



# THE NATURAL KITCHEN

ARTISAN, ORGANIC AND WILD

## **Natural Kitchen (£10.50 plus vat per head minimum 8 people)**

### **Menu 1**

BROAD BEAN SALAD of red cabbage, carrot & sesame seed slaw w a soya milk dressing

MIXED LEAF SALAD w coriander, parsley, dill, basil & spinach

Chicken skewers w chilli & ginger

Home made mini sausage rolls w tomato relish

Spinach feta & sundried tomato quichettes

Tomato & basil bruschette

Artisan bread sandwiches

Fruit and sweets

### **Menu 2**

Soup of the day plus crusty bread

Quichettes (mixture of dill poached salmon & asparagus, and spinach & feta as vegetarian option)

NEW POTATO SALAD & radish salad w spring onion & yoghurt

ARTICHOKE SALAD w apricot cumin, toasted seeds, hazelnut & rocket couscous

Meat, fish & vegetarian wraps

Halloumi, tomato & basil skewers

Grilled asparagus

Fruit and sweets

### **Menu 3**

Mini fishcakes w dill tartare

QUINOA SALAD w mangetout, sultana & tomato

COURGETTE SALAD w roasted cherry tomato, asparagus & Halloumi cheese salad

Londoner sausages w honey & sesame glaze

Pesto chicken & goats cheese bruschette

Spanish potato tortilla (veg)

Artisan bread sandwiches

Fruit and sweets

### **Menu 4**

Soup of the day plus crusty bread

Spanish tortilla portions

RADISH & BROAD BEAN SALAD w coriander, cumin & green tahini

Meat, fish & vegetarian wraps

Baby baked potatoes with sour cream & chives

Grilled asparagus

CHICKPEA SALAD w red pepper, carrot, apple and cherry tomato salad

Fruit and sweets



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## **Menu 5**

Smoked salmon & asparagus quichettes

AUBERGINE SALAD w oregano roasted red, yellow & green peppers, red onion & courgette

PURPLE SPROUTING BROCCOLI SALAD w flaked almond, garlic & chili wild rice salad

Halloumi, tomato & basil skewers

Lamb loin chops w mint sauce

Chicken skewers w ginger & chilli

Fruit and sweets

## **Menu 6**

Soup of the day plus crusty 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 fish cakes w dill tartare

Mixed mini bagels

Fruit and sweets

## **Menu 7**

Soup of the day plus crusty 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

Halloumi, tomato & basil skewers

Lamb loin chops w mint sauce

Fish goujons

Goat's cheese and mixed pepper quichettes

Fruit and sweets

## **Menu 8**

Soup of the day plus crusty bread

PRAWN SALAD - Char grilled tiger prawns, chickpea, lentil, capers, sun dried tomato, mixed leaves and chilli yoghurt

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

Chicken skewers w chilli & ginger

Grilles asparagus

Artisan bread sandwiches

Fruit and sweets



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## **Menu 9**

Soup of the day plus crusty bread

PURPLE SPROUTING BROCCOLI SALAD w flaked almond, garlic & chili wild rice salad

AUBERGINE SALAD w oregano roasted red, yellow & green peppers, red onion & courgette

Grilled chicken breast

Poached salmon fillet

Spinach feta & sundried tomato quichettes

Fruit and sweets

## **Menu 10**

Soup of the day plus crusty bread

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

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

Londoner sausages w honey & sesame glaze

Mini fish cakes w dill tartare

Tomato, mozzarella and basil bruchette

Fruit and sweets

## **Menu 11**

Soup of the day plus crusty bread

Chilli & lemon prawn skewer

Baby baked potatoes w sour cream & chives

Tomato & basil bruschette

Classic sandwiches (1/2 per person)

Fresh Fruit Platter

Mini cake slices

## **Menu 12**

Soup of the day plus crusty bread

Salmon & cream cheese baby bagels

Meat, fish & vegetarian wraps

Corn cakes w mango salsa

Grilled asparagus

Tropical fruit skewers

Mini brownies or mini cake slices

## **Menu 13**

Soup of the day plus crusty bread

Medium rare steak skewers w horseradish, mustard and bowler sauce

Seared tuna Nicoise bruschette

Dill pancakes w red onion marmalade

Artisan bread sandwiches (1/2 per person)

Tropical fruit skewers

Mini brownies or mini cake slices



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## **Menu 14**

Soup of the day plus crusty bread  
Bacon & cream cheese baby bagels  
Spinach, feta & sundried tomato quichettes  
Meat, fish & vegetarian wraps  
Halloumi, tomato & basil skewers  
Fresh Fruit Platter  
Mini brownies or mini cake slices