



# *fabulously* **Fed**

FOOD | BESPOKE CATERING | EVENTS

## Feasting Menu

### STARTERS

#### **Antipasti Platter**

Grilled Courgettes, Marinated Peppers, Sun Blush Tomatoes, Pesto, Fried Anchovy Artichokes, Truffle Mushrooms, Burrata, Caper Berries, Olives

Contains: Dairy, Anchovies, Pine Nuts

#### **Mezze Platter**

Hummus, Baba Ganoush, Harissa Dip, Stuffed Vine Leaves, Olives, Pickled Peppers, Pepper Butterbeans, Crudities

Contains: Dairy, Anchovies, Celery, Sesame

#### **Tomato And Mozzarella**

Sliced Tomatoes, Torn Mozzarella, Radish, Citrus, Basil, Balsamic Dressing

Contains: Dairy, Mustard

#### **Smoked Salmon**

Pickled Onion, Gremolata, Capers, Citrus, Horse Radish Cream, Lemon, Caper And Mustard Dressing

Contains: Dairy, Fish, Mustard


#### **Smoked Trout Pate**

Decadent Smoked Trout Pate With Cream Cheese, Creme Fraiche, With Pickled Cucumber, Radish, Avocado, Endive, Ciabatta Toasts, Salmon Roe

Contains: Dairy, Gluten, Fish

Accompanying Breads And Crackers

Contains: Gluten Unless Otherwise Requested





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## GREEN BASED SALADS

### Fabulous Fattoush

Baby Gem Lettuce, Roasted Peppers, Pickled Cucumber, Radish, Tomato, Fresh Herbs, Sumac, Pita Chips, Feta, Lemon, Mint, Maple Vinaigrette  
Contains: Milk, Mustard

### Sweet Peach & Burrata Salad

Burrata, Grilled Peach, Melon, Parma Ham, Figs, Basil, Mint And Honey Dressing  
Contains: Milk, Mustard

### Panzanella Salad

Heritage Tomatoes, Pickled Cucumber, Pickled Pink Onion, Anchovies, Radish, Watermelon Radish, Basil, Ciabatta, Olives And A Sweet Shallot Dressing  
Contains: Anchovies, Gluten

### Watermelon & Feta Salad

Watermelon, Barrel-Aged Feta, Crushed Cucumber, Watermelon Radish, Pink Radish, Spring Onions, Olives, Mint, Parsley, Dill, Oregano, Honey & Garlic Dressing  
Contains: Milk, Mustard

### Kale & Citrus Salad

Kale, Spinach, Rocket, Blood Orange, Pickled Cucumber, Apple, Raisins, Grapes, Pink Beetroot, Tender Stem Broccoli, Asparagus, Candied Walnuts, Kumquats, Toasted Almonds And A Maple And Citrus Dressing  
Contains: Nuts, Mustard

### Red, Pink And Purple Salad

Vine Tomatoes, Santorini Tomatoes, Cherry Tomatoes, Beetroot, Radish, Pomegranate, Burrata, French Lemon Dressing, Fresh Herbs  
Contains: Milk, Mustard

### The Lettuce Salad

Roman & Cos Lettuce, Cucumber, Slow Roasted Tomato, Charred Corn, Pickled Radish, Feta, Chives, Lemon Dijon Dressing  
Contains: Milk, Mustard

### Fun Tomatoes

Giant Couscous, Couscous, Vine Tomatoes, Yellow Cherry Tomatoes, Red Cherry Tomatoes, Green Tomatoes, Pomegranate, Herbs  
Contains: Gluten

### Super Skinny Caesar

Kale, Roman Lettuce, Spinach, Cucumber, Celery, Soft Boiled Eggs, Parmesan Cheese, Fried Brown Bread Croutons, Anchovies, Em's Greek Yoghurt Caesar Dressing  
Contains: Milk, Mustard, Eggs, Anchovies, Gluten, Sesame Seeds, Celery

### Cypriot Greek Salad

Crushed Cucumber, Roasted Tomatoes, Fried Halloumi, Parsley, Dill, Sumac, Sesame Seeds, Chilli & Tahini, Yoghurt Dressing  
Contains: Milk, Sesame Seeds

### Cypriot Greek Salad

Cucumber, All The Tomatoes - Red, Yellow, Green, Pickled Red Onion, Roasted Peppers, Kalamata Olives, Feta, Mixed Herbs, Garlic, Vinegar Dressing  
Contains: Milk, Mustard

### Chop, Chop, Chop

Baby Gem Lettuce, Cucumber, Avocado, Peppers, Corn, Red Onions, Cherry Tomato, Radish, Feta, Chives, Coriander, Sweet Chilli Dressing  
Contains: Milk, Mustard

### Seasonal Slaw

Red Cabbage, White Cabbage, Onion, Carrot, Sesame Seeds, Parsley In A Garlic, Lemon And Crème Fraiche Dressing  
Contains: Milk, Mustard, Celery

### Sweet And Sour Salad

Shredded Mango, Papaya, Red Pepper, Watercress, Rocket, Pumpkin Seeds, Roasted Coconut Farofa, Passionfruit, Chilli And Maple Dressing





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## SUBSTANTIAL SALADS

### Roasted New Potato Salad

Roast New Potatoes, Roasted Red Onions, Spinach, Caramelised Onions, And Radish. Kalamata Olives, Green Pesto Dressing

Contains: Dairy, Mustard, Pine Nuts

### Harissa Potato Salad

New Potatoes, Green Beans, Spring Onions, Green Raisins, Dill, Coriander, Mint, Pomegranate And Rose Harissa And Creme Fraiche Dressing

Contains: Dairy

### Herb Potato Salad

New Potatoes, Green Beans, Asparagus, Green Olives, Tarragon, Parsley, Basil, And Mint In A Tarragon Mustard Dressing

Contains: Mustard

### Middle Eastern Rice Salad

Spiced Basmati & Wild Rice, Currants, Apricots, Grated Carrot, Caramelised Red Onions, Crispy Onions, Toasted Almonds, Herbs, Orange Honey And Ras El Hanout Dressing

Contains: Nuts - Almonds, Mustard

### Roasted Cauliflower Salad

Spiced Chickpeas, Roasted Cauliflower Pieces, Caramelised Onions, Couscous, Currants, Lemon Harissa Tahini Dressing

Contains: Sesame, Mustard

### Asian Noodle Salad

Red Cabbage, Rice Noodles, Bean Shoots, Grated Carrot, Spring Onions, Roasted Onions, Avocado, Coriander, Toasted Sesame And Chilli Dressing

Contains: Sesame

### Sweet Potato & Green Bean

Sweet Potato, Green Bean, Feta Cheese, Pomegranate, Zaatar, Citrus, Garlic & Mustard Dressing

Contains: Dairy, Mustard, Sesame

### Em's Potato Salad

New Potatoes, Spring Onions, Crème Fraiche, Lemon, Spring Onion & Chive Dressing

Contains: Dairy, Mustard, Celery

Mint, Feta, Chilli, Maple, Cinnamon, And Mustard Dressing

Contains: Dairy, Mustard, Sesame

### Red Pesto Pasta Salad

Pasta, Sun-Dried Tomato Pesto, Slow-Roasted Sweet Cherry Tomatoes, Capers, Rocket, Parmesan

Contains: Dairy, Pine Nuts, Gluten

### Pomegranate Tabbouleh

Bulgar Wheat In A Roasted Pepper Sauce, Pomegranate, Tomato, Diced Cucumber, Pickled Red Onion, Herbs, Olive Oil And Lemon Dressing

Contains: Gluten, Celery, Mustard

### Moroccan Chickpea Salad

Chickpeas, Quinoa, Grated Carrot, Rocket, Pistachios, Raisins, Mint, Feta, Chilli, Maple, Cinnamon, And Mustard Dressing

Contains: Dairy, Mustard, Sesame

### Roast Pumpkin Salad

Roast Pumpkin In Garlic, Spices And Herbs, Kale, Pearl Barley, Black Olives, Roasted Grapes, Roasted Miso Onions, Toasted Walnuts And A Tahini Dressing

Contains: Gluten, Walnuts, Sesame



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## **VEGETARIAN MAINS**

### **Spinach And Ricotta Rotola**

Slow Roasted Tomato Sauce, Basil, Oregano, Ricotta, Cannelloni  
Contains: Dairy, Gluten, Pine Nuts

### **Pasta**

Roasted Baby Tomatoes, Homemade Tomato Pesto, Herbs, Parmesan  
Contains: Dairy, Pine Nuts, Gluten

### **Roast Cauliflower**

Spiced Roasted Cauliflower, Curried Hummus, Roasted Onions, Crispy Shallots, Onion Chutney, Herbs  
Contains: Sesame, Celery

### **Middle Eastern Stuffed Squash & Courgette**

Stuffed Courgette & Squash, Lentil & Couscous, Tomato & Lemon & Mint, Feta  
Contains: Dairy

### **Lentil Mousaka**

Lentils Ragu, Aubergine, Crème Friach Sauce, Herbs And Parmesan  
Contains: Dairy, Celery

### **Stuffed Sweet Potato**

Spinach, Chickpea, Roasted Onions, Apricots, Breadcrumbs, Tahini And Maple Dressing  
Contains: Dairy, Gluten, Sesame

### **Morrocان Stew**

Chickpeas, Sweet Potato, Rich Tomato Sauce, Preserved Lemon, Couscous, Herbs, Feta  
Contains: Dairy, Gluten, Celery

### **Indian Dahl**

Spiced Rice, Minted Cucumber Raita, Crispy Fried Onions, Flatbread  
Contains: Dairy, Gluten

### **Filo Vegetable Tart**

Filo, Butternut Squash, Spinach, Marinated Peppers, Feta And Harissa Tart  
Contains: Dairy, Gluten





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## MAINS

### **Moroccan Chicken Tagine**

Spiced Apricot Sauce, Apricots, Baby Carrots, Baby Potatoes, Dates, Raisins And Pine Nuts, Couscous  
Contains: Dairy, Gluten, Pine Nuts

### **Chicken Shawarma**

Whole Roasted, Stuffed With Herbs, Served With A Garlic Sauce  
Contains: Sesame

### **Herby Roast Chicken**

Garlic, Herb, Lemon, Roasted Celery, Fennel, Chicken Gravy  
Contains: Gluten

### **8 Hour Mexican Leg Lamb**

Marinated And Cooked In A Fennel Bbq Sauce, Served With Flatbread  
Contains: Mustard, Dairy

### **Spiced Lamb Shanks**

Slow Roasted In Apricot Harissa Sauce

### **Beef Fillet**

Peppered Grass-Fed Beef Fillet, Chanterelle Mushrooms With A Truffle Sauce  
Contains: Dairy

### **Roast Rib Of Beef**

Watercress, Horseradish Creme, Pesto  
Contains: Dairy, Pine Nuts

### **Beef Fillet**

Anchovy, Garlic, Soy And Herb Marinade, Salsa Verde, Horse Radish Cream  
Contains: Dairy, Anchovies, Mustard

### **8 Hour Slow Cooked Harissa Lamb Shoulder**

Served With Rice And Sauce

### **Side Of Salmon Or Trout**

Miso And Honey Glazed, Crushed Falafel, Feta, Fresh Herbs, Pomegranate Seeds  
Contains: Soya, Dairy, Fish

### **Side Of Salmon Or Trout**


Cauliflower Puree, Deep-Fried Cauliflower, Pea Shoots, Lemon Yoghurt, Crispy Shallots  
Contains: Soya, Dairy, Fish

### **Side Of Salmon Or Trout**

Harissa Roasted, Topped With Sweet Potato Falafels, Beetroot, Mint, Citrus  
Contains: Soya, Dairy, Fish

### **Stuffed Side Of Salmon**

Stuffed With Cream Cheese, Spinach, Garlic And Herb Mix, Topped With Gremolata And Lemons  
Contains: Soya, Dairy, Fish





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## **SIDE DISHES**

### **Roast New Potatoes**

Roast New Potatoes In Garlic And Herb Butter  
Contains: Dairy

### **Roast Tumeric Potatoes**

Roasted In Olive Oil, Turmeric, Rosemary

### **Roast Sweet Potatoes**

Roasted In Olive Oil, Soy Sauce, Chilli, Herbs  
Contains: Soya

### **Harissa Cauliflower Cheese**

Roasted Cauliflower Baked In A Rich Cheesy Sauce Fragranced With Harissa,  
Topped With Breadcrumbs And Herbs  
Contains: Dairy, Gluten

### **Roast Butternut Squash**

Butternut Squash Roasted With Garlic, Herbs, Cherry Tomatoes, Goats Cheese,  
Pesto Dressing  
Contains: Dairy, Pine Nuts, Mustard

### **Roast Courgette**

Anchovy, Garlic, Lemon, Bread Crumbs, And Parsley  
Contains: Gluten, Dairy, Fish

### **Long Green Beans**

Garlic Roasted, Lemon, Toasted Almonds, Parmesan  
Contains: Dairy, Nuts

### **Griddled Asparagus**

Char Griddled Asparagus, Parmesan, Bread Crumbs, Red Pesto  
Contains: Gluten, Dairy, Pine Nuts

### **Honey, Chilli And Thyme Roasted Rainbow Carrots**

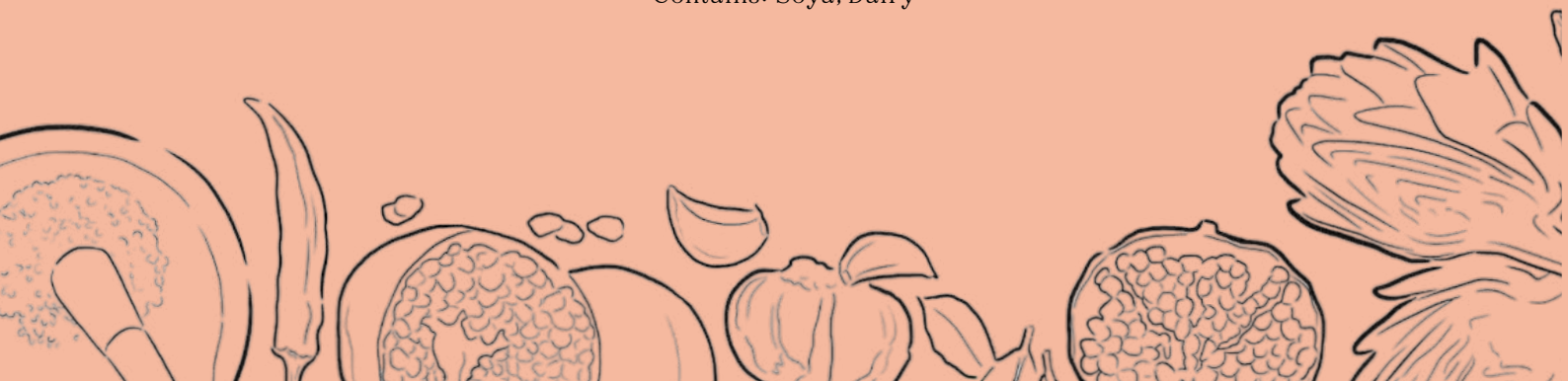
Seasonal Vegetables, Extra Virgin Olive Oil, Pepper Berry Salt

### **Pickled Vegetables**

Pickled Red Cabbage, White Cabbage, Onions, Carrots And Cauliflower

### **Purple Sprouting Broccoli**

Grated Lemon, Soy Sauce, Fried Garlic, Chilli Oil, Feta And Yoghurt  
Contains: Soya, Dairy





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## **DESSERTS**

### **The Fabulous Pavlova**

The Ultimate Dessert As Many Meters Or Mini Meringues Filled With Fresh Cream, Fresh Berries, Edible Flowers  
Contains: Dairy, Egg Whites

### **Fragrant Poached Pears**

Saffron And Cardamon Poached Pears Served Creme Fraiche  
Contains: Dairy

### **White Chocolate Roulade**

Light Meringue Roulade, White Chocolate Cream, Passionfruit And Lemon Curd  
Contains: Dairy, Egg Whites

### **Chocolate Brownies**

Vanilla Cream, Toffee Caramel Sauce And Fresh Berries  
Contains: Dairy, Egg, Gluten

### **Sicilian Lemon Tart**

Butter Pastry, Filled With A Set Of Lemon Curd And Fresh Raspberries  
Contains: Gluten, Egg Dairy

### **Poached Red Wine Pears**

Spiced Red Wine Poached Pears With An Orange Mascarpone Cream Topped With Pistachios  
Contains: Dairy, Nuts

### **Rose Pannacotta Tart**

Butter Pastry, Filled With A Set Of Lemon Curd And Fresh Raspberries  
Contains: Dairy, Gluten

### **Almond Ricotta Cake**

Beautiful Light Almond Ricotta Cake Served With A Limoncello Cream  
Contains: Dairy, Egg, Almonds, Nuts

### **Vanilla Creme Brulee With Candied Peaches**

Silky Vanilla Bean Set Cream, Topped With A Sugared Crust, Grilled Candied And Thyme Peaches  
Contains: Dairy, Egg





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## PRICE OPTIONS

From £25.50pp

Minimum 25 covers

Option 1 - 1 x main, 2 x salads, 1 x side

Option 2 - 2 x main, 2 x salads, 1 x side

Option 3 - 2 x main, 2 x salads, 1 x side, 1 dessert

Option 4 - 1 x entree, 2 x salads, 2 x main, 1 x side, 1 x desserts

CLICK 'FEED ME' TO DISCUSS FOOD OPTIONS AND MENU TYPE. THE ABOVE OPTIONS ARE A GENERIC SELECTION. ADDITIONAL ELEMENTS CAN BE ADDED. IF YOU HAVE A PARTICULAR REQUEST OR THEME OF FOOD YOU LOVE, WE CAN CATER TO YOUR NEEDS AND LOVE TO WORK WITH YOU TO CREATE THE PERFECT MENU - JUST ASK.

PLEASE READ THE INGREDIENTS LIST CAREFULLY AND ENSURE YOU INFORM US OF ANY ALLERGEN INFORMATION AT THE POINT OF BOOKING