

Sample Lunch Menu

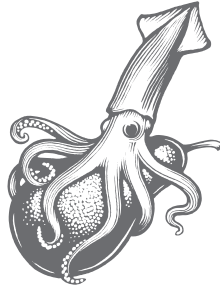
MAIN DISHES

Lemon and rosemary roast corn fed chicken (GF)
Organic Scottish salmon fillet with mango salsa (GF)
Caramelised onion and prosciutto tart
Slow cooked beef ragu buns with horseradish cream
Slow cooked BBQ free range Sussex pork buns
Grilled Cornish mackerel fillet with pear and port Chutney (GF)
Chargrilled Onglet Steak with salsa Verde (GF)
Organic gilthead bream baked with lemon and herbs (GF)
Organic Hot Smoked Salmon and Leek Frittata (GF)

VEGETARIAN

Oven Baked Squash and Goats Cheese Gratin, Pinenut and Sage Breadcrumbs
Portobello mushroom and organic Welsh goats cheese Wellington
White onion and thyme tart
Portobello mushroom and tarragon tart
Pea, broadbean and Welsh goats cheese frittata (GF)
Beetroot, Quinoa and Feta Omelette Wrap (GF)
Spiced Indian paneer buns with peas and mango chutney
Spinach, sundried tomato and feta buns
Organic gilthead bream baked with lemon and herbs (GF)
Organic Hot Smoked Salmon and Leek Frittata (GF)

SQUID & PEAR



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SALADS/SIDES

(All vegetarian and mostly vegan)

Crunchy superfood rainbow slaw (no mayo) (GF)
Kale and peanut salad (GF)
Wilted greens with confit shallot dressing (GF)
Roast beets with fresh mint and balsamic (GF)
Dressed baby leaves (GF)
Moroccan cous cous salad with pomegranate molasses
Honey roast root vegetables (GF)
Wild rice and herb salad (GF)
Cauliflower, orange and pomegranate salad (GF)
Celeriac remoulade
Superfood salad with spinach and alfalfa (GF)
Home pickled candied beetroot, breakfast radish and feta salad
with bulls blood leaf and black olive tapenade crumb
Pearl barley, spinach and avocado salad
Mushroom and tarragon salad (GF)
Roasted cauliflower with black truffle vinaigrette (GF)
Purple Sprouting Broccoli and Roast Garlic (GF)
Organic Hot Smoked Salmon and Leek Frittata (GF)

Please note: If you feel that there is something missing from any of our menus, or if you have any specific dietary requirements, please do email or call us and we would be delighted to discuss a more bespoke menu, or to offer any advice or inspiration for your event.

SQUID & PEAR

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