



SOMETHING FOR SUPPER

from the heart, made by hand

Summer 24 Canapés, Buffets & Puddings

Canapes @ £2.95 each

- Crudité Platter of Summer Vegetables with Avocado and Parsley Dip (E)
Tomato, Basil and Crème Fraiche Tartlets with Pesto (D, N, C)
Vegetable Tempura with
Sweet Potato and Spinach Blini with Goats Cheese, Honey and Thyme (GF, D, E)
Carrot and Feta Cheese Roulade with Chives (E, D)
Parmesan Fried Courgettes with Pomodoro Sauce (GF, E, D)
Asparagus Frittata with Ricotta and Chives (GF, D, E)
Prawn Spring Rolls with Nuac Cham Sauce (GF, F, S)
Anchovy, Roasted Pepper and Caper Sour Dough Melbas (F, G)
Fresh Oysters with Shallot Vinegar, Lemon and Tabasco (S, GF)
Salt and Pepper Spiced Squid with Lime and Sweet Chilli (G, E, S)
Spicy Asian Fish and Green Bean Cakes with Lime and Sweet Chilli Dipping Sauce (GF, F, E)
Deep Fried Plaice Goujons with Tartar Sauce (GF, E, F)
Herby Crab Mayo on Sour Dough Melbas (S, G, E)
Crab, Chilli and Lime Phyllo Tartlets (S, G)
Seared Scallops with Tomato and Basil Dressing (GF, S)
Peking Duck and Lettuce Rolls (GF, SO)
Chicken Liver Parfait with Rhubarb Compote and Fennel Salsa on Sour Dough Crostini (G, D)
Chorizo, Red Pepper and Pea Frittata Bites (GF, D, E)
Tomato Blinis with Parma Ham, Crème Fraiche and Chives (GF, E, D)
Grilled Dates Stuffed with Goats Cheese and wrapped in Pancetta (D, GF)
Asian Beef Salad in Cucumber Cups (SS, GF, F)
Ground Beef in Wild Pepper Leaves (GF, F)
Steak au Poivre - on a Stick with Hollandaise (E, GF)
Homemade Greek Cocktail Lamb and Pork Loukaniko Sausages (GF)

For **Vegan** Options please do enquire as we offer a extensive menu.

GF - Gluten Free, D - contains Milk and Dairy, E - contains egg, N - contains nuts, VG - vegan, V - vegetarian, C - contains celery, S - shellfish, F - Fish, M - Mustard, G - Cereals containing Gluten, P - contains peanuts, SS - contains sesame seeds, SD - contains sulphur dioxide CR - Crustaceans, SO - Soy, SU - contains Sulphites

We recommend 2-3 canapes per person with pre dinner drinks.

Should you be hosting a drinks party where just canapes will be served, we suggest serving a variety of 8-10 canapes but allowing 6 per person.

You could also supplement the menu with some bowl food options.

Please feel free to call us for more information about formulating a menu for your event.

For drop off canapes please call us for a separate menu as many of these canapes on this list require last minute cooking.



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Buffet Ideas

Grilled Mediterranean Vegetables with Pan Fried Halloumi and Basil Pesto (GF,D)
Baked Sweet Potatoes stuffed with Caramelised Onions, Labneh and Roasted Chilli Seeds (GF,D)
Monkfish and Prawn Skewers marinated in Coconut Milk, Garlic and Ginger (GF,F)
Yakitory Salmon Skewers (GF,SO,F)
Chicken Satay Sticks with Peanut Sauce (GF,N)
Roast Fillet of Pork Glazed with Peach and Rosemary (GF)
Butterflied Leg of Lamb with Quince Glaze and Black Olive Salsa (GF)
Herby Marinated Thai Beef Salad with Lime, Tamari, Lemongrass and Ginger Dressing on Crispy Leaves (GF,SO)
Roasted Rib Eye Joint marinated in Soy, ginger, chilli and garlic (GF,SO)

With,

Handmade Corn and Jalapeno Bread (G,D,E)
Minted Baby New Potatoes (GF,D)
Squashed Baby New Potatoes roasted in Herb Butter (GF,D)
Creamy Potato Salad with Home Made Mayonnaise, Fine Spring Onion and Boiled Egg (GF,E,M)
Puy Lentil Salad with Sun Blush Tomatoes, Red Onion and Feta Cheese, Basil and Balsamic Dressing (GF,D)
Green Bean, Red Pepper and Carrot Salad with Sun Dried Tomato Dressing (GF,VG)
Watermelon, Sumac and Feta Salad with Capers, Lemon and Mint (GF,D)
Sliced Tomato, Avocado, Green Bean, Red Onion and
Shaved Parmesan Salad with Olives and Balsamic Dressing (GF,D,M)
Baby Leaf and Mixed Herb Salad (GF,VG,M)

Puddings

Poached Rhubarb, Orange, Mint and Honey Salad (GF,VG)
Chocolate and Chilli Tart with Lime (G,D,E)
Brazilian Passionfruit Mousse Slice (GF,D)
Cocoa and Almond Meringues with Fudge Sauce and Coffee Ice Cream (GF,N,E,D)
Ricotta Gelato with Espresso and Hazelnut Praline (GF,D,N)
Strawberries and Cream (GF,D)
Prosecco and Summer Fruit Jelly (GF)

SERVICE STAFF

These menus can be serviced with staff which therefore attracts 20% VAT on the total amount. Chefs are £30 per hour, Waiters £20 per hour with a minimum charge of 4 hours per member of staff. If serving a choice of items, a minimum of 6 portions is required for each dish. Please be aware we prepare this food in a kitchen that handles all known allergens. It is essential to know what allergies are present amongst guests prior to booking.

For further queries and discussion please contact our office on
01749 813 082 or email angela@eatwestcountryfood.co.uk