

Hot Fork Buffet Menu

can be served either as a buffet or sharing style to the tables

Select three mains, three sides, & two desserts

Mains

Moroccan lamb tagine (gf/df)

Pork goulash (gf/df)

Beef stroganoff (gf)

Beef & ale stew with herby dumplings (df)

Macaroni cheese (v)

Poached cod with a chorizo & butter bean ragout (gf/df)

Smokey chipotle 5 bean chilli (v/vg/gf/df)

Pulled pork with a barbecue sauce (gf/df)

Chicken & chorizo paella (gf/df)

Butcher's sausages

Roasted Mediterranean vegetable paella (v/vg/gf/df)

Butternut squash, lentil & kale stew (v/vg/gf/df)

Lemon chicken with green beans & black olives (gf/df)

Chilli con carne (gf/df)

Chestnut Mushroom Stroganoff (v/gf)

Minced beef lasagne

Poached salmon fillet in a herb & caper sauce (gf)

Thai vegetable massaman curry (v/gf)

Beef Nihari (gf/df)

Chicken tikka massala (gf)

Butternut squash, chickpea & spinach curry (v/gf)

Lamb & chickpea curry (gf/df)

Chicken & lentil cacciatore (gf/df)

Spinach & feta cannelloni (v)

French style chicken & bean casserole (gf/df)

Moroccan vegetable tagine (v/vg/gf/df)

Roasted Mediterranean vegetable lasagne (v)

Salads & Sides

Mixed green leaf salad with a vinaigrette dressing (v/vg/gf/df)

Tomato, mozzarella & red onion salad with a balsamic dressing (v/gf)

Crunchy pink coleslaw (v/gf)

New potato salad with chopped parsley in a wholegrain mustard mayonnaise (v/gf)

Spinach leaves with sliced mushrooms, pine nuts, parmesan & pesto (v/gf) (nuts)

Persian rice salad with toasted pecans, dried fruit & fresh herbs (v/vg/gf/df) (nuts)

Greek salad with feta cheese (v/gf)

House Salad with asparagus, green beans, sugar snaps & mange tout in a chilli & soy dressing with toasted sesame seeds (v/vg/df)

Roasted butternut squash & rocket salad with toasted seeds (v/vg/gf/df)

Sun-blushed tomato & black olive orzo pasta salad (v)

Broad beans, edamame, green beans, sugar snaps, & garden peas drizzled with a zesty citrus & herb dressing (v/vg/gf/df)

Plum cherry tomatoes, beef tomato & Green Fig's homemade oven-dried tomatoes with mozzarella pearls & homemade basil pesto (v/gf) (nuts)

Watercress, rocket, pear & goats cheese salad with honey glazed pecans (v/gf) (nuts)

Seasonal vegetables (v/vg/gf/df)

Lentil dhal (v/vg/gf/df)

Indian nan breads (v)

Plain or basmati rice (v/vg/gf/df)

New or creamy mash potatoes (v/gf)

Coconut, chilli & coriander new potatoes (v/vg/gf/df)

Herby cous cous (v/vg/df)

Home-made breads, butter & condiments included in menu

Desserts

Exotic fresh fruit salad (v/vg/gf/df)

A combination of melon, pineapple, kiwi fruit & red grapes

Coffee & chocolate pots (v)

Rich & velvety chocolate mousse with a hint of coffee, served with a shortbread finger

Chocolate brownies (v/gf) (nuts)

Our amazing rich chocolate brownies served with fresh strawberries

Eton mess (v/gf)

A combination of bashed up meringues, whipped cream & fresh strawberries drizzled with a red fruit coulis

Sussex banoffee pie (v)

A buttery biscuit base topped with toffee, banana & whipped cream

Zesty lemon pots (v)

A delicious creamy lemon dessert topped with fresh raspberries & a ginger shortbread

Summer berry pavlova (v/gf)

A soft meringue covered with whipped cream, strawberries, raspberries & blueberries, drizzled with a red fruit coulis

Chocolate fudge cake (v)

A very chocolatey fudge cake with gooey chocolate icing

Sticky Toffee Pudding (v)

Served with a rich toffee sauce

Apple & cinnamon crumble (v)

Traditional crumble with a hint of cinnamon served with custard

Hot Fork Buffet	Meeting & Event Plan	Tasting Session	Table Laying	Crockery & Cutlery**	Arrival Drinks Glasses	Canapes (4 per person)	Staff for Meal	Tea & Coffee	Price (excl. VAT)	Price (inc. VAT)
Delivery Only*	x	x	x	x	x	x	x	x	£23.95	£28.74
Served Meal	x	x	x	x	x	x	✓	x	£27.95	£33.54
Bronze Package	✓	✓	✓	✓	x	x	✓	x	£37.95	£45.54
Silver Package	✓	✓	✓	✓	✓	✓	✓	x	£42.45	£50.94

*delivery charge applies beyond Eastbourne area – food will be delivered chilled

**delivery charge from hire company applies

Hire-in catering equipment may be needed for this menu

See 'Packages' for further details of what's included

Tea & Coffee can be added for £2.00 + VAT (served service only)

This menu can also be served 'sharing style' at the tables for a supplement of £1.50 + VAT per head. Desserts will be plated & placed alternately if two selections made.