



## Catering Menu Mains Selection

We like to tailor each menu to suit the needs of your special occasion, so do let us know of anything else you might like.

### Vegan Mains - £8 per person

- **Chestnut Mushroom and Beluga Lentil Lasagne – Vegan and Gluten Free** - gluten free pasta sheets layered with a ragu of Portobello mushroom, Beluga lentil, plum tomato and red wine – scented with oregano and tarragon - topped and baked with cashew béchamel, cherry tomato and basil. Served with a herby biodynamic leaves salad with shaved roots – dressed in garlic, lemon and cold pressed sunflower oil.
- **Tom Kha Hed – Vegan and Gluten Free** - The beautifully fragrant Thai soup (Tom Kha) gets the vegan treatment with oyster mushroom, pak choi, mooli, water chestnut, butterbean, new potato and wholegrain rice vermicelli simmered in coconut milk infused with galangal, lemongrass and lime leaves.
- **Sweet Red Pepper and Butterbean Madras – Vegan and Gluten Free** - Melt in the mouth butterbeans gently stewed with a sweet red pepper and onion soffrito, freshly milked coconut and our special Madras-style homeblend of spices – finished with coriander leaf, garlic and a dash of lime juice. Served with wholegrain Basmati rice infused with cardamon and Lime leaves.
- **Sweet potato and Chickpea Korma – Vegan and Gluten Free** - A creamy curry prepared with a mild homeblend of spices, slow roasted sweet potato, butter-soft chickpeas, fresh tomato and a cashew and coconut cream – finished with fresh coriander, garlic and lime juice. Served with wholegrain Basmati infused with lime leaves and cardamon.
- **Chilli con Camote – Vegan and Gluten Free** - Mexican classic with red kidney bean, sweet potato, sweet red peppers and tomato stewed with an authentic spice blend of coriander seed, cumin, oregano and smoked paprika – finished with coriander leaf, lime, garlic and a touch of cashew cream. Served with lime infused Basmati rice.
- **Moroccan Tagine – Vegan and Gluten Free** - Tender chickpeas stewed gently with a soffrito of carrot, celery, onion, tomato, sultanas and turnip - spiced with an authentic North-African homeblend – folded with roasted courgette, aubergine and sweet pepper - finished with chopped coriander, garlic, lime and cold pressed olive oil. Served with lemon infused Quinoa.
- **Minestrone Casserole – Vegan and Gluten Free** - Classic Italian stew with haricot beans, sweet Romano peppers, plum tomato, green beans, courgette, carrot, celery and wholegrain rice – scented with oregano and smoked paprika - finished with a basil chiffonade, garlic, lemon juice and cold pressed olive oil. Light and satisfying. Served with homemade gluten free Sourdough.
- **Mushroom and Chestnut Bourguignon – Vegan and Gluten Free** - Portobello, Porcini and Oyster mushroom braised with full bodied red wine, carrot, shallots and roasted chestnut–



scented with thyme, pimento seeds and bay. Served with steamed Charlotte potatoes dressed in parsley, a drizzle of apple cider vinegar, cold pressed virgin sunflower oil and crushed garlic.

- **Butterbean Blanquette – Vegan and Gluten Free** - Blanquette is the creamy counterpart to a Bourguignon. Here, the braised carrot, mushroom and shallots accompany butterbeans in a white wine and cashew cream sauce scented with sage and tarragon. Served with wholegrain Basmati rice.
- **Puy Lentil and Porcini Mushroom Casserole – Vegan and Gluten Free** - authentic Puy lentil from the French Massif Central with a wild and chestnut mushroom medley braised with shallots, charlotte potato and apple cider – finished with thyme, garlic, mustard and cold pressed sunflower oil. Served with slow roasted Charlotte potatoes tossed in garlic and flat parsley.
- **Wild Mushroom and Slow Roasted Roots Fricassée – Vegan and Gluten Free** - A selection of wild and cultivated mushroom braised with gently caramelised onion, white wine and cashew cream – folded with roasted charlotte potato, celeriac, parsnip, swede and carrot - finished with garlic, tarragon and flat parsley. Served with wholegrain Basmati rice.
- **Red Kidney beans and sweet potato á la Créole – Vegan and Gluten Free** - Thick and rich with freshly milked coconut – scented with the citrusy fragrance of lime leaves, the robust aroma of allspice berries and the earthy freshness of thyme, it deliciously entertains all of your palate - with a soupcon of heat from the scotch bonnet pepper. Served with wholegrain Basmati saffron pilaf.
- **Red Lentil, Sweet Roots and Orange Dahl – Vegan and Gluten Free** - A curry bursting with the tangy citrusy aromas of orange, lime, lemongrass and ginger - balanced with the sweetness of slow roasted parsnip, carrot and swede – scented with true Ceylon cinnamon and finished with creamed coconut and coriander leaf. Served with wholegrain Basmati saffron pilaf.
- **Louvi – Vegan and Gluten Free** - Star comforter of homely Cypriot cuisine. Tender black eyed beans, chard and courgette gently stewed in a clove studded onion and bay scented broth with wholegrain rice vermicelli – finished with a sharp lemon, garlic and cold pressed oil dressing. Surprisingly tasty for such a simple combination, guaranteed to leave you feeling great. Served with freshly baked homemade gluten free Sourdough.
- **Sweet and Dark Blackeye Bean Casserole – Vegan and Gluten Free** - Tender Blackeye beans braised with carrot, mooli, sweet red pepper, cherry plum tomato, ginger, shallot and Tamari – scented with star anise, cinnamon, bay, thyme and orange zest – finished with orange and lime juice, garlic, a touch of cane molasses and coriander. Served with wholegrain Basmati rice infused with cardamon and Lime leaves.
- **Cajun Blackeye Bean and Sweet Potato Casserole – Vegan and Gluten Free** - Tender Blackeye beans stewed gently with a soffrito of onion, celery, carrot, tomato, red and green sweet pepper – spiced with a freshly ground homeblend of smoked paprika, thyme, oregano, home-dried onion and garlic, black and scotch bonnet pepper – folded with slow roasted sweet potato – finished with flat parsley, garlic and a dash of lime juice. Served with wholegrain Basmati saffron pilaf.



### Meat & Fish Mains £12

- **Jerked Chicken - Gluten Free** – Chicken legs marinated in a blend of allspices berries, scallions, green pepper, scotch bonnet chilli, ginger, cinnamon, molasses, garlic, thyme and bay – chargrilled over coals. Served with roasted plantain and wholegrain rice cooked with red kidney beans in coconut milk.
- **Sweet Red Pepper and Chicken Madras – Gluten Free** - Pan fried chicken thigh chunks with a sweet red pepper and onion soffrito, freshly milked coconut and our special Madras-style homeblend of spices – finished with coriander leaf, garlic and a dash of lime juice. Served with wholegrain Basmati rice infused with cardamon and Lime leaves.
- **Chicken Stroganoff – Gluten Free** - Russian classic with chicken thigh and breast fillet chunks braised with chestnut mushroom, onion, cashew cream and white wine – scented with caraway and bay – finished with flat parsley, tarragon and garlic. Served with wholegrain Basmati rice.
- **Lamb Stifado – Gluten Free** - Greek classic with Cotswold reared lamb braised long and slow with full flavoured, locally grown carrot, shallot, vine ripened tomato and organic red wine – scented with oregano and cinnamon – finished with flat parsley, garlic, a dash of balsamic vinegar and cold pressed olive oil. Served with roasted garlic potatoes.
- **Moroccan Lamb Tagine – Gluten Free** – Diced lamb leg braised with Tender chickpeas and Mediterranean veg gently stewed with tomato and a homeblend of North-African spices – finished with chopped coriander, garlic, lime and cold pressed olive oil. Served with lemon infused Quinoa.
- **Sweet Red Pepper and Lamb Madras – Gluten Free** - Diced lamb leg braised with a sweet red pepper and onion soffrito, freshly milked coconut and our special Madras-style homeblend of spices – finished with coriander leaf, garlic and a dash of lime juice. Served with wholegrain Basmati rice infused with cardamon and Lime leaves.
- **Beef Pot-au-Feu – Gluten Free** – Stewing cuts gently braised with cider and the best local garden veg – potato, turnip, carrot, Savoy cabbage and leek – scented with a clove studded onion, bay and thyme – finished with a dash of apple cider vinegar, cold pressed sunflower oil and horseradish. Served with freshly baked sourdough bread.
- **Beef Bourguignon – Gluten Free** – Ox cheek braised with full bodied red wine, chestnut mushroom, carrot, and shallots – scented with thyme and bay. Served with steamed Charlotte potatoes dressed in parsley, a drizzle of apple cider vinegar, cold pressed virgin sunflower oil and crushed garlic.
- **Beef Goulash – Gluten Free** Classic Hungarian stew with ox cheek braised with a soffrito of celery, Romano peppers, carrot, onion and white wine – spiced with smoked paprika, ground caraway, black pepper, marjoram and thyme – finished with a splash of cashew cream, flat parsley, garlic and a drizzle of cold pressed sunflower oil. Served with steamed Charlotte potatoes.



- **Haricot Bean and Pork Cassoulet - Gluten Free** - Butter-soft haricot beans stewed long and slow with braised pork belly, Toulouse sausage, lardons, fresh plum tomato, slightly caramelised onion, celery, carrot and organic white wine – scented with thyme, oregano and marjoram- finished with flat parsley, garlic, a dash of apple cider vinegar and cold pressed sunflower oil. Served with roasted garlic potatoes
- **Petit Salé – Gluten Free** – Pork belly chunks braised with shallots, full flavoured carrot, authentic Puy lentil from the French Massif Central, apple cider and Toulouse sausage slices – finished with thyme, garlic, mustard and cold pressed sunflower oil. Served with slow roasted Charlotte potato tossed in garlic and flat parsley.
- **Salmon and Watercress Quiche** – Wholemeal shortcrust pastry case filled and baked with local organic eggs, organic cream and milk, folded with pan fried, flaked of wild salmon deglazed with white wine and mixed with watercress – scented with fresh thyme and dill. Served with herby green salad dressed in garlic, lemon and cold pressed sunflower oil.
- **Cod à la Créole – Gluten Free** – Cod or Haddock fillets marinated in garlic, lemon and thyme – flash baked with a soffrito of fresh plum tomato, onion, red pepper – scented with pimento leaves and scotch bonnet pepper – finished with flat parsley and a sharp garlic and lemon dressing. Served with wholegrain Basmati rice infused with lime leaves.
- **Thai Fish Cakes – Gluten Free** – Large patties of flaked haddock folded in a shallots soffrito with creamed coconut, galangal, lemongrass, coriander, sweet basil and green chillies – coated and fried in a polenta crust peppered with nigella seed. Served with herby green salad with toasted sesame – dressed in garlic, lemon and cold pressed sunflower oil.