



LIFE'S  
KITCHEN

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

Buffet Menu Selector 2019

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

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## Buffet Selector 2018

### 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

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## 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

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## **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

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## 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

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