



Mediterraneo Catering

Vegetarian and vegan main courses

* items can be delivered, the rest require a chef on site

V+ items are vegan, or can be made vegan

- * Pumpkin, sweet potato, spinach and black eyes bean curry H GF DF V+
- * Moroccan vegetarian tagine with preserved lemon and chickpeas H GF DF V+
- * Nut and vegetable roast with roasted red pepper and tomato sauce H GF DF V+
- * Vegetarian Moussaka H GF
- * Vegetable and lentil pie with sweet potato mash topping H GF DF V+
- * Stuffed vegetable medley with 3 different fillings H GF DF V+
- * Portobello mushroom with spinach, goats cheese and walnut crumble H V+
- * Wild mushroom and Portobello stroganoff H GF DF V+
- * Roast vegetable and spinach lasagne H GF DF V+
- * Spanakopita - filo pie with 4 cheeses, spring onions and spinach H
- * Vegetable gratin topped with garlic-sourdough crumbs H GF
 - Mushroom, spinach and walnut strudel with port wine and thyme reduction DF V+
 - Grilled polenta with oven roasted vegetables, rocket and balsamic H GF DF V+
 - Aubergine and vegetable stack with goats cheese, tomato and basil H GF
 - Buckwheat crepes with a trio of fillings H DF
 - Potato gnocchi with roast red pepper, cherry tomato and garlic H DF V+
 - Indonesian style stirfry with chili, garlic, ketsup manis and ginger H GF DF V+
 - Thai style stirfry with coconut milk, lemongrass, coriander and ginger H GF DF V+
 - Asparagus, pea and chervil risotto H GF DF V+
 - Mushroom and chestnut Wellington with port wine reduction H GF DF V+
 - Glazed root vegetable tarte tatin H DF V+
 - Persian spiced baked eggs with roast vegetables and saffron H GF DF V+
 - Handmade giant ravioli filled with wild mushrooms, walnuts and thyme H GF DF
 - Grilled spicy black bean burger H GF DF V+
 - Grilled quinoa, pumpkin and sweet potato burger H GF DF V+
 - Grilled balsamic marinated Portobello burger H GF DF V+
 - Grilled Jamaican jerk tofu burgers H GF DF V+
 - Grilled Asian marinated tofu and vegetable skewers with satay sauce H GF DF V+

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