



# Sebastian's

kitchen + cakery

## Our Vegan Friendly Outside Catering Menu (updated October 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.

Email us your order or for a personalised quote:  
Sebastians.sharrowvale@gmail.com

### Sandwich platters

Choose your favourite fillings from the list + just let us know how many people to cater for! Served with a fresh salad garnish, priced at £4.00 per person (minimum order for sandwiches is 10 people)

- Beetroot, chickpea hummous, grated carrot, leaves + toasted sunflower seeds (vg)
- Avocado, vegan pesto, cherry tomato + leaves (vg)
- Roast Mediterranean vegetables, fresh garlic basil oil, hummus, toasted pumpkin seeds + grated carrot (vg)
- Roasted red peppers, vegan mozzarella, baby spinach, fresh basil, balsamic glaze

Add a selection of Yorkshire crisps to your sandwich platter priced at £1 per person for a single serve bag each (selection of flavours).

## Our delicious salad bowls

Our famous large salads - perfect as part of a buffet. Salads are priced at £20 each. Ask us in store if you'd like to see the size of the dish.

- Panzanella - Italian bread salad with tomato, red pepper, olives, basil, balsamic vinegar + extra virgin olive oil
- Turmeric roasted cauliflower, spinach, chickpeas, lemon, cumin seeds, pomegranates, coriander (ve)
- Chickpeas, spring onions, cherry tomatoes, parsley + fresh mint
- Herby couscous with roasted Mediterranean vegetables + sundried tomatoes
- Moroccan spiced roasted carrot couscous with dried cranberries + nigella seeds
- Sunny rice salad with mangetout, mango, fresh ginger, sweetcorn + red peppers
- Crunchy red cabbage, carrot, cranberry + pumpkin seed coleslaw
- Vibrant bean salad with corn, red peppers + zesty lime dressing
- Our Greek salad with gordal olives, mint, dill + oregano
- Crunchy green vegetables + white beans tossed in our fresh garlic basil oil with toasted pinenuts
- Nutty superfood salad with quinoa, green herbs, broccoli, blueberries, toasted seeds, nuts + a fresh lime dressing
- Tabbouleh - fresh + light traditional Arabic bulghar wheat salad with lots of fresh parsley, juicy tomatoes, cucumber, sumac + lemon
- Beetroot + kale tabbouleh - our twist on a classic Arabic favourite
- Puy lentils with spinach, mint, mangetout, peas + mint
- Puy lentils with cherry tomatoes, soused red onions + coriander
- White beans, fine green beans + toasted hazelnuts + Dijon dressing
- Chickpeas, cumin roasted sweet potatoes, nigella seeds + cranberries

- Fennel, apple, cucumber, mint + lemon `slaw
- Arabic salsa with cherry tomatoes, cucumber, parsley, mint + sumac
- Orzo pasta, green vegetables, lemon, mint, spinach, E.V.O.oil
- Sicilian roasted cauliflower, capers, raisins, spinach, parsley, lemon, almonds

### **Other bits**

Fancy something extra to add to your buffet?

- Large crudité platter with homemade dips (will serve around 20 as part of a buffet) £25
- Large platter of chickpea falafel with a delicious tahini dip £32 (vg)

### **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.

### **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
- Chewy cranberry flapjack
- Vanilla + cinnamon flapjack
- Rich double chocolate brownie
- Peanut butter brownies
- Shortbread biscuits

#### **Our famous brownies:**

Order a full tray of our deliciously indulgent brownies for £25. This cuts into 12 large slices, 24 medium slices or 48 bite sized pieces. Choose from peanut butter, double chocolate, cherry, biscoff, raspberry, orange, salted pecan or stem ginger

We also make a deliciously squidgy chocolate (or chocolate orange) cake with chocolate ganache and fresh fruit - perfect for a birthday cake. These are 9 inch diameter and serve 12-14 generous slices

We are able 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](mailto:sebastians.sharrowvale@gmail.com) to further discuss your requirements, check availability or to place an order.