



# *Herb & Spice*

## *Spring/Summer*

### *Hot Fork Buffet Menu Pack*

Our Spring/Summer 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

#### **Included in the price per head:**

- Crockery, cutlery and high-quality napkins (plus all equipment is collected dirty)
- If your guest numbers are 100 + we will include service staff for a 4 hour shift (for numbers below 100 they are charged at £12.50 + Vat per hour each)

#### **Extra:**

- Delivery/Collection (calculated based on distance)
- Staffing (if guest numbers are below 100)

## 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*

*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 below:*

- *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/Vegan 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 (VG)*

*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 (VG)*
- *Stir-fried Superfoods (VG)*
- *Thai Yellow Curry (VG)*
- *Spiced Mixed Beans (VG)*
- *\*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 (VG) (GF) (DF)*

*Vegetable Goulash (VG) (GF) (DF)*

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

*Thai Green Vegetable Curry (Mild)(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 (VG)*

*Roasted Red Peppers stuffed with a Sun-blushed Tomatoe, Spring Onion, Toasted Pine-nuts, Thyme, Lemon, and Garlic Cous-Cous drizzled with 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 potato*

**PLEASE SEE OUR VEGAN MENU PACK FOR FULL VEGAN OPTIONS**

**Fish/Seafood Options**

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

*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**

*Salads (see our salad menu on the next page)*

*New Potatoes (with or without butter)*

*Roast Potatoes*

*Parisienne Potatoes*

*Bombay Potatoes*

*Dauphinoise Potatoes*

*Mashed Potatoes*

*Savoury Rice-(Wholemeal or White)*

*Sticky Rice*

*Fragrant Jasmine Rice*

*Basmati Rice*

*Couscous with Lime, Pomegranate and Fresh Herbs*

*Quinoa*

*Cauli-Rice*

*Selection of Seasonal Vegetables*

*Wilted Seasonal Greens*

*Medley of Kale, Courgette and Cabbage*

*Garlic Green Beans*

*Roasted Summer Vegetables*

*Petit Pois A la Francais (Petit pois Peas with Shallots)*

*Oven Roasted Tomato's*

*Roasted Butternut Squash*

*Corn on the Cob*

*Ratatouille*

*Parmesan and Black Pepper Parsnips*

*Sweet Potato Wedges (with or without spice)*

### **The Salad Bar**

**Include as one of your 'side dish' options or add 2 salad options for an extra £3.00 +  
Vat per person**

*Chef's Mixed Salad*

*Lettuce, Tomatoes, Spring Onion and Cucumber*

*Pearl Barley, Broad Bean, Tenderstem Broccolini & Goats Cheese Salad with a Zesty  
Lemon & Fresh Mint Dressing*

*Courgetti & mooli noodles, crunchy carrot, beetroot, asparagus, chargrilled tenderstem  
broccoli, crunchy seeds, mixed herbs and soy, sesame & ginger dressing*

*Watercress, Beetroot, Radish & Cucumber Salad tossed in a Tarragon Vinaigrette*

*Summer Bean Salad with Fennel Dressing*

*Edamame, Heirloom and Green Beans with Slow Roast Tomatoes and Fresh Herbs*

*Caesar Salad*

*Romaine Cos Lettuce, Parmesan, fresh Croutons, & our Homemade 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*

*Avocado, Slow Roast Tomato & Cannellini Bean Salad*

*Edamame Bean, Asparagus, Broccoli and Sun-blush Tomato Quinoa Salad*

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

*Crunchy Superfood 'Rainbow Vegetable' Slaw in a Light Vinaigrette Dressing.*

*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**

