, onion, chickpeas, dates, bay leaf, parsley, olive oil, Ras-el-hanout (mixed North African spices).

Mild spiced roasted butternut salad

Roasted butternut, red onion, chickpeas, parsley, olive oil, toasted seeds & pomegranate seeds, seven spices (mixed Lebanese spices) on a bed of bulgur.

3.DIPS:

Carrot hummus

Chickpeas, olive oil, lemon, tahini roasted carrot, garlic, cumin, paprika, sumac, salt pepper

Traditional hummus

Chickpeas, olive oil, lemon, garlic, tahini cumin, paprika, sumac, salt pepper

4. TARTES/QUICHES/FARINATA

Chickpea pancakes

Chickpea flour, turmeric, olive oil, bicarbonate soda, onions, courgette, fresh herbs, salt & pepper.

**Couscous and bulgur are wheat, it is possible to offer separate portions with quinoa which is gluten free for people with intolerance or allergies.*

NOTE: cross contamination with wheat can occur as I use wheat and gluten products in my kitchen.

Please let me know of any dietary requirements that I should be aware of.