

Hot & Cold Fork Buffet

September 2017

Artisan Breads are included

Chicken

Pan Fried Chicken Breast with Sweet & Sticky Tomato & Cannellini Beans, Fresh Basil & New Potatoes

Zaatar Chicken served on a bed of Bulgar Wheat, with Lemon Zest Herbs & Pomegranate with Coriander & Mint Yoghurt

Pork

Crispy Pork Belly with Sautéed New Potatoes Balsamic Glazed Pearl Onions & Sundried Tomatoes with Caper & Parsley Sauce

Spicy Chickpea & Chorizo Stew with Spinach, Oven Roast Chicken & Aioli

Honey Roast Pork with Pad Thai Noodles

Ham Hock with Lentils & Chillied Squash

Lamb

Moroccan Lamb Tagine with Mint Yoghurt served with Couscous

Beef

Beef with Bamboo Shoots, Ginger, Spring Onions & chilli with Lotus Root Crisps

Beef Bourguignon with Red Wine, Mushrooms & Pancetta

Game

Confit Duck served with Potatoes Boulangère & Steamed Greens

Parsons Creative Food Ltd

107 / 108 Avro House • Havelock Terrace SW8 4AS

Telephone: 020 7720 3336 • Facsimile: 020 7720 8656 • Mobile: 07885 248837

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Registered Office: Parsons Creative Food Ltd • 7 Ludlow Road • London W5 1NX
Registered in England No: 05126296 • V.A.T. No: 106 6425 33

Fish

Salmon Fillet Wrapped in Prosciutto Ham served with Herby Lentils Spinach & Yoghurt

Pan Fried Salmon served with New Potatoes with a Radish & Herb Salsa

Crispy Sea Bass with Saffron, Fennel & Samphire with a Salsa Verde

Roasted Slashed Fillet of Sea Bass with Herbs, Baked Mushrooms with Potatoes & Roasted Red Onions with a Caper Mayonnaise

Sizzling Moroccan Prawns Fluffy Couscous & Rainbow Salsa

Smoked Mackerel, Rainbow Beetroot, French Beans, Watercress & Horseradish Cream

Vegetarian

Herby Stuffed Peppers with Brown Rice Chickpeas Feta Cheese
Fresh Herbs & Spicy Tomato Dressing

Roast Butternut Squash Chick Pea & Spinach Tagine

Aubergine Parmigiana

Harissa roasted Aubergine, Pomegranate, Pistachios, Olives, Brown Rice & Tahini Dressing

Halloumi Cheese, Red Pepper & Courgette Skewers marinated in Lemon Thyme & Garlic

Potato Gnocchi in a Spicy Tomato Sauce with Gratinated Buffalo Mozzarella Cheese

Imam Bagildi served with Flat Breads with a Cucumber & Yoghurt Dip

Sweet Potato Smoked Applewood Cheddar Quesadillas

Tart of Goats Cheese, Butternut Squash & Kale

Red Onion, Mushroom & Parmesan Cheese Tarts

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Salads

Quinoa, Aubergine & Haloumi Cheese Salad with Pumpkin Seeds, Sesame Seeds & Red Chilli
with a Miso & Lemon Dressing

Frittata with Wild Garlic & Shitake Mushrooms

Sprouting Seed Salad with Lentils Chickpeas, Smoky Bacon & Balsamic Dressing

Chicken Caesar Salad with Pickled Anchovies & Parmesan

Roast Jerusalem Artichokes with Hazelnut & Goats Cheese with Baby Spinach Salad

Stuffed Mushrooms with Tofu, Basil & Pine Nuts

Seared Carpaccio of Beef with Chilli, Ginger, Radish & Soy

Charcuterie Platter

Warm Salad of Roasted Kale, Coconut & Tomatoes

Autumn Roasted Root Vegetable Panzanella

Raw Thai Citrus Crunch Salad

Farro with Roasted Leeks & Smoky Sweet Romesco

Charred Aubergines with Babaganoush

Thai Beef Salad with Pak Choi & Toasted Sesame Seeds

Tabbouleh Salad

Heritage Tomato, Mozzarella & Basil Salad

Feta cheese, Chicory, Beetroot, Hazelnut & Rocket Salad

Superfood Salad with a Citrus Dressing

Warm Salad of Sprouted Peas, Sprouting Broccoli & Roast Garlic

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Desserts

All American Chocolate Chunk Cookies

Banana & Lemon Muffins

Toffee Brownies with Orange Crème Fraiche

Chocolate Crunchies

Individual Lemon Tarts

Raspberry & Almond Tarts

Raspberry & Blueberry Lime Drizzle Cake with Vanilla Chantilly Cream

Lemon Polenta Cake with Rosemary Syrup

Eton Mess with Fresh Raspberries & Peaches

Individual Apple & Blackberry Crumble Tarts

Tiramisu

Meringue stuffed with Fruit Compote & Whipped Cream

Basil Lime & Strawberry Cheesecake

Vanilla Panna Cotta with Raspberry Coulis

New York Orange Cheesecake

Cut Fruit Platter

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Vanilla Panna Cotta with Raspberry Coulis

New York Orange Cheesecake

Cut Fruit Platter

Buck Wheat Strawberry Shortcakes

Selection of Macaroons

Profiteroles with Orange Vanilla Cream & Chocolate

Truffle Torte & Crème Fraiche

Jellied Raspberry & Vodka Terrine with Lime Syrup

Selection of British Cheeses, Grapes, Celery & Chutney

Selection of Cheese Biscuits

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