

Pick and Mix Sample Menu

Sandwiches

Served in your choice of granary/ white / wholemeal / wraps

Meat

Honey Roast Ham, Cheddar & Mustard Mayonnaise
Pastrami, Gherkin, Wholegrain Mustard and Rocket.

Bacon, Cranberry, Brie and Spinach

Smoked Mackerel, Horseradish Cream and Capers

Smoked Salmon, Cream Cheese, Lemon & Rocket

Bacon, Lettuce, Tomato

Vegetarian

Cheddar, Red Onion, Chutney & Baby Gem

Egg Mayonnaise with Spring Onion

Houmous, Carrot, Pesto

Butternut Squash, Red Onion and Brie

Beetroot, Rocket, Dukkha (vg)

Roasted Seasonal Vegetables, Harissa, Spinach (vg)

Artichoke, Basil, Roasted Pepper (vg)

Mozzarella, Roasted Pepper and Basil (vg)

Luxury Sandwiches

Beef Brisket, crunchy Coleslaw and Gherkin

Beef Baguette with Caramelised Onion Gravy for dipping

Sloppy Jo - Bolognaise Sauce, Jalapeno Peppers and Melted Cheese

Chicken Shawarma in Flat Bread

Chicken, Courgette, Lime and Garlic Mayonnaise

Jerk Chicken with Mango Chutney and Cucumber Ribbon

Sticky Pulled Pork and Coleslaw

Italian Sausage and Roasted Pepper

BAHLT - Bacon, Lettuce, Tomato, Harissa and Avocado



Salads

Green Leaf Salad served with toasted Mixed Seeds
Greek Salad - Feta, Tomato, Cucumber & Red Onion
Green Pistachio and Rocket Cous Cous
Rice Salad with shredded Carrot, Red Onion, Parsley & Lemon
New Potato and Mint Salad
Potato and Wholegrain Mustard Mayonnaise
Green Bean, Mangetout Orange and Dukkha
Courgette Salad with Lime, Chilli and Mint Dressing
Chargrilled Broccoli, Lemon and Tahini Sauce
Cous Cous, Carrot and Red Cabbage salad with Hazelnuts
Dijon Glazed Carrots with fresh Parsley
Pomegranate and Watercress Salad
Roasted Butternut Squash & Red Onion served with Tahini & Za'tar
Roasted Sweet Potato, Pomegranate Molasses and Pumpkin Seed
Roasted Cauliflower, Chickpea & Harissa Salad
Roasted Seasonal Vegetables with Chermoula

Hot One Pot Dishes

Meat

Chicken and Chorizo Stew
Double drunk Beef Stew
Lamb and Date Tagine
Basque Chicken
Thai Style Chicken Coconut Curry
Chilli Con Carne
Pork, Parsnip and Cider Stew
Harissa and Preserved Lemon Chicken Stew

Vegetarian

Sweet Potato and Peanut Curry (vg)
Thai Style Coconut Curry (vg)
Spiced Pumpkin Stew (vg)
Sweet sticky Aubergine Chermoula Curry (vg)
Mushroom Ghorem Sabzi (vg)
Sukuma Wiki - Braised Kale and Tomato (vg)
Charred Vegetable Chilli (vg)
Pea and Butterbean Chowder (vg)



Savoury Pastries

Chorizo and Sun blushed Tomato Filo Bites
Chicken and Chorizo Roll
Pork, Sage and Apple Sausage Rolls
Chicken, Mushroom and Leek Parcels
Cornish Pasties

Vegetarian

Homity Pie - Potato, Cheese and Onion
Butternut Squash and Feta Filo bites
Sweet Potato, Fennel and Cherry Tomato Quiche
Sweet Potato and Caramelised Onion (vg)
Caramelised Beetroot and Red Onion Tartlet (vg)
Creamy Mushroom and Leek Parcels (vg)
Spiced Seasonal Vegetable Empanadas (vg)

Dips

Houmous
Beetroot Houmous
Caramelised Onion Houmous
Butterbean & Rosemary
Smoked Red Pepper
Roasted Sweet Potato

Walnut & Confit Garlic
Spinach Borani
Carrot Tahini

Served with Flat Breads (all vg)

Something Sweet

Lemon drizzle cake
Chocolate and Cherry Brownie
Carrot, Pistachio and Coconut Cake with Rose Water Cream
Flourless, Butterless Chocolate Orange and Almond Cake
Victoria Sponge
Lemon and Lime Cheesecake
Apple and Fig Tart (vg)
Lemon and Rose Syrup Cake (vg)
Raw Chocolate Brownie (vg)
Pumpkin Pie (vg)

Taste the Love offers a bespoke service, please contact for a personalised menu or quote

All dishes are subject to seasonal variations.

May contain allergens. Please contact Taste the Love for more ingredient information.



Personal Chef & Event Catering