

This menu will be served from 1st June 2018 to 30th September 2018  
Allergen information is available on our website and is supplied with your order  
Full Ts & Cs on our website



# Forks & Salads

Healthy and wholesome Salads and Buffets perfect for individuals or sharing



## SHARING SALAD BOWLS

These salads are delivered in beautiful serving bowls with tongs. Each bowl is designed to be part of a selection. We recommend selecting a minimum of three salad bowls to give a complete meal for **six to eight guests**. These salads can be eaten standing using only a fork. Forks, plates or bowls are NOT included. Please hire from us if needed.

## MEAT & FISH SHARING SALAD BOWLS

**Rainbow Salad with Chargrilled Free Range Chicken (g, d) NEW** £24.75

free range chicken marinated in chilli & coriander tossed with mint, chick peas, quinoa, Edamame beans, julienne of raw carrot & rocket with a lime & paprika dressing

**Hot Smoked Honey Salmon Niçoise (g, d)** £25.20

hot roast smoked salmon with hard boiled egg, new potatoes, olives, mixed leaves and a Dijon mustard dressing

**Steamed Trout Garden Salad (d)** £24.00

steamed Dorset trout with mixed leaf, green beans, tomato & radish with mint & lemon dressing

## VEGETARIAN SHARING SALAD BOWLS

**Italian Summer Salad (v, g)** £23.70

mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with balsamic dressing

**Persian Salad (vegan, d)** £19.35

peppers, cucumber, spring onion, chickpeas, barberries & fresh mint with a lemon and mint dressing

**Wild Rice Salad (vegan, g, d, n)** £20.00

with mint, apricot, pistachio, rocket, spring onion, lemon & garlic with balsamic dressing

**Watermelon & Tomato (vegan, g, d)** £19.00

chopped watermelon and tomatoes, chia seeds, blueberries, toasted pine nuts & lemon vinaigrette

**New Potato & Chive Salad (vegan, d)** £17.00

with lemon & mint dressing

**Rainbow Salad (vegan, d) NEW** £21.00

mint, chickpeas, quinoa, edamame beans, julienne of raw carrot & rocket with a lime & smoked paprika dressing

**Mixed Leaves Summer Salad (vegan, g, d)** £14.50

four seasonal leaves with a lemon vinaigrette dressing and fresh herbs

## DISPOSABLES

Dinner Plate or Bowl (full meal size) £0.46

Fork or Knife £0.40

## SALAD BOXES

generous individual boxes complete with a fork and dressing

**Watermelon & Tomato (vegan, g)** £5.50

chopped watermelon and tomatoes, chia seeds, blueberries, toasted pine nuts with mixed leaf and lemon vinaigrette

**Italian Summer Salad (v, g)** £5.95

mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with balsamic dressing

**Rainbow Salad with Chargrilled Free Range Chicken (g, d) NEW** £6.40

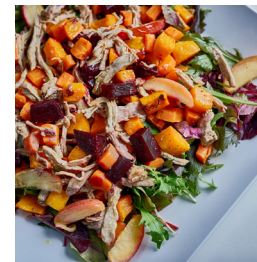
free range chicken fillets marinated in chilli & coriander tossed with mint, chick peas, quinoa, julienne of raw carrot & rocket with a lime & smoked paprika dressing

**Hot Smoked Honey Salmon Niçoise (g, d)** £6.20

hot roast smoked salmon with hard boiled egg, new potatoes, olives, mixed leaves and a Dijon mustard dressing

**Steamed Trout Garden Salad (d)** £5.95

steamed Dorset trout with a new potato and chive salad, mixed leaves, green beans, tomato & radish with mint & lemon dressing



## MEZE SALAD

large platter/bowls with at least ten different salad items, bread rolls and butter - designed to provide a complete, highly nutritious and varied sharing meal for six

**Vegetarian Meze - Summer - 5-7 people (v)** £40.00

mixed leaf, beetroot, new potato salad, tomato salad, English mozzarella, cucumber & olive salad, wild rice salad, chargrilled broccoli with chilli, egg mayonnaise, falafel, minted & jewelled cous cous & freshly baked bread rolls

**Traditional Meze - Summer - 5-7 people** £63.00

mixed leaf, tomato salad, beetroot, new potato salad, crayfish & prawn mayonnaise, smoked mackerel with lemon creme fraiche, free range rosemary roasted chicken, Blythburgh ham, rare roast Angus beef, Horseradish, Coleman's & freshly baked rolls

Whether a party, meeting or conference our Fork Buffets provide great tasting food which is best eaten sitting down with a knife and fork. It is for those slightly smarter occasions when you want great presentation and very tasty food.

## JACARANDA

### Chargrilled Gloucestershire Chicken (g, d) **NEW**

*marinated in fresh chilli & coriander*

### Sweet Cured Salmon (g, d)

*Orange, lime & Maldon salt cured salmon, steamed & garnished with spring onion & micro coriander*

### Sweet Potato Tortilla (v, g)

*with red onion and coriander*

### Persian Salad (vegan, d)

*peppers, cucumber, spring onion, chick peas, barberries & fresh mint with a lemon and mint dressing*

### Mixed Leaves Summer Salad (vegan, g)

*with a lemon and herb dressing*

### Rolls & Butter (v)

*morning baked dinner rolls with butter*

### Apricot & Frangipane Tart (v, n)

*apricot baked in sweet frangipane with a sticky apricot glaze & toasted almonds*

**£26.00pp or £27.50pp inc cutlery and crockery**

## SYCAMORE (VEGETARIAN)

### Tomato & Pesto Flan (vegan, d) **NEW**

*fresh tomato & pesto baked on a puff pastry tart with fresh basil*

### Sweet Potato Tortilla (v, g)

*with red onion and coriander*

### Italian Summer Salad (v, g)

*mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with balsamic dressing*

### New Potato & Chive Salad (vegan, d)

*with lemon & mint dressing*

### Mixed Leaves Summer Salad (vegan, g)

*with a lemon and herb dressing*

### Rolls & Butter (v)

*morning baked dinner rolls with butter*

### Summer Berry Pavlova (v, g)

*homemade meringue with whipped cream and fresh summer berries*

**£22.00pp or £23.50pp inc cutlery & crockery**

## BIRCH

### Blythburgh Farm Slow Cooked Ham with Rhubarb (g, d) **NEW**

*thinly sliced with homemade rhubarb chutney & English watercress*

### Tomato & Pesto Flan (vegan, d) **NEW**

*fresh tomato & pesto baked on a puff pastry tart with fresh basil*

### Italian Summer Salad (v, g)

*mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with balsamic dressing*

### Wild Rice Salad (v) (n)

*with mint, sultanas, rocket and chives*

### Mixed Leaves Summer Salad (vegan, g)

*with a lemon and herb dressing*

### Rolls & Butter (v)

*morning baked dinner rolls with butter*

### Burnt Lemon Flan (v)

*sharp fresh lemon with charred sugar crust in shortcrust pastry*

**£23.00pp or £24.50pp inc cutlery and crockery**

## OAK

### Aberdeen Angus Outdoor Reared Beef - Summer (g)

*Speyside beef, roasted rare served with watercress and sunblush tomatoes*

### Roasted Vegetable & Quinoa Tart (v) **NEW**

*roast peppers, courgette & aubergine in a short pastry tart, baked with cream & egg*

### Watermelon & Tomato Salad (vegan, g, d)

*watermelon, tomatoes, chia seeds, blueberries, toasted pine nuts with mixed leaf and lemon vinaigrette*

### New Potato & Chive Salad (vegan, d)

*with lemon & mint dressing*

### Mixed Leaves Summer Salad (vegan, g)

*with a lemon and herb dressing*

### Rolls & Butter (v)

*morning baked dinner rolls with butter*

### Fresh Strawberry Cheesecake (v)

*English strawberries with vanilla bean, cream cheese and cream on a digestive crust*

**£22.00pp or £23.50pp inc cutlery & crockery**



## SET MENU

### Cake Platter

a selection of eight cakes from our current seasonal range in the Sandwich Lunch menu

£15.00

## COLD DESSERTS

minimum order quantity of 6

### Fresh Strawberry Cheesecake (v)

fresh strawberries, cream, cream cheese with vanilla and a digestive base

£4.50

### Apricot & Frangipane Tart (v, n)

Juicy apricot and frangipane baked in an all butter sweet pastry shell, finished with lightly toasted almonds

£4.65

### Burnt Lemon Flan (v)

sharp fresh lemon with charred sugar crust in shortcrust pastry

£3.95

### Summer Berry Pavlova (v, g) **NEW**

homemade meringue with whipped cream and fresh summer berries

£3.95

### Lemon Cheesecake (v)

cream cheese and cream with fresh lemon on a buttery digestive base

£3.75

### Chocolate Mousse (v, g)

dark Belgian chocolate with egg, butter and a shot of espresso coffee

£4.45

### French Apple Flan with Cream (v)

bramley and braeburn with apricot glaze on crunchy pastry, served with pouring cream

£4.15

### Chocolate Strawberry (v, g)

English strawberries dipped in dark chocolate

£1.70

### Fresh Fruit Skewer (vegan, g)

seasonal fruit chunks on sticks

£1.55

### Fresh Fruit Salad with Cream - per person (v, g)

chopped seasonal fruit served with pouring cream

£3.95

### A British Summer Cheeseboard (n) **NEW**

Quickes Double Gloucester, Trevanian Cornish Brie, Wensleydale & Apricot with celery, grapes, oatcakes and crackers

£4.20

## HOT DESSERTS

sold in multiples of 6 portions

### Baked Bramley Apple with Cream—6 portions (v, n)

English grown Bramley baked with dried fruit, no added sugar and served with cream

£25.50

### Treacle Sponge Pudding with Custard—6 portions (v)

classic English syrupy pudding made with Lyles, butter, eggs and demarara. Served with custard

£25.80



## PREMIUM SET MENUS

### GARDENIA

Garlic Marinated Seared Beef, Char Grilled Courgette & Aubergine Salad with Shaved Parmesan (g)

Poached Salmon Portions with Marinated Cucumber, Baby Leaf Salad & Wasabi Dressing (g)

Slow Roasted Tomato & Goats Cheese Tart with Red Onion Marmalade (v)

Chargrilled Watermelon, Wild Rocket and Feta Salad with a Honey and Balsamic Dressing (v, g)

New Potato Salad with Grain Mustard & Honey Mayonnaise (v, g, d)

Glazed Raspberry & Crème Patisserie Tartlet (v)

**£26.45pp or £29.05pp inc cutlery & crockery**

### PRIMROSE

Maple & Soy Seared Pork Loin with Blueberry, Baby Spinach, Quinoa & Nectarine Salad with Maple & Chilli Dressing (d)

Cajun Baked Salmon & Avocado Salad with Fresh Chilli & Spring Onion with Lime Dressing (g, d)

Courgette, Tomato & Mozzarella Tart (v)

Potato, Spring Onion & Lemon Salad (vegan, d)

Tomato, Mozzarella & Basil Salad (v, g)

Blueberry Crème Brulee Tartlet (v)

**£28.50pp or £31.55pp inc cutlery & crockery**

## PREMIUM SET MENUS

### JUNIPER

Vietnamese Pork Loin with Oriental Vegetables (d, n)

*or*

Roast Salmon Fillet, Wilted Baby Spinach & Warm Lemon Dressing (d)

Roasted Baby Root Vegetables & Pan Fried Halloumi with Garlic, Parsley & Lemon Dressing (v, g)

Iranian Fattoush Salad (v)

Potato Salad with Rocket, Basil, Garlic, Shaved Parmesan & Pine nuts with Olive Oil (v, g)

Mini Vanilla Pannacotta with Caramelised Orange (v, g)

**£28.70pp or £31.75pp inc cutlery & crockery**

### ELDERBERRY

Apricot Stuffed Free Range Chicken Breast with Red Wine Jus (g)

*or*

Pan Roasted Sea Bass with Wilted Spinach, Shallots & White Wine Cream Sauce (g)

Pea & Mint Risotto with Shaved Bella Lodi (v, g)

Panzanella Salad (d)

Cucumber, Chilli & Cos Lettuce Salad with Avocado & Lime (vegan, d)

A Selection of Artisan Breads & Butter (v)

Lemon Tartlet with Red Berries (v)

**£31.50pp or £35.80pp inc cutlery & crockery**