



LIFE'S
KITCHEN

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

Buffet Menu Selector 2012

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

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Buffet Menu Selector

Gourmet Sandwiches

Selection of Fresh Cut Sandwiches Served on Speciality Breads
With Gourmet Meat, Fish and Vegetarian Fillings

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Fresh Cut Fruit Platter

Finger Buffet

Selection of Fresh Cut Sandwiches Served on Speciality Breads
With Gourmet Meat, Fish and Vegetarian Fillings

~
Tomato, Shallot and Basil Brochette's (v)

~
Sesame Chicken Goujons Soy and Garlic Dip

~
Asparagus and Goats Cheese Tarts (v)

~
Fish Cakes with Sweet Chilli Dip

~
Fresh Cut Fruit Platter

Life's Kitchen Deli Boards

Continental Style Deli Boards Beautifully Presented with an Array of Fine
Charcuterie, Smoked Fish
And Continental Cheeses, Accompanied with Rustic Breads and Pickles

~
Fresh Cut Fruit Platter

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Fork Buffet (A)

Hot

Lamb Ragu with Rosemary Scented Potatoes

~

Mushroom Ravioli with a Ragout of Provencale Vegetables (v)

~

Pan Fried Fillet of Salmon with Chive Crushed Potatoes and Dill Cream Sauce

~

Cold

Tomato and Mozzarella Salad

~

Dressed Mixed Leaves

~

Green Bean and Shallot Salad

~

Dessert

Fresh Fruit Salad and Pouring Cream

~

Mascarpone and Vanilla Cheesecake, Strawberry Coulis

Fork Buffet (B)

Hot

Marinated Coriander Chicken Curry with Basmati Rice

~

Spiced Indian Potato Cakes with Mint Yoghurt

~

King Prawns and Creamed Coconut, Mustard Oil and Pepper Curry

~

Mixed Vegetable Balti (v)

~

Selection of Flat Breads with Chutneys

~

Cold

Mixed Baby Leaves

~

Cucumber, Coriander and Onion salad

~

Grated Carrot, Almond and Sultana Salad

~

Dessert

Fresh Fruit Salad

~

Cinnamon Ice-Cream with Mango and Pineapple Salsa

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Bowl Food Menu 1

Mini Pork and Leek Sausages, Grain Mustard Mash, Rich Onion Jus, Pea Shoots

~

Pan Fried Chicken and Shitake Mushrooms in Oyster Sauce with Egg Noodles

~

Prawn Salad with Crisp Baby Gem, Mini Plum Tomatoes, Cocktail Dressing

~

Roasted Mediterranean Vegetable Pasta, Pesto Dressing, Toasted Pine Nuts (v)

~

Fresh Fruit Bowls with Passion Fruit Cream

Bowl Food Menu 2

Slow Braised Beef with Herb Dumplings and Creamy Mashed Potato

~

Lamb Rogan Curry with Basmati Rice and Mini Popadoms

~

Chicken and Avocado Salad with Ruby Chard, Toasted Croutons, Parmesan Shavings

~

Sauté Tiger Shrimp Stir Fry with Sweet Chilli Sauce and Egg Fried Rice

~

Creamy Wild Mushroom, Chive and Pea Risotto with Parmesan Crisp (v)

~

Fresh Fruit Bowls with Passion Fruit Cream

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Bowl Food Menu 3

Slow Braised Beef with Herb Dumplings and Creamy Mashed Potato

~

Lamb Rogan Curry with Basmati Rice and Mini Popadoms

~

Slow Roast Belly of Pork with Cider and Mustard Sauce, Sage New Potatoes and Pork Crackling

~

Saladette of Colsten Basset Stilton, Poached Pear, Walnuts and Wild Roquette, Sweet Mustard Dressing

~

Sauté Tiger Shrimp Stir Fry with Sweet Chilli Sauce and Egg Fried Rice

~

Creamy Wild Mushroom, Chive and Pea Risotto with Parmesan Crisp (v)

~

Raspberry Crème Brulee

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