

## **Buffet Cardamom Pod Menu**

### **Homemade breads**

e.g. rolls, focaccia with toppings, challah

### **Dips**

Spicy Roast Tomato relish

Hummous

Pesto

Caramelised Red Onions

Smoked Mackerel Pate

### **Frittatas**

Oven baked omelettes with all sorts of fillings such as

Sweet potato and red onion

Spinach and butternut squash

New potato and bacon

### **Sausage rolls**

Cumberland with spicy tomato chutney

Spiced Lentil and carrot

### **Salads**

Green lentil with nuts, seeds and crunchy vegetables

Cous Cous and Herb salad with roast veg and garlic

Toasted spicy chickpeas with tahini dressing

Potato salad with balsamic vinegar

Slaws (with or without mayo or yoghurt)

### **Cakes**

There's no point limiting varieties of cake. We'll make all different kinds - we're currently excited about cardamom cake and fruit and almond cakes

### **Spiced baked nuts**

With honey, rosemary, pepper

### **Scones**

With cream and jam or savoury cheese and mustard scones

### **Buffet**

Six items from our menu cost £10 per head, for more than 6 items get in touch for a quote.

### **Lunchboxes**

Lunchboxes cost £11 a head for 3 salads and a choice of 3 other items from the menu.

### **Delivery and other information**

Delivery is included within approximately 10 miles of Brighton if you order for 15 people or more. Otherwise we can deliver within this area for £10.

### **Buffet**

We will deliver all the food in recyclable boxes and leave it with you to display and eat at whatever time is best for you.

We can supply disposable plates, bowls, cutlery as well as cups and drinks for an additional charge.

### **Lunchboxes**

We deliver your lunch boxes with cutlery and serviettes so you will have everything you need – including an easy way to take leftovers home.

We can supply disposable cups and drinks for an additional charge.

To discuss your event and talk food you can contact us at

Anna 01273563375 or 07770907429

thecardamompod@yahoo.com