



## Superfood

*Please choose one starter, one main course and one dessert for your guests to enjoy. Then choose your Vegetarian / Dietary Menu one starter, one main course and one dessert (V,D)*

### TO BEGIN

Falafel Salad ( Green Leaves, Tomatoes, Radish, Cucumber) with Lime and Lemon Yoghurt

Cauliflower and Kale Frittata with Spring Greens, Garbanzo Beans

Smoked Mackerel with Spinach, Watercress and Orange Salad and Toasted Pumpkin Seeds

Thai Noodle Prawn Soup

Griddled Asparagus, Avocado and Sliced Poached Chicken Topped with Flaked Almonds and Parmesan Shavings

### FOR YOUR MAIN COURSE

Sweet Potato Stuffed with Herby Couscous, Sun Dried Tomatoes Spinach and Crumbled Feta served with a Rocket Salad

Lentil and Butternut Squash Hot Pot with Cauliflower Rice

Seared Salmon with Crispy Kale on a Bed of Peas, Borlottie and Butter Beans with Zesty Rocket Pesto

Oven Baked Cod Loin Wrapped in Cabbage served on Spiced Chickpeas and Bulgur Wheat with a Curry Spiced Vinaigrette

Honey and Lime Chicken Skewers with Fruity Quinoa and Herby Yoghurt Dressing

Beef Ragu on a Bed of Basil Infused Courgette Spaghetti and Toasted Pine Nuts

*Please choose 1 of the following to accompany your dishes*

Sweet Potato Puree, Creamed Potatoes, Dauphinoise Potatoes, Crushed Potatoes, Roast Potatoes, New Potatoes, Pea Risotto, Vegetable Rice or Garlic Linguine

*Please choose 1 of the following Vegetables*

Green Beans, Carrots, Peas, Wilted Spinach, Stem Broccoli, Vegetable Bowl, Superfood Salad Bowl

### SOMETHING SWEET

Apple and Blackberry Greek Yogurt Pot with a Muesli Crumb

Apple, Pear and Ginger Custard Crumble Cup with Nutty Granola Topping

Polenta Cake with a Mango and Orange Icing

Cinnamon Flavoured Pancakes with Fresh Fruit and Meringue

Chargrilled Pineapple with a Mango and Blueberry Salsa

Vanilla and Cranberry Poached Pears served with a Manuka Honey Syrup

Tea and Coffee Table unlimited for one hour after your meal

### EVENING BUFFET GRAZING TABLE

Selection of Cheeses, Breads and Crackers served with Pickles, Chutneys, Grapes and Celery Sticks