

Fresh & Lush

Events Catering

PLATED MENU 1

STARTER

(choose one of the following)

- Roasted Parsnip, Swede & Parsley Soup with Fresh Bread (V)
- Carrot & Coriander Soup, Crème Fraîche & Fresh Chives with Fresh Bread (V)
- Caramelised Onion & Feta Cheese Tart, Rocket & Slow Roasted Tomato Salad with a Tomato Vinaigrette (V)
- Chicken Liver Parfait with Toasted Brioche, Salad Leaves & Red Onion Chutney
- Classic Prawn Cocktail with Marie Rose Sauce
- Thai Salmon Fishcakes, Green Five Spice Vegetables & Sweet Chilli Sauce
- Butternut Squash, Spinach, Feta & Roasted Red Pepper Frittata with Mixed Leaves & Balsamic Vinegar Salad (V)
- Fan of Melon with Fresh Fruit Garnish & Passion Fruit Coulis (V)
- Crispy Butternut Fritters with Feta, Rocket & Tomato Salad (V)
- Smoked Haddock Kedgeree with a Light Curry Sauce

MAIN COURSE

(choose one of the following)

--served with Fresh Seasonal Vegetables--

- Roast Chicken Breast in White Wine & Tarragon Sauce with Buttered New Potatoes
- Penne Pasta with Roasted Mediterranean Vegetables, Toasted Pine Nuts, Rocket, Fresh Parmesan with Rocket & Roasted Red Pepper Sauce (V)
- Local Pork Sausages, Creamy Mash Potato with Red Wine & Onion Gravy
- Roasted Pork Loin with Mustard & Leek Sauce, Creamy Mash Potato
- Roasted Fillet of Salmon, Spring Onion Mash, Lemon & Capers Butter
- Moroccan Vegetable Tagine with Dates, Preserved Lemon, Couscous & Coriander Yoghurt (V)
- Chicken Cacciatore with Smoked Bacon, Parmesan & Barbeque Sauce

DESSERT

(choose one of the following)

- Individual Sherry Trifle
- Italian Tiramisu with Cream & Chocolate Coffee Sauce
- Sticky Toffee Pudding with Toffee Sauce & Whipped Cream
- Baked Apple Tart with Vanilla Ice Cream & Toffee Sauce
- Eton Mess with Summer Berries, Meringue & Whipped Cream
- Double Chocolate Tart with Strawberries, Caramel Sauce & Whipped Cream
- Classic Lemon Tart, Whipped Cream & Fresh Berries
- Raspberry & White Chocolate Cheesecake with a Raspberry Coulis

Fresh & Lush Ltd

*Tel 01746 389801 - hello@freshandlush.co.uk - www.freshandlush.co.uk
High Grosvenor Farm, Bridgnorth, Shropshire, WV15 5PG*

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PLATED MENU 2

STARTER

(choose one of the following)

Roasted Butternut Soup with Crème Fraîche & Chives with Fresh Bread (V)
Cream of Roast Tomato & Thyme Soup with Fresh Bread (V)
Salt Beef Brisket, Rocket & Goats Cheese on Toast with a Sweet Mustard Dressing
Melon & Parma Ham, Mixed Leaf Salad with a Lime & Mango Dressing
Chicken Satay Skewers with Peanut Sauce & Toasted Cashew & Noodle Salad
Potato, Cheese & Spring Onion Pan Haggerty with Crispy Bacon & Caper Mayonnaise
Pork & Apricot Terrine, wrapped in Streaky Bacon, Fresh Piccalilli, Mixed Leaves & Granary Toast
Stilton, Leek & Walnut Tart with Salad Leaves & Red Wine Reduction (V)
Salmon Teriyaki Spring Rolls with Asian Style Vegetables, Pak Choi & Sweet Wasabi Sauce
Lamb Kofta Kebab, Cucumber Tzatziki, Tomato & Onion Salsa & Couscous
Mozzarella, Basil & Slow Roasted Tomato Tart, Sherry Vinegar Reduction, Rocket & Borlotti Bean Salad
Truffled Wild Mushroom & Parmesan Tart with Cider Cream Sauce & Baby Salad Leaves

MAIN COURSE

(choose one of the following)

--served with Fresh Seasonal Vegetables--

Chicken Breast wrapped in Bacon with Dauphinoise Potatoes & a Madeira Jus'
Mushroom Puff Pastry Mille Feuille, Fresh Herbs & Walnuts, Seasonal Salad & Port Cream Sauce (V)
Handmade Shropshire Beef Burger with Bacon, Shropshire Cheddar, Caramelised Onion Mayonnaise & Chunky Chips
Baked Chicken Breast Stuffed with Mozzarella & Herbs, wrapped in Smoked Pancetta with Provençal Tomato Sauce & Buttered New Potatoes
Salmon & Herb Cheese En Croute with a Dill Sauce & Buttered New Potatoes
Mild Thai Green Vegetable Curry with Sticky Lemongrass Rice & Fresh Salsa (V)
Mixed Bean Coriander & Cheese Chimichangas with Salad, Tomato Salsa & Sour Cream (V)

DESSERT

(choose one of the following)

Baked New York Cheesecake with Blueberry Compote & Crème Chantilly
Crème Brûlée with Strawberry & Vanilla Biscuits
Banoffee Pie with Crunchy Caramel & Chocolate Fudge Sauce
Lemon & Strawberry Meringue Tart, White Chocolate & Strawberry Shortbread with Berry Coulis
Crème Caramel, Vanilla Crème Fraîche & Mini Strawberry Crumble, Fresh Strawberries
Warm Chocolate Fudge Cake, Chocolate Sauce & Clotted Cream Ice Cream
Individual Apple & Toffee Crumble with Clotted Cream Ice Cream
Brown Sugar Tart with Poached Pears and Crème Chantilly

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PLATED MENU 3

STARTER

(choose one of the following)

Creamy Asparagus Soup with Parmesan Croutons, Crispy Pancetta, a Drizzle of White Truffle Oil with Fresh Artisan Bread

Fresh Vegetable Minestrone Soup, Caramelised Peppers, Crème Fraîche, Basil Pesto with Fresh Artisan Bread
Chicken & Bacon Broth, Vegetables & Curly Kale with Fresh Artisan Bread
Pea & Ham Hock Soup with Fresh Parmesan with Fresh Artisan Bread

Fillet Of Pollock with Red Wine & Bean Cassoulet, Spinach, Roasted Red Pepper & Roasted Cherry Tomatoes
Grilled Marinated Chicken Caesar Salad, Smoked Crispy Pancetta, Parmesan Croutons, Fresh Parmesan & Rocket Leaves

Tagliatelle with Wild Mushroom, Shropshire Cider & Tarragon Cream, Fresh Parmesan Shavings, Italian Truffle Oil, Thyme & Garlic Breadstick (V)

Handmade Braised Lamb & Ricotta Ravioli, Roasted Vegetable Tian, Red Wine & Rosemary Jus'
Poached Loch Duarte Salmon & Sauté Leeks in Choux Pastry, Pea Mousse & Citrus Hollandaise

Smoked Salmon, Chives & Cream Cheese, Cucumber Salad with Lemon & Caper Dressing
Smoked Haddock & Welsh Rarebit on Nutmeg Spinach, Aged Balsamic & Roasted Cherry Tomatoes
Mixed Game Terrine, Granary Toast & Quince Chutney (subject to availability of game meats)

MAIN COURSE

(choose one of the following)

--served with Fresh Seasonal Vegetables--

Baked Goats Cheese, Warm Potato Salad, Mixed Summer Leaves & Green Herb Oil (V)
Braised Pork Belly, Crackling, Dauphinoise Potatoes & Sage Jus'

Roast Butternut Squash & Sage Risotto, Fresh Parmesan & Rocket Leaves (V)

Roast Corn Fed Chicken Breast with Pea Puree, Mushrooms, Wild Garlic Mash, Crispy Smoked Bacon & Thyme Jus'
Overnight Roasted Belly Of Local Pork, Crackling, Sage & Apple Lyonnaise Potatoes, Buttered Cabbage with Cider & Mustard Sauce

Slow Cooked Shoulder of Lamb, Rosemary Fondant Potatoes & Lamb Jus'

Honey-Teriyaki Sea Bass with Sizzled Ginger, Chilli & Spring Onions, Toasted Sesame Seed Jasmine Rice & Pak Choi

DESSERT

(choose one of the following)

Milk Chocolate & Praline Torte, Strawberry Syrup & Vanilla Bean Ice Cream
Vanilla Cheesecake, Orange Jelly & Grasmere Gingerbread

Steamed Treacle Pudding, Clotted Cream, Honeycomb & Berry Compote
Rich Chocolate Truffle Cake, Orange Syrup, Whipped Cream & Cashew Biscuits
Apple, Blueberry & Nut Crumble, Crème Anglaise & Clotted Cream Ice-Cream
Passion Fruit Crème Brûlée with Passion Fruit Granita & Lemon Biscuits

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4 PLATED MENU 4

STARTER

(choose one of the following)

Pea & Mint Soup, Radish Chips with Leek, Goats Cheese & Thyme Rarebit
Belly of Pork & Shiitake Mushroom Miso Soup with Vegetable Wontons
Potted Chicken, Chicken Breasts Poached in Fresh Stock with Herbs, Garlic & Thyme, Mixed With Fresh Goat's Cheese & Sauté Leeks Served in a Ramekin with Fresh Bread & Spring Salad
Seared Carpaccio of Beef, Garlic & Rosemary Infused Olive Oil, Wild Rocket, Fresh Parmesan & Aged Balsamic Vinegar Reduction
Poached Salmon, Marinated Beet Root, Rocket & Herb Cheese Salad with a Drizzle of Thyme Infused Olive Oil
Pressed Ham Hock Terrine, Scotched Ham Hock Quails Egg, Homemade Rhubarb & Apple Chutney & Melba Toast

Game Taster Board

Game Terrine, Red Onion Chutney, Melba Toast
Venison Sausage & Lentil Cassoulet, Mushroom Purée
Pheasant Rillettes in Puff Pastry, Shropshire Blue & Port Sauce
(£3.50 supplement per person, subject to availability of game meats)

MAIN COURSE

(choose one of the following)

Grilled Fillet of Shropshire Longhorn Beef, Roasted Elephant Garlic Purée, Baby Vegetable Confit, Rosemary & Pinotage Jus' (£5 supplement per person)
Roast Loin of Pork & Confit Belly, Apple Puree, Thyme Fondant Potato, Caramelised Onions & Thyme, Wild Mushroom Jus
Lemon & Thyme Corn Fed Chicken Breast, Pea & Chorizo Risotto, Caramelised Carrots, Fresh Parmesan, Light Lemon Vinaigrette
Baked Fillet of Loch Duarte Salmon, Crayfish Sautéed in Pernod, Lemon & Caper Potato Rosti, Baby Carrots & Bagna Cauda Sauce

DESSERT

(choose one of the following)

Lemon Posset in a Honey & Oat Biscuit Tart, Raspberry Tuile & Strawberry Jelly
Vanilla Bean Panna Cotta, Poached Strawberries, Hazelnut Biscuit & Caramel Snap
Crème Brûlée & Apple Cake, Lemon Macaron & Crème Chantilly
Chocolate Pistachio Mousse & Green Tea Sponge Cake with a Green Tea & Pistachio Macaron

ASSIETTE DESSERTS

(A selection of miniature plated desserts)

Assiette of Desserts 1

Belgian Chocolate Mousse
Mini Chocolate Orange Tart Orange Syrup & Crème Chantilly,
Triple Chocolate Cake, Chocolate & Nougat Macaron
(£2.50 supplement per person)

Assiette of Desserts 2

Summer Pudding
Lemon Posset with Honey & Oat Biscuit
Fresh Berry Pavlova
(£2.50 supplement per person)

Assiette of Desserts 3

Vanilla Panna Cotta, Mulled Wine Jelly, Grasmere Gingerbread, Chocolate Sauce
Crème Brûlée with Pineapple & Lime Granita
Strawberry Cake, Raspberry Tuile & Strawberry Meringue
(£2.50 supplement per person)

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