

# All in Hand Catering London

## Healthy fork buffet

### **Vegetarian**

Artichoke and broad bean tart with  
pesto tomato, onion and mozzarella tart  
Provencal vegetable omelette cake  
Squash and spinach filo pie  
Halloumi cheese, red onion spinach  
and rocket  
Lentil salad with red peppers, red onions,  
feta and mint  
French bean salad with cherry tomatoes  
and halloumi  
Salad of honey-roast parsnips, pears, rocket  
and macadamian nuts with gorgonzola dressing  
Falafel salad with hummus  
Orzo pasta salad with broccoli and sun tomatoes  
Mozzarella avocado and tom salad with basil  
Goats cheese and sundried tomato tart

### **Non vegetarian**

Lemon and honey chicken  
Asian prawns with ginger noodle salad  
Jerk chicken kebabs  
White bean and tuna salad  
Thai beef noodle salad  
Hot smoked salmon salad with chilli  
lemon dressing  
Tuna with wild rocket, olive and blackened  
tomato salad  
Smoked trout salad  
Chicken with sumac, lemon and pinenuts

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### Salads

- Moroccan crunch salad
- Artichoke, tomato and green bean salad
- Asparagus, walnut and goats cheese salad
- Nutty brown rice and harissa roasted vegetable salad
- Walnut and goats cheese salad with puy lentils
- Lentil salad with red peppers, red onions, feta and mint
- French bean salad with cherry tomatoes and halloumi
- Red quinoa, feta, spinach and parsley salad
- Roasted vegetable and cous cous salad
- Tangy beetroot and bean salad
- French endive, chicory, fennel and orange salad
- Roasted vegetable salad with parsley, oregano and Greek feta cheese
- Marinated Romano peppers with buffalo mozzarella
- Green salad with almonds and herbs
- Mixed green salad of green beans, mange tout, broad beans
- Roasted peppers, pistachio and spelt salad
- Honeyed parsnips, pears, rocket and macadamian nuts with gorgonzola dressing
- Coronation chickpea salad
- Salad of roasted squash, rocket and pecorino Tuscan salad
- Feta and chickpea salad, tomato with red, yellow peppers & lemon dressing

### Place your order here

please call 0207 993 4886 or 0773 956 4072  
Email [mail@allinhandcatering.co.uk](mailto:mail@allinhandcatering.co.uk)