

## Vegan 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**

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 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**

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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

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

Eton Mess

Raw Lemon Cheesecake

Avocado & Strawberry Ices

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