

W = wheat O = oats S = soya M = Milk N = nuts E = eggs Mus = mustard	
Sul = sulphites C = celery F = fish CRU= crustaceans SE = sesame	
Bread rolls wholemeal	W S
Bread rolls White	W S
Stuffing	W O
Apple sauce	
Pasta with green pesto and peppers	W M N E
Tomato, red onion and basil salad	
Potato salad	E Mus
Cucumber and Mint salad with a light Yoghurt dressing	M
Sliced beef tomatoes and Rocket salad	
coleslaw	E Mus Sul
Red and white chunky coleslaw with walnuts	M N
New potato salad with cracked black pepper light mustard dressing	E Mus
Quinoa with sundried tomatoes, olives and spinach	W Sul
Mixed bean salad in a tomato and garlic dressing	Sul
Spinach, pear and blue cheese	D M
Herby quinoa with feta, pomegranate and sultanas	W D M
Roasted vegetable couscous salad	Mus W
Roasted med veg pasta salad with olives and aubergines	W
Marinated chargrilled vegetables	
Waldorf salad	E C N
Curried rice with turmeric rice,lentils	E
Oriental coleslaw: cabbage, beansprouts, grated carrot, sesame oil and soy sauce and coriander garnish	N S W
Thai noodle salad, with sliced peppers,onions and mangetout	W M
Mixed leaf salad (cos, rocket baby spinach frisee)	
Cherry tomato, roasted pepper with pesto olive oil	M N E
Mixed baby tomatoes with Mozzarella and torn basil	M
Greek Salad - Lettuce, tomatoes, cucumber,black olives and feta	M
Caesar Salad (cos lettuce with Caesar dressing, parmesan and croutons)	M E W
hot new potatoes in garlic butter	M
Hot Jacket potatoes or roast potatoes	M
<u>SALAD BAR: SHREDDED ICEBERG, CUCUMBER, SWEETCORN, GRATED CARROT, MIXED BELL PEPPER AND CHERRY TOMATOES. ALL INDIVIDUALLY SERVED IN BOWLS</u>	
CANAPES	
Smoked salmon canapés to include: blinis: cream cheese,	W M E F
Selection of Avocado and prawn crostini, Salsa and goats cheese blinis, Pate and cranberry	E M W CRU
Mni duck pancakes	S W SE
Sweet potato bites	M W
Mini Indian selection – bhajis, samosas	W

Stuffed pepper with cream cheese	M M
Thai chicken satay	W M
Chicken tikka sticks	M
Spring rolls –vegetable.	S W SE
Starters	
Prawn cocktail with bread and butter £4 per person	CRU W E M MUS
Melon (for veggies) £3.50 per person	
Smoked salmon with wholemeal bread and a horseradish glaze	F W M SUL
Tomato, Mozzarella and basil, drizzled with extra virgin olive oil	M
BUFFET	
chicken tikka skewers	M
mini chicken and salsa fajitas	W
falafel with yogurt and mint dip	
mini pizzas	W M
mini quiches	W E M
chicken drumsticks	
Mini indian bites (samosas, bhajis, pakora and aloo tikka)	W M
cracked pepper potato skins	
cajun chicken fillets	
salmon, rocket and parmesan bites	M
king prawn skewers with lemongrass	CRU
marinated salmon skewers	F
duck spring rolls	W SE SUL S
sandwich selection	
Bacon butties-	W M

BBQ MENU:	
Rump Steak	
Fillet Steak	
Ribeye steak	
Pork sausages with bread rolls	W
chicken breast	
cajun chicken	
chicken kebabs	
beef kebabs	
lamb kebabs	
salmon and king prawn parcels (in garlic olive oil)	CRU F
seabass	F
salmon fillet	F
vegetable kebabs	
minted lamb chops	sul

pork spare ribs	
homemade hamburgers with bread rolls	w sul
standard burgers with bread rolls	w sul
VEGETARIAN OPTION:	
Cheese and sauteed onion quiche	W E M
Roast Mediterranean vegetable quiche	W E M
Hot vegetable parcels (non pastry) gluten free and can be vegan upon request.	M N
Roasted tomato and goats cheese tart – served hot	W M E
Hot vegetable stir fry £5 per person	
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Banoffe pie	M W
Raspberry pavlova	E M
summer fruit pudding	W S
profiteroles with chocolate sauce	E M S W
Lemon Meringue Pie	E M W
Tiramisu	E M W
Lemon tart	E M W
Caramalised apple tart	W E M
Vanilla cheesecake	M W S
white chocolate and raspberry brulee cheesecake	M W S
chocolate Fudge cake	E M S W
Toffee praline cheesecake	E M S W N
Key lime pie	E M S W SUL
Strawberries and cream	M
Cheeseboard £4 per person to include 4 cheeses, crackers, grapes, apples and celery	W D

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HOGROAST CATERING COMPANY