



Vegan & Vegetarian Ideas for Consideration

The following is a collection of assorted vegetarian / vegan possible menu choices. Kindly enquire with us further about components that may be tailored to your particular request; note some items are based on seasonal availability.

SOUPS

Summer Cucumber with Cilantro & Mint

Roasted Carrot & Coconut Soup

Thai Tofu & Cabbage Soup with Curried Roasted Peppitas

Spanish Tomato - Artichoke Soup with Fresh Summer Peas

Brazilian Black Bean

Trio of Gazpacho Shooters

Italian White Bean & Kale

SALADS

Harvest Salad with Apples, Walnuts, Carrots & Champagne Vinaigrette

Panzanella Salad with Mozzarella, Cherry Toms, Basil Vinaigrette

Sicilian Salad of Tomatoes, Heats of Palm, Capers, Eggplant & Olives

Traditional Caesar Salad & Parmesan Cheese

Rocket Salad with Lemon Dressing & Olives and Slacked Bermuda Onion

Baby Greens Salad, Tossed in Port Vinaigrette with Dried Figs, Orange & Manchego Cheese

Chopped Greek Salad, Cucumbers, Cherry Toms, Feta and Italian Vinaigrette

Spinach & Strawberry Salad with Balsamic Dressing

Curried Cous Cous & Roasted Butternut Squash, Pepitas

Moroccan Millet & Lentil & Herbed Salad

HORS d' OEURVES

Artichoke & White Bean Dip with Breads or Vegetables

Mexican Babaganoush with Tri-Coloured Tortilla Chips

Stuffed Creminis with Fennel & Spinach

Olive - Potato Cakes with Tomato Basil Relish

Summer Fresh Rolls & Carrot Miso Dipping Sauce

Grilled Selection of Assorted Veggies & Sweet Potato Aioli Dip / Sun Blushed Tomato Pesto Hummus

'Nacho Potatoes' with Avocado, Black Olive & Tomato -Tomatillo Salsa

ENTREES

Grilled Eggplant & Roasted Tomato Caper Sauce
Served over Noodles

Black Bean Burger with Minted Tabbouleh Couscous Salad & Cilantro Aioli

Basmati Risotto with Pesto, Tomatoes & Fresh Peas (Requires on site facilities)

Wheat or Zucchini Lasagne & Tofu / Tempeh Lasagne with Béchamel or Bolognese Sauce

Stuffed Bell Peppers with Quinoa & Tempeh, Smokey Garlic Basil Sauce

Vegetarian Paella

Fresh Vegetable & Penne Primavera

Tempeh Tacos with Ancho Lime Sauce, Pico de Gaio

SIDES

Tarragon Glazed Orange Carrots

Sweet Potato Mash & Truffle

Roasted Root Vegetables, Dusted with Sea Salt

Selection of Grilled Vegetables

Orzo of Pumpkin, Sage & Mushrooms

Roasted Reds & Caramelised Onions

Rice-Lentils with Roasted Garlic & Mushrooms

Jewel of Rice Pilaf with Green Bamboo, Baby Split Garbanzos, Daikon Radish Seeds & Wheat Berries

Leek, Mushroom & Fennel Confit

