

R O C K S A L T

C A T E R I N G & E V E N T S

LOCATION MENU IDEAS

Breakfast

Full cooked Scottish breakfast:

Steak lorne sausage, Stornoway black pudding, back bacon, pork links, potato scones, hash browns, mushrooms, tomatoes, beans, spinach, smashed avocado and eggs any way.

Fresh breakfast rolls and toast

Cereals, porridge, granola, yogurt and fruit pots (vegan)

Full veggie/ vegan breakfast:

Vegetarian sausages, veggie haggis, potato scones, baked beans, roasted tomatoes and mushrooms, hash browns, spinach and nutmeg, spiced avocado smash and eggs any way.

Additional Breakfast Specials Served for Later Starts

Shakshuka eggs. Fresh eggs baked in a tomato, pepper and onion base with saffron and herbs and mopped up with crusty bread.

Belgian waffles with streaky bacon and or berries and maple syrup

Cinnamon French Toast with banana or bacon and maple syrup

Various frittata including chorizo, manchego and peppers or potato, spinach and cheddar

3 Course Lunch Menu Options

Soups: (all vegan & all gluten free)

Carrot and lentil

Leek and potato

Carrot and coriander

Butternut squash and sage

Sweet potato, chilli and coconut

Roast potato, fennel and lemon

French onion

Mains: (just examples)

Chicken, leek and tarragon pie with crushed potatoes and tender stem broccoli

Malaysian beef and coconut curry with lemongrass rice

Hearty cottage pie with roasted carrots and parsnips

Classic lasagne with garlic ciabatta

Italian sausage ragu with brown butter tagliatelle

Goan fish curry with coconut rice

Smoked haddock, leek and spinach pie with green beans and peas

Pan fried sea bass with soy, ginger and spring onion

Cajun salmon with wedges and veg

Baked salmon, roast pepper, caper and olive salsa

4 cheese macaroni with roast kale and tomato (vegetarian)

Mushroom sweet paprika and soured cream stroganoff (vegetarian)

Smokey black bean chilli or sweet potato, peppers and mixed bean chilli with rice, nachos and all the trimmings (vegan)

Butternut squash, courgette and sage risotto (vegan)

Roasted cauliflower, potato and lentil dahl with naan (vegan)

Moroccan vegetable and apricot tagine with pomegranate and herb couscous (vegan)

Simpler Options

Baked potatoes with various fillings – cheese, coleslaw, tuna mayo,
baked beans, chicken tikka etc

Toasted paninis – fillings as above

Pre made salad boxes – Ham salad, Greek, chicken Caesar etc

Salads: (Just examples)

Beetroot, lentil and basil vinaigrette dressing (vegan)

Roast potato, pepper caper and olive with sherry vinegar dressing (vegan)

Greens, grains and beans with vegan pesto dressing (vegan)

Chicken and kale Caesar with parmesan and sourdough croutons

Very herby tabouleh with pistachio and pomegranate (vegan)

Indian spiced potato, carrot and spinach salad (vegan)

Classic Greek salad (veg)

Caprese salad (veg)

Spinach, blue cheese and maple pecans (veg)

Puddings: (Just examples)

Apple and bramble crumble (vegan option available)

Vanilla rice pudding with poached pear and cinnamon (vegan)

Sticky toffee pudding

Chocolate chip brioche, raspberries and custard

Lemon, raspberry and polenta cake

Cheese board with biscuits

Afternoon Snack

Selection of afternoon bloomer bread sandwiches/wraps/baguettes

Hot pies/pakora/soup/baked potatoes

Millionaire shortcake/Rocky Road (additional treat not served all the time)

Hot Hearty Snacks: (served warm and budget dependent)

Various pies and pastries

Pork and sage or Italian sausage and fennel sausage rolls

Pizza slices

Cheese burgers and veggie burgers

Hot bowl food – stovies, chilli, curry, mac cheese etc

All dietary requirements will be catered for with prior notice preferably please

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www.rocksaltcateringandevents.com

