



THE FLAVOUR KITCHEN MANAPÉ & BOWLS SELECTION 2022

Manapes are more substantial than canapés and are perfect for less formal events or to provide a more substantial bite to eat after an initial round of Canapés.

Bowl dishes are little meals on their own and are a great alternative to full sit-down lunch or dinner. you may wish to combine a few canapés with some bowls for a well balanced meal for your guests.

Drop off versus Onsite Chef

We offer a drop off service for selected cold bowls & manapes or a chef onsite service for a wider range of cold and hot dishes.

Pricing & Packages

Manapes are £3.25 per item and Bowls are £4.25 per item

For **Drop Off Menus**, we charge delivery (and parking if required).

For Onsite Chef menus, chef fees are £25.00 p/h for the lead chef and £20.00 p/h for additional chefs (1 chef per 25-30 guests). We may also charge a delivery and parking charge.

You may wish to combine with our Canapes menus.

Allergies/Dietary Requirements

Many of our dishes can be adapted to be gluten or dairy free – please advise if this is required when ordering)





MANAPES

DROP OFF/COLD

Vegan

Lemongrass Tofu Bahn Mi w, Asian Slaw (Se, S, P)

Veggie Haggis Kofta w, Tahini Miso Dressed Salad Pitta (G, Se, Ce) (can be served hot)

Korean Tofu Slider w, Kimchi Slaw (Se, S, G)

Vegan Focaccia Club Sandwich (G)

Vegetarian

Spinach, Red Ped Pepper and Goats Cheese Frittata Sliders (E, M, G)

Vegetarian Haggis Scotch Egg with Roasted Tomato Chutney (E, G, M)

Fish

Thai style fish cakes with green mango salad (can be served hot) (F, Mo, G, E, S)

Lobsta Roll - crayfish and lobster salad in brioche mini sub (G, F, E, M)

Meat

Chicken Shawarma w, Tahini Yoghurt in Mini Pittas (Se, G, M) (can be served hot)

Parmesan Chicken Caesar Salad Brioche Sliders (G, E, M) (can be served hot)

Steak Caramelised Onion & Blue Cheese Sliders (G, E, M)

Curried Scotch Eggs w, Coronation Mayo (E, M, Mu, G)

Lemongrass Pork Bahn Mi Bites (Se, S, F, G)

ONSITE CHEF/HOT

Vegan

Vegan Truffled Mac'n'Cheese Pots (G, S) (Vegetarian Version Available)

Chipotle Squash, Vegan Cheese and Blackbean Empanadas (G)

Spiced Potato Samosas with Mango Chutney (G, Mu, S)

Vegetarian

Feta, Spinach and Mint Spinach Parcels w, Honey Dressing (G, M)

Beetroot & Feta Slider with Carrot Slaw (M, E, G)

Kimchi and Cheese Croquettes (can be made vegan) (G, Se, S, M, E)

Fish

Fish & Chip Cones with Minted Mushy Peas & Tartare Sauce (F, G, E, M)

Bajan Style Fish Tacos (G, M, E)

Fish Finger Slider (F, G, E, M)

Meat

Venison Slider with Blue Cheese ad Redcurrant Compote (G, E, M)

American Cheeseburger Slider (G, E, M)

Korean Beef Slider w, Kimchi Mayo (G, S, Se, E, M, Mu)

Mini Hot Dogs with Fried Onions and Mustard (Mu, G, E, M)

Crispy Duck Pancakes (G, S, Se)





BOWLS

DROP OFF/COLD

Vegan

Japanese Aubergine Salad (Se, S)

Caponata w, Bruschetta Toasts

Vegetarian

Marinated Mozzarella and Slow Roast Tomato Salad (M)

Butternut Squash, Pecan and Feta Barley Salad (M, N, G)

Fish

Hot Smoked Trout & New Potato Salad w, Dill Mustard Dressing (M, E, F)

Za'atar Salmon w, Tahini Yoghurt, Walnut Relish & Persian Potato Salad (F, Se, M)

Mexican Prawn Coctel (C)

Fish Koftas w, Spiced Yoghurt & Persian Potato Salad (E, F, M, Se)

Meat

Korean Beef Salad w, Pickled Vegetables & Baby Gem Lettuce

Crispy Duck, Cashew Feta & Watermelon Salad (S, Se, G, M, N)

Cajun Chicken w, Mango and Pepper Sauce & Dirty Rice Salad (Mu, Ce)

Peppercorn Beef w, Salsa Verde & Crushed Herb New Potatoes

Desserts (Hot & Cold) (Additional Menus available)

Sticky Toffee Pudding w, Whisky Toffee Sauce (Hot)

Eton Mess (Cold)

Tiramisu (Cold)

ONSITE CHEF/HOT

Vegan

Chickpea & Squash Tagine w, Vegan Buttered Couscous (G, Ce)

Lentil Shepherd's Pie w Sweet Potato Mash (Ce, Mu)

Indonesian Butternut Squash Curry w, Lime & Coriander Rice (Ce)

Vegetarian

Potato & Feta Koftas w, Roasted Red Pepper Sauce

Truffled Mushroom Risotto w, Parmesan Crisp

Squash Tortellini w, Rocket Pesto (Vegan Version Available)

Fish

Vietnamese Fish Brochettes with Peanut Salsa on Lime & Coriander Rice (F, Se, S, P)

Posh Fish Pie w, King Prawns, Crayfish and Scallops (G, E, M, F, C, Mo)

Smoked Haddock Beignet with Orange and Fennel Salad (G, E, F, M)

Sea Bass w, Romesco Sauce, Patatas Brava and Padron Pepper (F, N, G)

Meat

Confit Shoulder of Lamb Shepherd's Pie (Ce, M)

Vietnamese Lamb Stew w, Lime & Coriander Rice & Naan (F, G, M, Se, S)

Beef in Barolo w, Risotto Milanese (M, Ce)

Katsu Chicken w, Kare Kare Sauce & Steamed Rice (G, S, Se)

Chilli Chocolate Beef Chilli w, Tortilla Chips & Pico de Gallo (G)

Sherry Braised Pork Cheeks w, Patatas Brava (Ce)



TERMS OF BUSINESS & ADDITIONAL SERVICES

BOOKING TERMS

We require a 25% non-refundable deposit to secure the booking. The balance is then invoiced 14 days before the event.

Final numbers need to be confirmed at the time of final invoicing (i.e. 14 days before the event).

If a hireware order has been placed, a deposit to cover any losses will be included in the balance invoice. This will be refunded back 7 days after the event less any losses costs.

WAITING & BAR STAFF

We would be very happy to arrange front of house staff for your event. We have a team of professional bar and waiting staff including event managers, bar managers, mixologists and core waiting and bar personnel who work directly for us. Our rates start at £16.50+VAT per hour for core staff.

HIREWARE

We deliver the canapes on smart disposable platters ready for service (reheatable canapes are delivered in foil trays but we supply extra platters to serve these from when ready).

We can arrange the hire of any equipment such as china, slate, glass and wooden canape boards, glassware, bar equipment and furniture that you may require for your event. We work with a number of suppliers who can provide access to range of affordable and high quality equipment.

CONTACT

Please contact us on 07766820 696 or hello@theflavourkitchen.co.uk for further information and to discuss your requirements in more detail.