



COLD FORK

£24.95
per person

Minimum of
20 people

MAINS: OMNI

Sticky chicken drumsticks (mustard, soya, gluten)

Salmon and courgette tart (fish, egg, milk, gluten, nuts)

Creamy tarragon chicken with grapes (GF) (milk, egg, mustard)

Sliced smoked gammon ham & pickles (GF) (mustard)

Mandarin chicken salad with edamame & noodles (sesame, soya, egg, gluten)

Bang bang chicken & rice noodle salad (GF) (sesame, soya, peanuts)

Coronation chicken (GF) (egg, mustard, milk, soya)

Smoked mackerel, beetroot & puy lentil salad with horseradish dressing (GF) (milk, fish)

King prawn, pepper, mangetout & mango and rice noodle salad (GF) (sesame, fish, crustacean)

Lemony baked salmon with wholegrain mustard and crème fraiche dressing (GF) (fish, milk, mustard)

(N.B. the salmon dish has a £2.95 supplement fee)

Choose
three mains
three salads,
one dessert

TO ORDER:

w: thefeed.org.uk/catering

e: kitchen@thefeed.org.uk

t: 07784358932



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MAINS: VEGETARIAN

Red pepper, mushroom & basil frittata (GF) (milk, egg)

Broccoli & blue cheese quiche (milk, egg, gluten)

Caramelised red onion & goat's cheese tart (milk, egg, gluten)

MAINS: VEGAN

Lentil kofte with roasted red pepper dipping sauce

Mediterranean vegetable tart (gluten)

Bang Bang tofu and rice noodle salad (GF) (sesame, soya, peanuts)

Coronation tofu (GF) (mustard, nuts, soya)

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SALADS:

Potato salad with lemon dressing

Bulgur wheat tabbouleh (gluten)

Lemony orzo pasta salad with artichokes,
sun dried tomatoes & red peppers (gluten, mustard)

Coleslaw (VGN available) (milk, egg, mustard)

Asian style rainbow slaw (sesame, soya, gluten)

Wild rice, red grape & celery salad (mustard, celery)

Greek salad (VGN available, +25p per head) (milk)

White bean & roasted red pepper salad with roasted
tomato & basil dressing

Roasted sweet potato & chickpea salad with tahini
dressing (sesame)

Nut free pesto pasta salad (gluten, milk)

Mixed leaf salad (mustard)

Potato salad with mayonnaise & spring onions (VGN
available) (mustard, egg)

Fruity couscous with apricots, sultanas & flaked almonds
(wheat, nuts, sulphites)

Add a portion of salmon for £2.95

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DESSERT POTS

Eton mess (GF) (milk, egg)

Lemon cheesecake (milk, gluten)

Brownie smash (GF) (milk, egg, soya)

Banoffee pie (milk, gluten, soya)

Chocolate & raspberry smash (VGN, GF) (soya)

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three salads,
one dessert

ADDITIONAL INFO

Additional main +£4

Additional salad +£2.25

Additional dessert pot £4

We also offer serving spoons and tongs at £3 per piece.

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