

Canapés

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 Served Hot

Shell Fish

Prawn & Chorizo Skewer with Basil Gremolata Mayonnaise (can be served cold) **GF**

Piri Piri Lemon & Garlic Prawns with Chilli & Crème Fraiche (can be served cold) **GF**

Fig & Scallop wrapped in Crispy Pancetta on Skewers **GF**

Rosemary Scallops wrapped in Pancetta with Crispy Leeks **GF**

Mussels wrapped in Bacon with Herby Breadcrumbs & Salsa Verde served on Spoon

Squid Ink Risotto Balls with Saffron Aioli

Peppered Squid Skewer **GF**

Caviar on Triple Cooked Chip **GF**

Oriental Prawn & Squid Fishcakes with a Honey & Soya Dip

Fish

Mini Smoked Haddock & Leek Tarts with Parsley Gremolata (can be served cold)

Teriyaki Cubed Salmon Skewers with a Miso Lime Dressing **GF**

Baby Hot Smoked Salmon Potato Cakes with a Lemon & Dill Crème Fraiche

Cone of Cod Fillet in Seaweed Breadcrumbs served with Wasabi, Coriander,
Chilli & Black Sesame Seed Mayonnaise

Pan-fried Mackerel with Sundried Tomatoes on a bed of Pickled Fennel & Salsa Verde

Pan Fried Sea Bass with Roast Peppers & Broad Beans with
Saffron Dill Mayonnaise on China Spoons

Cont'd

Parsons Creative Food Ltd

107 / 108 Avro House • Havelock Terrace SW8 4AS

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

Email: info@parsonscreativefood.co.uk • www.parsonscreativefood.co.uk

Registered Office: Parsons Creative Food Ltd • 7 Ludlow Road • London W5 1NX

Registered in England No: 05126296 • V.A.T. No: 106 6425 33

Canapés

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Savoury Served Hot

Chicken

Sticky Asian Style Chicken Lollipops with Lime & Sweet Chilli Sauce Dip

Curried Coconut Chicken Bamboo Skewers with a Mango Chutney Dip (can be served cold)

Beef

Mini Beef Burger with Mustard, Ketchup, American Cheese & Dill Gherkin in Brioche Bun

Pork

Ham & Manchego Croquettes with Mustard Mayonnaise (can be served cold)

Date & Walnut Scones with Bacon Fig & Gorgonzola (can be served cold)

Sticky Bourbon Pork Belly Bites with a Honey & Soya Glaze & Ribbon of Pickled Cucumber

Parma Ham Swizzle Sticks with Parmesan Pesto Dip (can be served cold)

Honey & Sesame Glazed Mini Cumberland Sausages

Asparagus wrapped in Parma Ham & Filo Pastry with a Balsamic Reduction Dip

Slow Cooked Pork Belly on Potato Rosti with Apple Sauce

Lamb

Mini Lamb Kebab Skewers with a Mint & Lemon Yoghurt Dip (can be served cold)

Duck

Duck Spring Rolls with Sweet Chilli Sauce

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Vegetarian

Wild Mushroom & Comte Tartlet (can be served cold)

Beetroot, Goat's Cheese & Thyme Arancini

Potato Bonda with Coriander, Mint, Chilli, Paneer Cheese with a Cucumber
& Lime Sour Cream Dip

Goat's Cheese Galette with Slow Roast Cherry Tomatoes, Black Olive Tapenade
(can be served cold)

Courgette & Stilton Fritters with a Tomato Chilli Dip (can be served cold)

Wild Mushroom & Thyme Tarts with Parmesan (can be served cold)

Sweet Corn & Chilli Fritter with Tomato & Herb Dip

Punjabi Crunchy Vegetable Samosa (can be served cold)

Chestnut Mushrooms stuffed with Spinach, Leek & Blue Cheese (can be served cold) **GF**

Mini Jacket Potatoes with Crème Fraiche & Caviar with Chives (can be served cold) **GF**

Mini Carrot, Coriander & Onion Bhajis with Roast Caraway,
Mint & Coriander Yoghurt (can be served cold)

Crispy Tofu served with Pickled Ginger, Shredded Spring Onions, Chilli & Soya Lime Dressing
with Micro Coriander served on China Spoon (can be served cold) **GF**

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Savoury Served Cold

Shell Fish

Brown Potted Shrimps on Toasted Wholemeal Bread with Cucumber Ribbons

Queen Scallop with Tomato Chilli Salsa & Guacamole served in Half Shell **GF**

Crab with Chilli Lime & Ricotta in Filo Pastry Baskets

Sticky Prawn & Mango Skewers with Sweet Chilli Jam **GF**

Teriyaki Prawns with Spring Onions, Coriander, Chilli & Soya with Sesame Oil & Lime Dip **GF**

Spicy Bloody Mary Shot with Succulent Prawns with Caper Berries & Lemon Garnish **GF**

Fish

Gin & Tonic Cured Salmon served on Blini with Mint Crème Fraiche & Pickled Cucumber

Smoked Mackerel Pate with Cranberry Lime & Ginger on Toasted Sour Dough

Sesame Crusted Rare Tuna Cube with Pickled Ginger, Wasabi Mayonnaise
& Micro Coriander **GF**

Teriyaki Cubed Salmon Skewers with a Miso Lime Dressing **GF**

Pork

Crispy Polenta Bites with Dolcelatte Oven Roast Tomatoes & Crispy Pancetta

Mini Bacon, Goat's Cheese & Chive Muffins (can be served hot)

Smoked Mozzarella, Sundried Tomatoes & Rocket wrapped in Parma Ham

Ham Hock Terrine on Toasted Granary Croute with Piccalilli & Micro Parsley

Mini Scotch Quail's Egg served with a Black Grape Mustard

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Beef

Rare Roast Beef on Crostini with Parmesan, Roasted Tomatoes, Black Mustard & Rocket

Pepper Steak & Watercress Profiteroles with Tarragon Mayonnaise

Skewer of Thyme & Garlic Marinated Rare Beef with Griddled Courgettes

Chicken /Duck

Confit Duck Rillettes on Toasted Brioche & Red Onion Marmalade

Roast Chicken in Tarragon Tartlets

Cajun Chicken Skewers with Chilli & Coriander Pesto (can be served cold)

Mini Smoked Chicken & Piquillo Pepper & Basil Frittatas (can be served hot)

Chicken & Bacon Caesar Salad served in Tartlet with Parmesan & Quail's Eggs

Lamb

Moroccan Slow Roast Lamb & Chickpea Falafel with a Spicy Tomato Dip (can be served cold)

Vegetarian

Goat's Cheese served on Rosemary Scone with Beetroot Chutney

Artichoke with Goat's Curd on Thyme Parmesan & Poppy Seed Shortbread

Goat's Cheese Galette with Slow Roast Cherry Tomatoes, Black Olive Tapenade

Pea Blini, Pea Puree, Thai Asparagus & Mint Pesto

Blue Cheese & Ripe Pear Tartlet

Broad Bean, Ricotta & Feta Cheese on Crostini

Creamed Goat's Cheese with Honey Glazed Walnuts served on Rosemary Shortbread

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Savoury Served Cold

Vegetarian continued

Roast Courgette Cups with Quinoa Spiced Onion Sumac & Coriander Yoghurt **GF**

Bocconcini Mozzarella, Cherry Tomato Lollipops with Lemon Zest & Basil Olive Oil **GF**

Mini Carrot, Coriander & Onion Bhaji with Roast Caraway Mint & Coriander Yoghurt

Punjabi Crunchy Vegetable Samosa

Shropshire Blue Cheese, Roasted Fig & Honey served in a Filo Basket

Crispy Tofu served with Pickled Ginger, Shredded Spring Onions, Chilli, Soya & Lime Dressing
with Micro Coriander served on China Spoon **GF**

Pea, Broad Bean & Mint Purée with Feta Cheese on Wholemeal Crostini with Lemon Balm

Mini Artichokes served with Herbs, Gratinée Goat's Cheese & Red Amaranth **GF**

Spicy Paneer Wrapped with Fire Roasted Peppers served with Mint, Lime & Chilli Yoghurt **GF**

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Vegan

Vegan Cheese with Spiced Chickpeas, Spring Onions, Mint & Pomegranate served in a Baby Gem Leaf

Vietnamese Vegetable Rice Paper Rolls with Toasted Sesame Seeds & a Soya & Thyme Dressing **GF**

Roast Sweet Potato with Crushed Avocado, Roast Baby Plum Tomatoes & Micro Basil **GF**

Enoki Mushroom Summer Rolls with Soya Glaze **GF**

Button Mushrooms Stuffed with Spinach & Vegan Cheese topped with Golden Herb Breadcrumbs (can be served hot)

Quinoa & Vegetable Sushi **GF**

Mexican Potato Skins **GF**

Herby Chickpea Falafels with Sundried Tomato Sauce

Celery Spears stuffed with Spiced Aubergine, Pine Kernels & Coriander in a Tomato Sauce **GF**

Crushed Avocado on Toasted Rye Bread with Balsamic Roasted Onions, Slow Roasted Cherry Tomatoes & Dairy Free Pesto

Inside out Sushi topped with Avocado, Chilli, Pickled Ginger, Wasabi, Sesame Seeds & Micro Coriander

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Dessert Canapés

Sour Cherry Mini Almond Tarts with Clotted Cream

Mini Pavlovas with Fresh Berries and Crème Chantilly with Raspberry Coulis **GF**

Mini Lemon Curd Meringue Tarts

Tiramisu Pots

Exotic Fruit Skewers **GF**

Banoffee Pie Tartlets

Dates stuffed with Pecan Nuts **Vegan**

Eton Mess

Raw Lemon Cheesecake **Vegan**

Vegan Tiffin **Vegan**

Salted Caramel & Chocolate Brownies with Orange Crème Fraiche

Assorted Macarons

Coffee, Chocolate, Lemon, Raspberry, Pistachio and Vanilla

Avocado & Strawberry Ices **Vegan**

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