



LIFE'S
KITCHEN

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

Buffet Menu Selector 2020

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

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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

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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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