

# LIFE'S KITCHEN

— ✦ —  
A LOVE OF FOOD &  
A SENSE OF OCCASION

## Buffet Menu Selector 2020-2021



LIFE'S KITCHEN LTD  
0800 915 0978  
INFO@LIFESKITCHEN.COM  
WWW.LIFESKITCHEN.COM

# LIFE'S KITCHEN

A LOVE OF FOOD &  
A SENSE OF OCCASION

## Buffet Selector 2020

### **Finger Buffet**

#### **Selection of Freshly Cut Finger Sandwiches**

Free Range Egg and Cress  
Smoked Salmon with Fresh Lemon and Black Pepper  
Roast Beef and Horseradish  
Coronation Chicken and Rocket  
Whipped Goats Cheese and sun Blush Tomato

#### **Hot and Cold Finger Food Items**

Smoked Salmon and Horseradish Tartlets (Hot or Cold)  
~  
Parma Ham and Roasted Tomato Roulade (Cold)  
~  
Fresh Cut Vegetable Crudité, Fresh Herb Dip (Cold, V)  
~  
Sesame Chicken Goujons, Soy and Ginger Dip (Hot or Cold)  
~  
Tomato and Basil Bruschetta (Cold, V)  
~  
Teriyaki Beef Skewers (Hot)  
~  
Honey and Mustard Glazed Cumberland Sausages (Hot or Cold)  
~  
Tempura Squid, Garlic Mayonnaise (Hot)  
~  
Roasted Vegetable Filo Parcels (Hot, V)  
~  
Wild Mushroom Tartlets (Hot or Cold, V)  
~  
Thai Fishcake, Sweet Chilli Dip (Hot or Cold)  
~  
Baby Gem, Prawns and Marie Rose Sauce (Cold)  
~  
Deep Fried Risotto Cakes (Hot, V)  
~  
Roasted Red Onion and Goats Cheese Melt (Hot, V)  
~  
Mini Fruit Skewers

**Sandwiches plus 3 Finger Food Items or  
Sandwiches plus 5 Finger Food Items**

LIFE'S KITCHEN LTD  
0800 915 0978  
INFO@LIFESKITCHEN.COM  
WWW.LIFESKITCHEN.COM

# LIFE'S KITCHEN

A LOVE OF FOOD &  
A SENSE OF OCCASION

## Fork Buffet Menu Selector

### Main Courses

#### Meat

Jerked Chicken  
Sweet Potato, Spinach and Fried Plantain

~

Slow Braised Lamb  
Rosemary Sauce and Hispi Cabbage

~

Mini Cumberland Sausages  
Grain Mustard Mash and Onion Gravy

~

Breaded Chicken Escalope  
Fresh Lemon, Garlic and Parsley Buttered Pasta

~

Slow Cooked Pork Belly  
Sage Roasted Baby Potatoes and Apple Scented Jus

~

Braised Blade of Beef  
Sauté Potatoes with Lardons of Smoked Bacon

~

#### Fish

Roasted Salmon Fillet  
Saffron Potatoes, Tomato and Dill

~

Seafood Bake  
Creamy Sweet Pepper Sauce

~

Roulade of Plaice  
Crushed Potatoes and Caper Sauce

~

Mini Smoked Haddock and Prawn Pie  
Cheesy Potato Crust

~

Whitefish and Parsley Fishcakes  
Light Lemon Cream

~

Pan Fried Stone Bass  
Buttered Fondant Potato, Soft Herb and Olive Oil Dressing

LIFE'S KITCHEN LTD

0800 915 0978

INFO@LIFESKITCHEN.COM

WWW.LIFESKITCHEN.COM

# LIFE'S KITCHEN

A LOVE OF FOOD &  
A SENSE OF OCCASION

## **Vegetarian**

Wild Mushroom Gnocchi  
Vegetable Ragout Sauce

~

Roasted Vegetable Risotto  
Shaved Parmesan, Basil Oil

~

Stuffed Peppers  
Rich Tomato Sauce, Crumbled Feta

~

Broccoli and Stilton Tarts  
Herb Cream

~

Ricotta Tortellini  
Herb and Olive Dressing

~

## **Salads**

Mixed Leaf

~

Celeriac Rémoulade

~

Greek Salad

~

Mange Tout and Toasted Sesame Seeds

~

Heritage Tomato and Red Onion Salad

~

Buck Wheat, Coriander and Lime

~

Pasta Salad, Sun blush Tomato and Basil Pesto

~

Classic New Potato Salad

~

## **Dessert**

Chefs Selection of Mouth Watering Desserts with Cream and Fruit Coulis

~

Fresh Fruit Salad

**Please choose 2 main dishes plus 2 salads**

**or**

**Please choose 3 main dishes plus 2 salads**

LIFE'S KITCHEN LTD

0800 915 0978

INFO@LIFESKITCHEN.COM

WWW.LIFESKITCHEN.COM

# LIFE'S KITCHEN

— ◆ —  
A LOVE OF FOOD &  
A SENSE OF OCCASION

## **Working Lunch**

Selection of Gourmet Sandwiches served on Artisan Breads with a Selection of  
Delicious Meat, Fish and Vegetarian Fillings

~  
Fresh Cut Fruit Platter

## **Life's Kitchen Deli Boards**

Continental Style Deli Boards Beautifully Presented with an Array of Fine  
Charcuterie, Terrines, Smoked Fish, Seafood  
and Continental Cheeses, Accompanied with Rustic Fresh Baked Artisan Rolls  
Chutneys and Pickles

~  
Fresh Cut Fruit Platter

LIFE'S KITCHEN LTD  
0800 915 0978  
INFO@LIFESKITCHEN.COM  
WWW.LIFESKITCHEN.COM