



LIFE'S  
KITCHEN

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

Day Delegate Packages 2012

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

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## Day Delegate Packages

### **Early Morning Break**

Freshly Brewed Coffee and a Selection of Traditional and Fruit Teas  
Freshly Squeezed Orange Juice  
Selection of Mini Sweet and Savoury Pastries  
Still and Sparkling Mineral Water

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### **Mid Morning Break**

Freshly Brewed Coffee and a Selection of Traditional and Fruit Teas  
Luxury Biscuit Selection  
Still and Sparkling Mineral Water

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### **Afternoon Break**

Freshly Brewed Coffee and a Selection of Traditional and Fruit Teas  
Homemade Cake Slices  
Still and Sparkling Mineral Water

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**All of the above included in Day Delegate Rate Plus One of the Lunch  
Buffets Listed Below**

### **Lunchtime/Conference Beverages**

Still and Sparkling Mineral Water  
Freshly Squeezed Orange Juice  
Ocean Spray Cranberry Juice  
Luscombes Organic Presse  
House Red and White Wine  
**Charged on Consumption**

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## Lunch Buffet Options

### **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

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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 Mash 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

~

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## Dessert

Fresh Fruit Salad

~

Cinnamon Ice-Cream with Mango and Pineapple Salsa

## 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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