## Wellness Focused Catering



## Lunch Platters: (1 platter serves 6 to 8 people, 36£ per platter)

<u>Curried chickpea</u> and tofu salad with apples, dates, celery, cashews, coconut, herbs and creamy curried sauce.

Broccoli and quinoa salad with chickpeas, grilled peppers, green olives, avocado, herbs and vegan mayo sauce.

<u>Quinoa and strawberries</u> salad with carrots, cranberries, beetroot, (vegan) feta and balsamic sauce.

<u>Wholegrain rice and sweet potato</u> salad with vegan feta or goat's cheese, hazelnuts, herbs, pomegranate and orange sauce.

<u>Cauliflower and pistachio</u> salad with pomegranate, mint, parsley and vegan vinaigrette. Option with goat's cheese or vegan feta available.

<u>Mexican style</u> salad with rice, beans, avocado, corn, herbs, lime, vegan cheese, pepper and tortilla chips

<u>Thai style mango</u> and halloumi salad with peanut sauce and crunchy vegetables

<u>Moroccan style</u> salad with greens, chickpeas, carrots, mint, pistachios, (vegan) feta, dates and cinnamon sauce

<u>Ricotta, peach and blueberry</u> salad with mint, avocado, cucumber, pecan nuts and balsamic sauce

email: shop@veggiecrush.co.uk