



Sebastian's

kitchen + cakery

Our Gluten Free Outside Catering Menu

(updated July 2019)

All of our food is made on the premises by us using fresh, seasonal ingredients. Recipes can be adapted to suit individual tastes. We can cater to most dietary needs on request—just ask us. Most of our salads can be altered slightly to make them vegan friendly without compromising on deliciousness! Email us your order or for a personalised quote:

Sebastians.sharrowvale@gmail.com

We are happy to deliver your food to you on all orders over £300 within a 10 mile radius (subject to driver availability). If your order is smaller than this we will get everything ready for you to collect from our café on Sharrowvale Road. We are currently only able to offer outside catering on Sundays for large orders in excess of £300.

Please feel free to email us on sebastians.sharrowvale@gmail.com to further discuss your requirements, check availability or to place an order.

Catering for a smaller gathering?

If you are looking for a tasty, wholesome lunch for a smaller group, we offer all of our café sandwiches to take away as well as boxes of our daily salads during our normal opening hours, subject to availability. Perfect for office

meetings and informal lunches. Have a chat with us about pre-ordering lunch for smaller groups and we can have it ready for you to collect as required.

Our delicious salad bowls

Our famous large salads which work brilliantly as part of a buffet. Salads are priced at £20 each.

- Chickpeas, feta, cherry tomatoes, parsley + fresh mint (v)
- Herby quinoa with roasted Mediterranean vegetables + sundried tomatoes (vg)
- Sunny rice salad with mangetout, mango, fresh ginger, sweetcorn + red peppers (vg)
- Crunchy red cabbage, carrot + cranberry coleslaw (vg)
- Vibrant bean salad with corn, red peppers + zesty lime dressing (vg)
- Traditional Greek salad with olives, feta, mint + oregano (v)
- Crunchy green vegetables + white beans tossed in fresh basil pesto (v)
- Sicilian roasted cauliflower, plump raisins, capers, spinach, lemon, almonds (ve)
- Nutty superfood salad with quinoa, green herbs, broccoli, blueberries, toasted seeds, nuts + a fresh lime dressing (vg)
- Puy lentils with feta, mint, mangetout, peas + mint (v)
- Puy lentils with cherry tomatoes, soured red onions + coriander (vg)
- White beans, fine green beans + toasted hazelnuts + Dijon dressing (vg)
- Chickpeas, cumin roasted sweet potatoes, nigella seeds + cranberries (vg)
- Turmeric roasted cauliflower, spinach, chickpeas, lemon, cumin seeds, pomegranates, coriander (ve)

- Fennel, apple, cucumber, mint + lemon `slaw (vg)
- Arabic salsa with cherry tomatoes, cucumber, parsley, mint + sumac
- Gluten free pasta, green vegetables, lemon, mint, spinach, E.V.O.oil

Fritattas

Fritattas are all gluten free. They serve 8 generous slices or 10-12 as part of a buffet. They cost £16 each.

- Home cooked ham, cheddar + red onion
- Feta cheese + dill (v)
- Sage Derby cheese + red onion (v)
- Beetroot, basil + goats cheese (v)
- Broccoli + stilton (v)
- Red pepper, spinach + feta (v)
- Garlicky mushrooms + cheddar (v)
- Slow cooked leek + cheddar (v)
- Caramelised red onion (v)
- Asparagus + pecorino (seasonal) (v)
- Courgette, mint + feta cheese (v)
- Chorizo, potato + red pepper
- Roasted Mediterranean vegetables + goat's cheese (v)
- Smoked bacon, cheddar + tomato

Other bits

Fancy something extra to add to your buffet?

- Large crudité's platter with homemade dips (will serve around 20 as part of a buffet) £25 (please specify if dips need to be vegan friendly)
- Large platter of chickpea falafel with a delicious tahini dip £32 (vg)
- Mini chipolata sausages roasted in honey + wholegrain mustard (large bowl to serve around 20 people as part of a buffet spread) £25

Fancy some sweet treats to round off your meal?

Fruit platters:

A delicious mix of fresh, seasonal fruit. A colourful + healthy centrepiece for a buffet! Large platter which will serve around 12-15 people £22

Sweet nibbles:

All sweet treats are £1.50 each (minimum order 10 of any one type)

- Fruit, nut + seed granola bar (ve)
- Chewy, buttery flapjack
- Cranberry flapjack (ve)
- Rich double chocolate brownie (ve option)
- Peanut butter brownies
- Chocolate chip peanut butter cookie

Our famous brownies:

Order a full tray of our deliciously indulgent brownies for £28. This cuts into 12 large slices, 24 medium slices or 48 bite sized pieces. Choose from peanut butter, double

chocolate, cherry, Nutella, raspberry, orange, toasted marshmallow, vanilla cheesecake swirl or stem ginger

Polenta cakes (9 inch diameter):

Gluten free - but not just for people who can't eat wheat - these are some of our most popular cakes sold in the café! These cost £28 each and serve 12 generous slices. All can be either dusted with icing sugar, drizzled with glaze icing or fully iced on the top.

- Lemon + lavender
- Lemon + poppyseed
- Lemon + raspberry
- Lime + coconut
- Rose + raspberry
- Lemon + almond
- Orange polenta*
- Chocolate chip + lime*
- Lemon + rosemary
- Cherry + almond
- Raspberry + vanilla
- Lemon + raisin

(*these ones are delicious topped with dark chocolate ganache! +£3)