



★ Canapés

Zesty basil marinated mozzarella and cherry tomato skewers	£1.95
Herbed artichoke and parmesan filo rolls with garlic aioli	£2.20
Wild rice and spring onion pancakes with avocado and lime salsa	£1.95
Quails egg and avocado red onion tart with nigella seeds	£2.10
Wild mushroom and goat's cheese quiche with spring onion and thyme	£1.95
Sweet potato, sweet corn, cumin and coriander fritter with lemon yoghurt	£1.95
Vegetable spring roll served with sweet chilli and sesame sauce	£1.95
Char-grilled courgette, red pepper and portabella mushroom skewers with basil oil	£2.20
Spinach, smoked trout and herbed cream roulade	£2.10
Herbed pancake and smoked salmon with sour cream and dill	£2.10
Char-grilled tiger prawns with chilli, lemon, ginger and coriander	£2.30
Seared tuna wrapped in panko and nori, served with wasabi and sour cream	£2.40
Baby baked potatoes with crème fraiche and caviar	£1.70
Crab cakes with lime and chilli mayonnaise	£2.20
White crab meat filo tart with lemon, fish sauce	£2.20
Char-grilled scallops and bresaola with rosemary and saffron aioli	£2.50
Spicy chicken satay skewers with peanut and coconut sauce	£1.95
Chicken meat ball with feta, capers and basil served with roasted tomato sauce	£1.70
Glazed lamb kebabs with tahini and honey dip	£1.95
Char-grilled aubergine and lamb koftas with mint yoghurt sauce	£1.75
Filo tartlet with fillet of beef, sesame, soy and ginger	£1.95
Gorgonzola and caramelized pear wrapped with bresaola and rocket	£2.20
Pastrami and cheddar cheese croissant with Dijon mustard sauce	£1.95
Honey and sesame roasted cocktail sausage	£1.50



★ Salads and vegetables

Asparagus and grilled courgette with young pecorino, purple basil, dill and truffle oil	£5.50
Sweet roasted aubergine with miso, ginger, sesame, chilli and spring onion	£4.95
Braised mixed mushrooms with coriander, chilli and lemon	£4.50
Roasted Romano peppers with buffalo mozzarella, cumin, fennel seeds and coriander	£5.50
Char-grilled broccoli and purple sprouting broccoli with chilli and garlic (nb recipe varies seasonally)	£4.50
Wild and basmati rice salad with roasted yellow peppers, mixed herbs, blood chard and lemon	£4.95
Mixed new season tomato salad with fennel, red onion, dill and parsley	£4.95
Roasted butternut squash with red peppers, pine nuts, basil and gorgonzola sauce	£4.95
Puy lentils and roasted sweet potatoes with goat's cheese and mixed herbs	£4.50
Roasted Jersey royal potatoes with saffron, sorrel, garlic and parsley	£4.50
Mixed sprouts with carrots, kohlrabi, cherry tomatoes, cumin and rocket	£4.95
Maple roasted carrot with peas, coriander seeds, pea shoots, orange and honey reduction	£4.50
Cucumber, tomato and feta salad with Kalamata olive, red onion and fresh oregano	£4.50
Avocado, cherry tomato and watercress salad with wasabi and lime dressing	£4.75
Saffron couscous and mograbiah with oven-roasted tomatoes, rocket and mixed herbs	£4.95
Red rice and quinoa with rocket, pistachios, cumin, rosemary and citrus dressing	£4.95
Mixed green bean salad with red onion, chive, chilli and garlic	£4.95
Beetroot and plums with basil, coriander, pumpkin seeds, baby chard and red wine vinegar dressing	£4.95
Bocconcini buffalo mozeralla, cherry tomatoes and basil	£5.50
Avocado, vine tomatoes, spring onions in zesty lemon and extra virgin olive oil dressing	£4.95
Butterbeans and mixed grilled peppers	£4.50
Fine fresh beans with portabella mushrooms	£4.95



★ Main courses

King prawns tossed in extra virgin olive oil, chilli, lemon and garlic	£9.95
Steamed King scallops, with fresh zinging garlic and lime sauce	£10.50
Char-grilled organic salmon with sweet chilli, soy, ginger, spring onion and sesame sauce	£7.95
Smoked haddock fish cakes with pea, mint, spring onion and saffron yoghurt sauce	£5.50
Fish of the day with the sauce or salsa of the day	£7.95
Grilled chicken salad with broad beans, preserved lemons, olives, chilli and herbs	£6.95
Roasted free range chicken with different accompaniments	£6.95
Homemade moussaka	£7.50
Fillet of beef char-grilled with the sauce of the day	£8.95
Cajun spiced beef ribs with cucumber and yoghurt sauce	£6.95
Rosemary lamb chops with mustard and mint dressing	£7.50
Grilled lamb koftas with capers, sultanas, thyme and mixed herbs served with lime sour cream	£7.50
Beef or vegetarian lasagne	£7.50
Large quiche (Lorraine / spinach / broccoli courgette) serves 8 people	£22.00
Individual quiche (Lorraine / spinach / broccoli courgette)	£4.00



★ **Savoury bites**

Croque monsieur	£3.95
Ham and cheese or leek and cheese croissant	£2.50
Chicken wrap	£4.50
Oriental beef wrap	£4.50
Falafel wrap	£3.95

★ **Savoury biscuits**

Cheese straws (Twisted puff pastry with mature Cheddar cheese)	£1.40
Parmesan cheese biscuits (90% Parmesan cheese covered with sesame seeds and poppy seeds)	£32 (kilo)
Grissini (traditional Italian breads)	£12 (kilo)



★ Desserts

Fresh or cooked fruit tart	(10 portions)	£25.00
Deliciously light homemade puff pastry topped with a choice of seasonal fruit on a fine layer of almond paste	(8 portions) (6 portions) (4 portions)	£20.00 15.00 £12.00
Custard and caramel tart		£1.95
An individual puff pastry tart filled with our unbelievably good homemade caramel and custard		
Strawberry, blueberry and raspberry tartelette		£3.00
Just right for dinner party puddings, fresh fruit on crème patisserie in a sweet pastry tart		
Strawberry, blueberry and raspberry tartelette (canapés size)		£1.75
Small yet perfectly formed – just right to round off a canapé party or for a smart picnic		
Plum and apple crumble		£3.00
Comfort food on a plate, made with fresh red plums and Bramley apples		
Tiramisu		£3.00
Our version of the great Italian favourite with the essence of coffee and rum – bellissima		
Fruit crème brûlée		£3.00
Summer fruit topped with crème brûlée (mixed berries, yoghurt with caramelised sugar)		
Meringues (one nest)		£1.95
Chocolate, raspberry or just as it comes –toweringly impressive and utterly delicious		
Chocolate mousse		£3.00
A fabulously indulgent mouse made without wheat or flour		
Chocolate (or seasonal fruit) cheese cake		£30.00
Homemade yummy chocolate mud cake		£30.00
Chocolate sour cake		£5.00
Made with French flour, organic sour crème and Belgian chocolate		
Seasonal fruit and almond cake	(10 portions)	£25.00
Celebration cake	(10 portions)	£30.00
Chocolate or white cake filled and topped with fresh mixed berries		
Cherry and chocolate cake	(10 portions)	£30.00
Carrot cake	(12 portions)	£30.00
Lemon cake		£5.00
Made with French flour and organic whipped cream		



Orange cake Unbelievably fresh, zesty and gluten free	(10 portions)	£25.00
Cupcakes (pistachio and coconut, chocolate, lemon or orange)		£2.50

★ Patisserie

Homemade French croissant	£1.40
Homemade pain au chocolat	£1.80
Homemade almond croissant	£2.10
Homemade chocolate almond croissant	£2.10
Homemade muffins (chocolate, blueberry, raspberry)	£1.80
Homemade Danish pastry	£1.95
Homemade pain au raisin	£1.95
Homemade raisin scones	£1.20
Homemade French croissant	£1.40
Homemade pain au chocolat	£1.80
Homemade almond croissant	£2.10
Homemade chocolate almond croissant	£2.10
Homemade muffins (chocolate, blueberry, raspberry)	£1.80
Homemade Danish pastry	£1.95
Homemade pain au raisin	£1.95
Homemade raisin scones	£1.20

★ Cookies and brownies

Chocolate brownies	(1 kg)	£24.00
Chocolate and raspberry slice A little piece of chocolaty heaven made with fresh raspberries		£3.50
Chocolate chip cookies Made with the finest Belgian chocolate	(1kg)	£27.00
Oat and raisin cookies		£1.75