

# **VEGAN BUFFET**

For the whole group...

Liven up lunchtime and tackle the munchies with some mixing and matching that caters for every taste.

Choice of ten items to include: three salads, two cold dishes and one hot dish, one vegetarian/vegan dish, one hot side dish and two desserts.

(minimum 50 people)

## **ARTISAN BREAD STATION**

Selection of Welsh wholegrain bread loaves and rolls

(V,G

with chilli and sunflower spread (V) and rapeseed oil (V)

## **SALAD SELECTION**

Tomato and Red Onion Salad

with black olives and balsamic (V.SD)

Raw Beetroot and Orange Slaw

maple dressing (V)

Vegan Greek Salad

with spinach, black olives and cheese, Welsh rapeseed oil (V,SD)

Mixed Leaves

with balsamic and Welsh rapeseed oil (V,SD)

Quinoa Salad

with roasted butternut squash, garden peas, peppers and rocket (V)

**Beetroot Salad** 

with sweetcorn, peppers, cherry tomatoes and asparagus (V,SD)

Mediterranean Vegetable and Couscous Salad

with cumin and mint (V.G)

Caesar Salad

with crispy onions and croutons (V.G)

Roasted Garlic and Courgette

pesto pasta salad with pine nuts (V.G.N)

Moroccan Beetroot and Carrot Slaw

with mint and apricots (V,SD,N)

Tandoori Spiced Pasta Salad

with roasted corn and coriander (V,G)

Bombay Potato Salad

with pumpkin, dried cranberries and chilli dressing (V,SD)

#### **COLD DISHES**

Vegetable Crudités

with beetroot houmous (V.Se.C)

Roasted Mediterranean Vegetables

with pine nut pesto dressing (VN)

Grilled Lemon Shawarma

with pickled vegetables, chilli tomato dressing, flatbread (V.S.G)

Soya Bean Kofta

with Baba Ganoush, lemon and rosemary dressing (V.S.Se)

Spanish Tortilla

with quinoa and turmeric, maple mayonnaise (V)

Potted Plant-Based 'Pork'

Pulled spiced BBQ soy with pineapple and sweetcorn salsa (V.S)

# **HOT DISHES**

Baked Mac 'n' Mushroom

with spinach and truffle oil, topped with herb breadcrumbs (*V*,*G*,*S*)

Vegetable Paella

with courgettes, herbs and garlic, flavoured with saffron and paprika (V,SD)

Thai Green Vegetable Curry

with broccoli, pak choi, aubergine, pumpkin (V,N,S,Se)

Potato Gnocchi

Peas and Edamame Beans with rich tomato and chilli sauce (V.G.S)

Chestnut Mushroom Stroganoff

with sweet potato and smoked paprika (V,S,SD)

Dhaba Style Aloo Gobi Masala

with fresh coriander (V)

Baked Veggie Balls

with spinach, olives, basil and tomatoes (V,S)

Vegan Sausage Casserole

with butterbeans and mushrooms (V)

Sweet Potato and Spiced Cauliflower

and chickpeas cooked in sofrito (V)

Thai Red Pumpkin Curry

Cooked with lemongrass and galangan (V.N.SD)

Wholewheat Pasta

with braised butter beans, leeks, corn and rocket pesto (V,G)

 $Roasted\ Mediterrane an\ Vegetable\ Chilli$ 

(V,S)

Plant-Based Meatball Marinara

with spiced tomato and basil sauce, herb gnocchi (V.G)

Rainbow Vegetable Chickpea Falafal Burrito

with Chipotle jam (V.G)

Lebanese Tagine

with aubergine, za'atar and sweet peppers (V.S.Se.N)

#### **HOT SIDE DISHES**

Vegetable Rice

(V)

Noodles

with kale, ginger, garlic and sprouts (V.G.Se.S)

Mixed Wild Brown and Basmati Rice

(V)

**Potatoes** 

with fresh herbs, olive oil and turmeric (V)

Roasted Pumpkin

with chilli (V)

Thyme Roasted Turnips and Carrots

(V)

Chilli Fried Mixed Beans and Dried Apricots

(V)

Spiced Baked Sweet Potato

with curried onions

(V)

Thyme Roasted Carrots and Fennel

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Steamed Vegetables

(V)

Steamed Leeks, Roasted Rosemary

**Baby Potatoes** 

(V)

Steamed Baby Potatoes

with Olive Oil and Fresh Parsley

(V)

Moroccan Style Roasted Vegetables

(V.SD)

### **DESSERTS**

Chocolate Orange Torte

(V,S,N)

Wild Berry Slice

(V,S)

Golden Apple Crumble

(V,N,SD)

Dark Chocolate Brownie

(V.G.N.S)

Carrot and Apple Cake

(V)

Fresh Fruit Salad

with Strawberries and Blueberries

(V)

Fresh Fruit Platter

(V)



Please advise us of any food allergies. Whilst every care is taken, we cannot guarantee that our kitchens are an allergen free environment, nor can we quarantee the processes used by our ingredient manufacturers.

(V) Vegetarian, (G) Contains gluten, (D) Contains dairy/milk, (N) Contains nuts, (P) Contains peanuts, (E) Contains egg, (F) Contains fish, (Cr) Contains crustaceans, (M) Contains molluscs, (S) Contains soya, (C) Contains celery, (Mu) Contains mustard. (Se) Contains sesame seeds. (SD) Contains sulphur dioxide. (L) Contains lupin.