

BUFFET • VEGETABLES & POTATOES

Vegetable Selection

- Balsamic Glazed Carrots
- Roasted Italian Vegetables
- Steamed Asparagus Citron
- Portobello Mushroom Frites
- String Beans and Julienne Carrots
- Roasted Winter Vegetables
- String Beans Almondine
- Sautéed Broccoli
- Creamed Spinach
- Haricots Verts
- Ratatouille Provençal
- Asian Stir-Fried Vegetables
- Roasted Butternut Squash
- Broccoli Aglio e Olio



Potato Selection

- Potatoes Lyonnaise
- Pancetta Potato and Leeks
- Roasted Garlic Mashed Potatoes
- Lemon Herb Roasted Potatoes
- Spinach Mashed Potatoes
- Mashed Sweet Potatoes
- Roasted Red Bliss Potatoes
- Cheddar Mashed Potatoes
- Scalloped Potatoes Au Gratin
- Truffled Mashed Potatoes
- Baked Potato Wedges
- Red Pepper Mash
- Braised Baby Potatoes

BUFFET • RICE, GRAINS & PASTA

Rice & Grains Selection

Lemon Dill Rice

Brown Rice and Spinach

Basmati Shiitake Rice Pilaf

Red Beans and Long Grain Rice

Spanish Rice, Olives and Tomatoes

Cranberry Pecan Wild Rice Pilaf

Grilled Vegetable Couscous

Fresh Herbed Rice Pilaf

Red Curry Thai Rice

Jasmine Rice

Mexican Rice and Corn

Middle Eastern Saffron Rice

Basmati Rice, with Pecan & Apricots

Coconut Curry Basmati Rice

Creamy Polenta Parmesan

Vegetable Fried Rice

Organic Brown Rice



Pasta Selection

Lasagna Bolognese

Layers of Pasta and Ground Beef, Fresh Herbs and Spices

Wild Mushroom Lasagna

Criminis and a Portobello Parmesan Cream Sauce

Baked Rigatoni Al Forno

A Blend of Italian Cheeses and Imported Pasta Topped with Pecorino Romano

Shells Carbonara

Smoked Bacon and Sweet Peas in a Parmesan Alfredo Sauce

Ziti Verona

Homemade Meatballs and Buffalo Mozzarella

Penne Fonduta

Grilled Chicken and Peas in a Four Cheese Sauce

Rigatoni Rustica

Sweet Sausage, Roasted Peppers and Onions in a Pesto Tomato Sauce

Macaroni & Cheese

Our take on this American Classic

Penne Alla Russe

Rosemary Grilled Chicken and Sweet Peas in a Vodka Sauce

Penne Firenze

Sun Dried Tomatoes and Asparagus in a Tomato Cream Sauce

Wild Mushroom Ravioli

Parmesan Cream Sauce. Orechiette Toscana Sweet Sausage, Sautéed Broccoli & Roasted Garlic.

Penne Pasta Primavera

Pesto Alfredo Cream Sauce

BUFFET • HOT & COLD SALADS

Speciality Salad

Tuscan Bean Sautéed Spinach & Tomato

Organic Barley

Scallions, Corn, Red Pepper and Sherry Shallot Vinaigrette

Thai Jasmine Rice Hints of Coconut and Cilantro

Mediterranean Orzo Tomato, Feta & Olives

Fresh Mozzarella & Heirloom Tomato Olive Oil and Basil

Mélange of Charred Vegetables Aged Balsamic Reduction

Orange-Ginger Cous Cous

Mint, Raisins and Almonds

Roasted Caesar Potato

Tomato & Cucumber with Feta Cheese

Jalapeño Potato Salad

Green Salad

Baby Spinach

Egg, Bacon & Red Onion

Asian Greens

Mandarin Orange, Toasted Almonds
and Scallion

Organic Field Greens with Fresh
Garden Vegetables



BUFFET • HOT & COLD SALADS

Pasta Salad

Whole Wheat Soba Noodles Zesty Sesame Ginger Dressing

Rigatoni Pesto

Roasted Asparagus and Truffle Oil Blue Cheese, Candied Walnuts and Caramelized Pears

Wild Rice and Mandarin Orange Salad with Dried Cranberries and Spiced Nuts

Butternut Squash Penne Rosemary and Virgin Olive Oil

Tri Colore Pasta Primavera Roasted Vegetable Melange

Penne Sesame

Asian Vegetables and Marinade

Whole Wheat Pasta Salad

Fresh Mozzarella and Tomatoes and a Cherry Tomato Vinaigrette

Ravioletti Pasta Salad Toasted Pecans and Lemon Zest

Penne & Sun Dried Tomato Pesto

Chicken Caesar Salad

Organic Mesclun Salad Roasted Portobello and Blue Cheese

Arugula & Goat Cheese Cherry Tomatoes and Toasted Almonds

Endive & Watercress Honey Walnuts and Blue Cheese

Israeli Chopped Salad

Tomatoes, Cucumbers and Dill

Classic Caesar Salad

Traditional Greek Salad



BUFFET • HOT & COLD SALADS

Cold Meats Salad

Roast Peppered Sirloin of Beef
with horseradish cream

Honey Roasted Gammon
with pineapple and wholegrain and mustard relish

Julienne of Smoked Salmon
with sundried tomato dressing

Supreme of Chicken Tandoori
with spicy lemon mayonnaise

Thai strips of Beef
with sweet chilli jam

Seafood Platter
crab claws, salmon fresh and smoked, cockles, mussels, seafood terrine

Butter Basted Turkey Crown
with cranberry relish



BUFFET • LAMB & CHICKEN

Lamb

Navarin of Lamb

tender diced lamb in a rich sauce of fresh thyme, shallots, red wine and glazed white turnips.

Slow Roasted Lamb Shank

with root vegetables and onion gravy

Curried Lamb Korma

a mild curry sauce with tender chunks of lamb garnished with toasted almonds and broccoli

Chicken

Chicken with Black Bean & Green Peppers

stirfried strips of chicken with crispy vegetables, chopped green peppers, black bean sauce and chillies

Chicken Basquez

tender chicken fillets in tomato, red wine, rosemary and black olive sauce

Chicken Stanley

supreme of chicken in a light curry sauce with mango chutney and ginger

Chicken Tandoori

tender pieces of chicken marinated in tandoori spices finished with cream, lemon and garlic

Red Thai Chicken Curry

hot and spicy thai sauce with lime leaves and coriander

Chicken Bonne Femme

sautéed chicken in a red wine sauce with oyster mushrooms and caramelised shallots

Chicken á lá King

tender diced breast of chicken in a creamy white sauce, with sautéed red peppers and button mushrooms



BUFFET • BEEF & SEAFOOD

Beef

Marinated Beef Tandoori

Tender pieces of beef marinated in tandoori spices finished with cream and lemon

Beef Bourguignonne

Tender pieces of beef in a red wine and fine herb sauce with shallot onions and button mushrooms

Green Thai Beef Curry

Tender strips of beef with chilli, lime leaves, ginger and coconut milk

Beef with Blackbeans

Stirfried beef in a spicy oriental sauce of blackbeans and cashew nuts

Beef with Honey & Red Wine

Braised bite size pieces of beef in a honey and red wine sauce with thyme

Fillet of Beef Stroganoff

Sautéed julienne of beef in a sauce of sour cream, brandy, gherkins, button mushrooms and onions

Seafood

Thai King Prawn & Coconut Hot Pot

with jasmine rice and pickled ginger

Medley of Seafood

tender pieces of fish in a creamy white wine, basil and leek sauce

Supreme of Salmon

with dill, lemon and spring onion sauce



BUFFET • SPECIALITY & VEGETARIAN

Speciality Salad

Wasabi Sesame Crusted Salmon
with Whole Wheat Soba Noodles over
Asian Field Greens

Zucchini Wrapped Salmon
French Green Beans, Plum Tomatoes on
a Bed of Organic Field Greens

Bistro Chicken
Grilled Chicken over Field of Greens, Topped with Blue Cheese,
Walnuts, Sliced Grapes and Sundried Cranberries

Char Grilled Steak
With Grilled Portobello Mushrooms and Gorgonzola served over Crisp Greens with Frizzled Onions

Metro Cobb Salad
Smoked Turkey, Saga Blue Cheese, Mushrooms, Crisp Bacon and Avocado over Organic Greens

Coconut Shrimp
Served over Asian Greens Topped with Mandarin Oranges, Spiced Walnuts and Toasted Coconut

Thai Steak
Marinated Grilled Steak tossed over Baby Greens with Mango, Tri Colour Peppers and Red Onion.

Shrimp Margarita
Marinated Tequila Lime Jumbo Shrimp with Avocado, Tomato, Black Beans and Corn Salsa over a Garden Salad

Grilled Balsamic Chicken
Over Fresh Mixed Greens with Roasted Italian Tri Colour Vegetables

Vegetarian Salad

Spinach, Ricotta & Roasted Red Pepper Tortelloni

Wild Mushroom Ravioli with asparagus and pesto cream sauce

Roast Vegetable Lasange with rocket and fresh mozzarella

Penne Arabiata

Nasi Goreng with satay sauce and stirfried vegetables (stir fried rice dish)

Yellow Lentil & Vegetable Curry



BUFFET • DESSERTS

Desserts

Bannoffi Pie

Fresh Fruit Flan

Mixed Berry Flan

Strawberry Flan

Missipi Mud Pie

Lemon Meringue Pie

Apple Berry Crumble

Dutch Apple Pie

Citrus Tart

Pear and Almond Tart

Gataeux Diane

Chocolate Truffle Tart

Tiramisu

Carrot Cake

