



## **The Flavour Kitchen Manapes & Bowls Selection 2016**

**C** – Served at room temperature, **H** – Served hot

### ***Allergies/Dietary Requirements***

**GF** - Gluten free (or can be made gluten free – please advise if this is required when ordering)

Many dishes are **dairy free** or can be made dairy free (using dairy alternatives) – please ask for further information.

**Vegan** dishes are also available (see **VG** in vegetarian menu and we can also adapt many dishes to be vegan)

Many of our dishes do contain soya, nuts and/or sesame products. We can modify certain dishes where required but please note we do prepare food in a kitchen where nuts are present.

\* Requires frying onsite – not recommended for venues where there is no ventilation

### **MANAPES**

More substantial than canapés and heavily influenced by Street Food cuisine, our Manapés are the perfect party food. Each Manape is £2.75+VAT. Minimum orders and delivery charges apply.

#### ***Fish***

Thai fish cakes with green mango salad (H, GF)\*

Salt fish fritters with mango salsa (H)\*

Baja style fish Tacos with pineapple salsa (H, GF)\*

Fish and chips cones with minted pea puree (H)\*

Lobsta rolls – Cajun style lobster salad in a brioche sub roll C)

#### ***Meat***

Chicken shawarma with tahini sauce and home-made Lebanese pizza bread (H)

Tartiflette (Alpine style creamy gratin with reblochon cheese, bacon, cream and potatoes) with green salad (H, GF)

Mini hot dogs with relish (H, GF)

Mini Americana burger – classic cheese burger, burger sauce and pickles in a brioche bun (H)

Mini Korean burger – spicy beef burger with kim chi and wasabi mayo in sesame bun (H)

Chorizo quesadilla bites – cheesy and smoky tortillas with pico de gallo salsa (H)



### ***Vegetarian***

- Mushroom, taleggio and thyme arancini with arrabiata sauce (H, GF)
- Thai style sweet corn fritters with mango salsa (H or C, GF, VG)
- Mac'n'cheese pots (H)
- Beetroot and feta mini burgers (H)

### **BOWL MENUS**

A bowl of deliciousness – perfect for parties and corporate events where a more substantial amount of food is required. Each Bowl is £3.75+VAT, 4 Bowls are £14.00+VAT pp. Minimum orders and delivery charges apply.

### ***FISH***

#### **ASIAN**

- Vietnamese fish brochettes on lime and coriander rice (H, GF)
- Teriyaki salmon and soba noodle salad (C, GF)
- Salmon with Thai Green Curry sauce and steamed rice (H, GF)
- Prawn laksa – Spicy prawn and coconut stew (GF, DF)

#### **MODERN EUROPEAN/MIDDLE-EASTERN**

- Pan roasted sea bass fillet with romesco sauce, wilted greens and patatas pobre (H, GF)
- Mediterranean seafood salad with olive and tomato salsa (C, GF)
- Seared tuna nicoise salad (C, GF)
- Haddock beignet with fennel and orange salad (H)\*
- Za'tar salmon with preserved lemon hummus and jeweled rice (C or H, GF)\*

#### **CLASSIC**

- Hot smoked salmon, avocado, asparagus and borlotti bean salad with garden herbs (C)
- Posh fish pie made with king prawns and smoked haddock with a crumble topping (H)

#### **LATINO/AMERICAN**

- Mexican prawn cocktails (C, GF)
- Cajun fish cakes with fennel coleslaw (H)

### **MEAT**

#### **ASIAN**

- Katsu chicken with kare-kare sauce, Asian green and rice (H, GF)



Crispy duck, feta and watermelon salad (C, GF)  
Vietnamese braised lamb with lime and coriander rice and coconut naan (H, GF without naan)  
Korean beef salad served with baby gem lettuce and pickled vegetables (H or C, GF)  
Chilli caramel pork belly and fried rice (H, GF)  
Beef massaman curry with steamed rice (H, GF)

#### **MODERN EUROPEAN/MIDDLE-EASTERN**

Raz al hanout lamb with jeweled couscous (H)  
Herbed lamb fillet skewers with salsa verde and rosemary roast potatoes (H, GF)  
Beef in Barolo with risotto Milanese (H)  
Pork belly braised in Oloroso sherry with Spanish bean stew and roast padron peppers (H, GF)

#### **CLASSIC**

Bangers and mash with red onion gravy (H, GF)  
Mini shepherd's pie made with confit shoulder of lamb and herbed mashed potato (H)  
Beef and ale pie with baby vegetables

#### **LATINO/AMERICAN**

Pork chilli verde with rice and spicy bean salsa (H, GF)  
Cajun chicken with dirty rice and fennel and lime slaw (H)  
Southern style pork ribs with mustard mash (H, GF)

#### **VEGETARIAN**

#### **ASIAN**

Panko crusted sweet potato with katsu curry sauce (H, GF)  
Indonesian butternut squash curry with lime and coriander rice and naan (H, GF, VG)  
Japanese aubergine salad (C, GF, VG)  
Korean style tofu with pickled cucumber salad (C or H, GF)

#### **MODERN EUROPEAN/MIDDLE-EASTERN**

Butternut squash and amaretti tortellini with sage beurre noisette and rocket and shaved pecorino salad  
Asparagus and pea risotto with parmesan crisps (H, GF)  
Caponata with sour dough crostini (C, VG)  
Potato and feta koftes with nut and seed crust, romesco sauce and herbed couscous (H or C)

#### **CLASSIC**

Asparagus, pea, feta and mint salad (C, GF)



Beetroot, goats cheese, lentil and hazelnut salad (C, GF)

**LATINO/AMERICAN**

Sweet potato and jalapeno fritters with rice and beans and mojo sauce (H, GF)

