

megan's

let us cook for you.....

Canapés

Fish £1.50 each

- Smoked salmon and chive pate crostini
- Teriyaki tuna (fresh tuna, mango and spring onion)
- Smoked trout pate on toasted bread
- Prawn, chorizo, baby spinach & cherry tomato skewers
- Smoked salmon & herbed cream cheese tartlets

Vegetarian £1.25 each

- Roast pepper, mascarpone & basil crostini
- Caramelised onion and goat's cheese crostini
- Caprese skewers (cherry tomato, basil and baby mozzarella)
- Courgette, feta, mint & chilli rolls
- Spanish tortilla wedges with alioli
- Watercress, blue cheese & walnut tartlets
- Pecan, herbed goat's cheese & grape crostini
- Mini pesto or tomato.basil & mozzarella arancini (fried Sicilian rice balls)
- Coriander & mint falafels, tzatziki dip

Meat £1.50 each

- Chicken satay
- Parma ham, rocket and parmesan rolls
- Sage & apple sausage rolls
- Teriyaki beef in gem lettuce cups
- Honey and mustard mini Cumberland sausages
- Black pudding, caramelised apple & quail's egg
- Herb bread-crumbed chicken goujons, basil mayonnaise
- Mini quiche Lorraines

Salads to go

£5 a head

- Crunchy fennel and pomegranate
- Roast butternut w/ blue cheese and toasted almonds
- Fruit and nut couscous
- Red cabbage, beetroot and spring onion
- Green bean w/ blue cheese and walnut dressing
- Waldorf salad
- Coronation chicken salad
- Grilled aubergine and pomegranate w/ a basil and saffron yoghurt dressing
- Spicy cucumber, coriander, poppy seed and chilli
- Tropical salad w/ fresh fruits, cucumber, chickpeas, radishes and coriander
- Roast fennel w/ orange and black olives
- Grilled courgettes, halloumi, asparagus and baby spinach
- Greek salad (feta, tomato, cucumber and black olives)
- Three bean salad of green beans, broads beans and peas w/ goat's cheese, crispy pancetta and mint
- Puy lentils, broad beans, feta and mint
- Tuna and cannellini bean salad w/ cherry tomato, celery and parsley
- Bacon nicoise
- Genovese salad of spaghetti, pesto, new potatoes and green beans
- Pasta salad of courgettes, mint and cherry tomatoes
- Pearled barley, roast pumpkin, green beans, red onion and herbs
- Four cabbage coleslaw

Large quiches

£22 each (12 portions per quiche)

- Lorraine
- Spinach and goat's cheese
- Butternut and blue cheese
- Smoked salmon, dill and cream cheese
- Make up your own

Pies & more to go (price dependent on tray size)

- Fish pie
- Shepherds / Cottage pie
- Steak & Kidney pie
- Chicken, mushroom & pea pie
- Beef lasagna
- Moussaka
- Spinach, butternut & goat's cheese lasagna

Mains to go

£6 a head

- Baked side of salmon w/ horseradish potatoes
- Chargrilled salmon steaks w/ gremolata and toasted breadcrumbs
- Grilled mackerel fillets w/ fresh cherry tomato sauce or garlic, chilli, black olive and capers
- Breaded chicken escalopes w/ basil mayo
- Moroccan tagine (chicken, lamb or fish)
- Roasted topside of beef w/ horseradish
- Roasted whole turkey breast w/ cranberry chutney
- Roasted pork loin w/ apple sauce
- Roast leg of lamb w/ mint sauce or pea and mint puree
- Maple syrup glazed lamb shanks
- Lamb & green bean curry
- Chicken or beef Stroganoff (£8 a portion)
- Ossobuco (£8 a portion)
- Braised Jacob's ladder beef ribs (£8 a portion)

Cakes to go

£28 medium / £35 large

- Apple & raisin cake
- Carrot & walnut cake

- Cheesecakes (select your own flavour)
- Pavlova

- Tiramisu tray (price dependent on tray size)
- Bread & butter pudding (price dependent on tray size)

- Chocolate brownies (gluten free) – also available in orange or walnut & coffee £2 a portion