



THE NATURAL KITCHEN

ARTISAN, ORGANIC AND WILD

NATURAL KITCHEN (£10.50 + VAT per person – minimum 8 people)

Menu 1

Mixed leaf Salad w herbs, tomato and cucumber
Beetroot, spinach and pear Salad w olive oil
Chicken skewers w chilli & ginger
Spinach, feta & sundried tomato mini quiche slice
Classic bread sandwiches (2 quarters per person)
Mini fruit skewer
Mini sweet bites (2 per person)

Menu 2

Soup of the day and bread
Dill poached salmon and watercress mini quiche slice
Artichoke Salad w apricot, cumin, toasted seeds, hazelnut and rocket couscous
Meat, fish and vegetarian wraps (2 x pieces per person)
Mini fruit skewer
Mini sweet bites (2 per person)

Menu 3

Mini fishcakes w dill tartare
Greek Salad -Tomato, Feta, Red Onion, Cucumber, mixed leaves, Olives)
Londoner sausages w honey & sesame glaze
Mediterranean vegetable tortilla V
Artisan bread sandwiches (2 pieces per person)
Mini fruit skewer
Mini sweet bites (2 per person)

Menu 4

Soup of the day and bread
Cold pesto pasta with cherry tomatoes, rocket and feta
Rootslaw Salad (red, white cabbage, carrot and baby spinach)
Meat, fish, vegetarian wraps (2 pieces per person)
Mediterranean vegetable tortilla V
Mini fruit skewer
Mini sweet bites (2 per person)



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Menu 5

Soup of the day and bread

CHICKEN SALAD– Char grilled free range chicken, roasted veggies, tomato, cucumber, toasted pine nuts, olives & mixed leaves

GOATS CHEESE SALAD – Honey caramelized French Goats cheese, crouton, beetroot, pine nuts, mixed leaves & mango chutney

Mini fruit skewer

Mini sweet bites (2 per person)

Menu 6

Soup of the day and bread

ROAST BEEF SALAD – Rare roast beef, new potato salad, tomato, mixed leaves & horseradish

FALAFEL SALAD - Home-made hummus, falafel, roasted butternut squash, cucumber, mixed leaves and a spicy yoghurt dressing

Mini fruit skewer

Mini sweet bites (2 per person)

Menu 7

Soup of the day served with crusty bread

Roasted Mediterranean vegetables w mixed leaves

Tuna Nicoise bruschette

Goat's cheese and mixed pepper quichette

Mini fruit skewer

Mini sweet bites (2 per person)

Menu 8

Soup of the day served with crusty bread

Chunky tomato, red onion Salad w oregano, olive oil and balsamic vinegar

CHICKEN SALAD– Char grilled free range chicken, roasted veggies, tomato, cucumber, toasted pine nuts, olives & mixed leaves

Salmon and cream cheese bagel

Mini fruit skewer

Mini sweet bites (2 per person)

*Unless otherwise specified 1 of each menu item is supplied per guest.

**Salads are offered as a 100gm portion per person. Mixed leaves salads are offered as 20gm per person.