

Vegan Canapés 2018

We suggest:

8/10 Bites for a two-hour reception

11/15 Bites for a three-hour reception

16/20 Bites for a four-hour reception

Savoury

Rainbow Summer Rolls with a Satay Sauce

Crunchy & Spicy Baked Tofu Nuggets

Sweet Potato & Avocado Bites with Cherry Tomatoes

Mexican Potato Skins

Quinoa & Vegetable Sushi

Punjabi Crunchy Vegetable Samosa

Mushroom & Caramelised Onion Polenta Bites

Stuffed & Grilled Vegetable Bites

Stuffed Button Mushrooms with Spinach & Vegan Cheese

With Golden Herb Breadcrumbs

Baked Courgette Cups stuffed with Quinoa Sundried Tomatoes

& Red Onion Marmalade

Parsons Creative Food Ltd

107 / 108 Avro House • Havelock Terrace SW8 4AS

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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

Vegan Canapés

Sweet Corn & Chilli Fritter with Tomato & Herb Salsa

Thai Vegetable & Mint Paper Rolls

Vegan Black Bean Burgers

Herby Chickpea Falafels with Sundried Tomato Sauce

Celery Spears Imambiyaldi

Crushed Avocado on Toasted Rye Bread with Slow Roasted Cherry Tomatoes,
Basil Pesto (dairy free)

Beetroot & Avocado Nori Rolls

Dessert Canapés

Exotic Fruit Skewers

Dates stuffed with Pecan Nuts

Vegan Tiffin

Eaton Mess

Raw Lemon Cheesecake

Avocado & Strawberry Ices

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