



**ZEST**food

a fresh approach to catering

[genevieve@zestfood.co.uk](mailto:genevieve@zestfood.co.uk)

07889 303413

### **Canapés**

£1 each – minimum 20 portions each canapé

#### *Hot:*

Pinchos Morunos served with harissa – spiced pork kebabs from southern Spain  
Tuna empanadillas – mini empanadas with sweet peppers, onions, tuna  
Mini lamb kofte with dates, chilli & spices, served with minted Greek yoghurt  
Spanish albondigas (pork meatballs) with spicy tomato dip  
Mini chicken satay skewers with spiced peanut dressing  
Turkey, sweetcorn & cumin fritters with red pepper relish  
Wild mushroom, walnut & dolcelatte tartlets  
Caramelised onion & goats cheese tartlets

#### *Cold:*

Crostini of marinated anchovies & red peppers  
Peppered figs wrapped in jamon Serrano  
Celeriac & tarragon remolade wrapped in bresaola  
Crab & avocado tartlets  
Picos blue cheese with membrillo, served on mini oatcakes  
Bocconcini mozzarella & peach skewer with basil dressing  
Catalan shredded salt cod & red pepper tostadas  
Salmon & beetroot skewers with cumin yoghurt dressing  
Smoked salmon, pea & dill tartlets

## Salads & Side Dishes

Bread & mixed marinated olives	£1.25
Homemade coleslaw, either classic or Asian-style with honey & soy	£1.75
New potato salad with homemade pesto mayo	£1.75
Orzo (rice) pasta salad with homemade pesto, roast vegetables	£1.75
Butterbean, black olive, tomato & herb salad	£1.75
Saffron infused bulgur wheat with sultanas, pine nuts & herbs	£1.75
Couscous with roast squash & dried apricots	£1.75
Tagliatelle with butter & fresh herbs	£1.75
Dauphinoise potatoes	£2.00
Gem lettuce with roasted peppers & crispy fried garlic	£2.00
Spiced chickpea & roast peppers with harissa dressing	£2.00
Moroccan carrot salad with garlic & spices	£2.00
Beetroot, wild rice & herb salad, yogurt dressing	£2.00
Puy lentils with rocket & ricotta, aged balsamic dressing	£2.25
Imam Biyaldi – aubergines slow cooked with olive oil, onions, tomatoes	£2.25
Chargrilled broccoli salad with chilli & garlic	£2.25
Green beans with shallot, cherry tomatoes & parsley	£2.25
Griddled courgettes marinated with chilli, mint & garlic	£2.25
Fennel, orange & toasted hazelnut salad	£2.25
Asparagus with Romesco dipping sauce (sweet peppers & nuts)	£3.00
Chicory salad with Picos blue cheese, walnuts & Pedro Ximenez dressing	£3.00

### **Meat dishes**

Cumin & garlic grilled chicken, vine tomato salsa	£3.50
Coconut, lime & coriander grilled chicken with fresh coconut sambal	£3.50
Tagine of Chicken with Clementines & Olives	£3.75
Chicken braised with fennel & brandy	£3.75
Chicken Basquaise – peppers, butterbeans & saffron	£3.75
Mixed charcuterie (jamon Serrano, Finocchiona, breasola, lomo, local salami)	£4.00
Cajun blackened beef fillet with pineapple salsa	£5.50
Seared peppered beef fillet, garlic & chive cream dressing	£5.50
Asian seared beef carpaccio with spicy mint dressing	£5.50
Smoked duck fillet with beetroot & walnut relish	£4.50
Smoked pork loin with fresh pear chutney	£4.50
Cassoulet – Provençal duck, pork & bean casserole	£4.50

### **Fish dishes**

Niçoise salad, with tuna, anchovies & black olives	£3.00
Smoked fishcakes with herb mayo	£3.00
Tuna empanada (Galician pie with sweet peppers, onions, tuna)	£3.50
Smoked salmon & dill tartlet	£3.50
Smoked trout fillets, watercress & horseradish crème fraiche	£3.75
Seafood, fennel & lime salad (prawns, squid, octopus)	£3.75
Honey & soy glazed salmon kebabs with coriander chutney	£3.75
Soused mackerel fillets with melting onions & black olives	£3.75
Bouillabaisse (French fish stew with monkfish, mussels, clams)	£4.00
Crevette's with saffron aioli	£4.00
Seared tuna loin with pistachio crust and mango salsa	£4.50

### **Vegetarian dishes**

Frittata with minted peas & feta	£3.00
Tortilla	£3.00
Roast Mediterranean vegetable & parmesan tarts	£3.00
Pear, walnut & gorgonzola tarts	£3.00
Chantenay carrot, thyme & goats cheese tarts	£3.00
Wild mushroom tarts	£3.00
Pissaladière – anchovies, caramelised onion & black olives	£3.00
Cambazola & Tenderstem broccoli tartlet	£3.00
Asparagus, horseradish & parmesan tart	£3.00
Filo parcels filled with broad beans local goats cheese & herbs	£3.00
Ras al Hanout roast squash, pomegranate molasses & yogurt flatbreads	£3.00
Squash, spinach & goats cheese lasagne	£3.50

## Desserts

Homemade mini iced bundts, choose from:	£1.25
<i>coffee &amp; walnut</i>	
<i>lime drizzle</i>	
<i>chocolate &amp; orange</i>	
<i>pistachio &amp; rosewater</i>	
<i>stem ginger &amp; lemon</i>	
Homemade muffins, choose from:	£1.25
<i>banana &amp; choc chunk</i>	
<i>carrot &amp; walnut</i>	
<i>cherry &amp; almond</i>	
<i>raisin &amp; mixed spice</i>	
Buttery fruit & nut flapjacks	£1.25
Fresh fruit – mixed seasonal selection	£2.00
Chocolate and almond torte	£2.50
Lemon & polenta cake	£2.50
Cinnamon & hazelnut meringues	£2.50
Pistachio & rosewater meringues	£2.50
Rhubarb & ginger mini pavlova	£2.50
Individual tartlets, choose from:	£2.50
<i>lemon meringue</i>	
<i>summer berries &amp; mascarpone</i>	
<i>gooseberry &amp; elderflower bakewell's</i>	
<i>white chocolate &amp; raspberry</i>	
<i>custard, prune &amp; Armagnac</i>	
<i>dark chocolate &amp; apricot</i>	
Pistachio shortbread with marinated strawberries	£2.75
Chocolate shortbread with raspberries and cream	£2.75
Coffee and chocolate profiteroles	£2.75

## **Office lunches**

We are happy to provide simple sandwich lunch for your office. For £7 per head we offer you a selection of mixed sandwiches, with seasonal meat, fish or vegetarian fillings, a piece of savoury tart, plus a slice of homemade cake or muffin per person. Minimum order 10 people.

### ***Sample menu – subject to seasonal changes***

#### *Sandwich fillings:*

Homemade hummus & black olives  
Free range egg mayo & rocket  
Mature cheddar, spring onion mixed with yogurt & mayo  
Mature cheddar & homemade chutney  
Smoked ham & homemade chutney  
Tuna & sweetcorn

#### *Tartlets:*

Roast Mediterranean vegetable & parmesan  
Pear, walnut & gorgonzola  
Chantenay carrot, thyme & goats cheese  
Wild mushroom

#### *Cakes:*

Carrot & walnut  
Banana & choc chunk  
Cherry & almond  
Buttery nut flapjacks