

CATERERS FOR YOU



*Forkingout*

EST. 2002

# *Vegan Menus*



# Canapés



Sweetcorn fritters

Falafel, plain or sweet potato, beetroot, spinach

Smoked tofu on a chive scone with watercress pesto

Grilled mushroom, pimento and aubergine skewers

Beetroot humus wrap

Onion bhajis

Red onion tartlet

Cucumber and tofu sushi

Guacamole wraps

Red pepper bruschetta

Mozzarella tomato ciabatta

Vegan sushi avocado and pepper

Peppered melon and pineapple skewer

Tempura vegetables

Samosas

Spring rolls

Humus and pimento wrap

Soup in a shot

Bloody mary shot glass



# 2/3 Course Menus

## First Course

Jewel salad with warm flatbreads

Curried cauliflower and rice fritters on a rocket salad

Roasted avocado with red pepper and garlic topped with toasted almonds

Griddled courgette pine nut and asparagus salad with a lemon dressing

Falafel skewer with sweet chilli Jam

A soup of your choice with homemade bread

## Main Course

Roasted aubergine with shallots and almonds

Mushroom wellington with fondant potatoes and seasonal vegetables with a red wine sauce

Vegetable strudel with roasted mediterranean vegetables and salsa verdi

Butternut squash stuffed with quinoa spring onion and peas with  
boulangere potatoes and a red onion sauce

Asparagus, pea and pine nut risotto with pea shoots

## Puddings

Pear and almond tart with chocolate sauce

Chocolate torte with berries and vanilla ice cream

Apple strudel

Chick pea meringue with vegan ice cream and summer berries

Sticky toffee pudding with vegan vanilla ice cream



# Feast Menus

## Indian Feast

Cauliflower and butternut squash masala

Aubergine and courgette rogan josh

Tarka dahl

Sag alou

Onion bhajis, poppadums and flat bread

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A choice of dessert

## Monoccan Feast

Butternut squash, chickpea and apricot tagine

Carrot and spinach pastilla

Sticky date and aubergine tagine

Spiced cous cous

Tabbouleh salad

Flat breads

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A choice of desserts



# Feast Menus

(continued)

## Table Feast

Roasted tomatoes stuffed with mushroom risotto

Spinach spanokipita

Ratatouille and vegan cheddar tartlet

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Roasted new potatoes

Mixed leaves

Four pea salad

Cherry tomato with cider vinegar and baby basil

Roasted beetroot with pine nut and capers

Pasta salad with pesto and baby spinach

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Pudding of your choice





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