

Cold Fork Buffet

Please choose two main dishes, a vegetarian alternative, two salads & two desserts

Artisan Breads are included

Chicken

Griddled Lemon Roast Chicken with Pesto, Quinoa, Beetroot & Crispy Kale

Chicken Wrapped in Parma Ham with Grilled Mediterranean Vegetables,
Basil & Garlic Mayonnaise

Lamb

Roast Lamb with Figs, Radicchio, Chicory & Pine Nuts

Harissa Marinated Lamb on Roasted Vegetables & Bulgur Wheat
With Fresh Lemon & Yoghurt Dressing

Beef

Rare Roast Beef, Watercress, French bean & Shallot Salad with Horseradish Cream

Vietnamese Five Spice marinated Beef & Green Papaya Salad with Mint,
Basil & Toasted Crushed Peanuts

Duck

Spiced Duck with Kohlrabi, Apple & Beetroot with Pomegranate Seeds

Honey & Soy Glazed Duck Breast with Thai Vegetables & Soba Noodle Salad,
Toasted Cashew Nuts

Fish

Seared Tuna with Kimchi & Lotus Root Chips

Grilled Salmon with Samphire, Roasted Vine Tomatoes & Salsa Verde

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

Vegetarian

Roasted Red Pepper & Aubergine Frittata

Roasted Red Onion & Goat's Cheese Galette

Spiced Beetroot and Carrot Fritters with Dill Yogurt

Tarts

Butternut Squash, Sage & Parmesan Tart

Jerusalem Artichoke & Rainbow Chard Tart

Potato, Leek & Smoked Applewood Cheddar Tarts

Salads

Chickpea, Roast Butternut Squash Salad, with Red Onion, Tahini & Za'atar
with Toasted Almonds **V**

French Beans with Shiitake Mushrooms, Fresh Coconut & Sesame Seed Dressing **V**

Red Cabbage, Fennel & Orange Slaw with Toasted Pumpkin Seeds **V**

Superfood Sprouting Lentil Salad with Heritage Beetroot, Broccoli, Toasted Sunflower Seeds
& Garlic Dressing **V**

Heritage Tomatoes & Chervil Salad with Fennel, Pomegranate
& Extra Virgin Olive Oil Dressing **V**

Tender stem Broccoli, Bok Choi, Mange Tout & Beansprouts with Citrus & Chilli Dressing &
Toasted Peanuts **V**

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Desserts

Rich Chocolate Torte served with Orange Cream

Lemon Meringue Curds

Brioche Bread & Butter Pudding with Chocolate & Homemade Custard

Blueberry & Apple Tarte Tatin with Crème Chantilly

Pear & Blackberry Crumble with Clotted Cream

Summer Berry Eton Mess

Fine Selection of Cheeses with Grapes, Celery & Dates

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