



# Mediterraneo Catering

## Meat main courses

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

### Beef

- \* Beef Lasagna GF DF
- \* Cottage pie GF DF
- \* Italian style beef meatballs with tomato and basil sauce GF DF
- \* Beef bourgignone GF DF
- \* Moroccan spiced beef and prune tagine GF DF
- \* Classic steak and ale pie GF DF
- \* Osso bucco (slow braised beef shank) with gremolata and saffron risotto GF DF
- \* Grilled beef salad with pesto, pinenuts, rocket and roasted tomatoes H GF DF
- \* Grilled thai beef salad with a chili and lime dressing H GF DF
- Grilled basil oil marinaded sirloin, rib eye or fillet steak H GF DF
- Grilled sirloin, rib eye or fillet steak with salsa verde H GF DF
- Grilled fillet, sirloin or rib eye steak - various sauces H GF DF
- Picanha brasileira (grilled sirloin with tropical fruit and black bean rice) H GF DF
- Grilled 'Boerwurst' (pure beef south African sausage coil) DF
- Beefburgers - 100% charolais beef and seasonings H GF DF
- Beef medallions with wild mushrooms, marsala and crème fraiche GF
- Beef teriyaki skewers H GF DF

### Lamb

- \* Leg of lamb steaks slow baked with red wine, rosemary and garlic GF DF
- \* Lamb kofta with spiced tomato and herb sauce H GF DF
- \* Moroccan spiced lamb tagine with apricots, saffron and herbs H GF DF
- Grilled butterflied leg of lamb marinaded in red wine and herbs H GF DF
- Grilled moroccan spiced lamb skewers H GF DF
- Grilled greek souvlakia lamb skewers H GF DF
- Grilled lamb chops with spiced pear salsa H GF DF
- Italian slow braised lamb shanks served on polenta H GF DF
- Grilled spiced lamb and apricot burgers H GF DF

917 223 334

medcateringportugal@gmail.com



# *Mediterraneo Catering*

## Pork

- \* Slow braised BBQ spare ribs in a tangy sauce GF DF
- \* Pork chops baked with apples, garlic, white wine and crème fraiche GF DF
- \* Roast belly pork with plums, soy, star anise and ginger GF DF
- \* Pork tenderloin in cream, honey and wholegrain mustard sauce GF DF
- \* Pork tenderloin with sundried tomato, red wine, garlic and olives GF DF
- \* Pork feijoada - traditional Portuguese pork and bean stew with local sausages DF
- \* Pulled pork with tangy BBQ sauce GF DF
- Roast suckling pig with port wine-thyme reduction and caramelised apple GF DF
- Stuffed pork tenderloin with apricots, chestnut, leek, port wine reduction GF DF
- Grilled sticky rack of ribs GF DF
- Grilled pork, apple and leek burgers GF DF

## Rabbit and Game

- \* Rabbit baked with red wine, shallots, mushrooms, thyme and garlic GF DF
- \* Rabbit baked with sage, garlic, white wine and crème fraiche GF DF
- \* Rabbit baked Sicilian style with white wine, raisins and vinegar GF DF
- \* Wild boar baked in a rich red wine sauce GF DF
- \* Roast quail with thyme, white wine, toasted pinenuts H GF DF
- Middle eastern quail with pomegranate molasses H GF DF
- Grilled quail piri-piri H GF DF

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## Poultry

- \* Chicken parmigiana H GF
- \* Moroccan spiced chicken tagine with apricots, saffron and herbs H GF DF
- \* Chicken Cacciatore with red wine, lardons, mushrooms, shallots and tomato GF DF
- \* Chicken breast sauted with honey, wholegrain mustard and cream H GF DF
- \* Chicken baked with white wine, garlic, bacon, mushrooms and cream GF DF
- \* Chicken and chorizo lasagne GF DF
- \* Chicken, bacon and leek pie GF DF
- \* Chicken baked with chorizo and chickpeas GF DF
- \* Thai red chicken curry H GF DF
- \* Thai green chicken curry H GF DF
- \* Turkey breast pizzaiola with tomato and basil sauce and mozzarella H GF
- Moroccan Pastilla filo pie with chicken, nuts and spices H DF
- Grilled chicken and chorizo skewers with red pepper and garlic marinade GF DF
- Grilled chicken and pineapple skewers with coconut and thai red curry H GF DF
- Grilled chicken piri-piri H GF DF
- Grilled chicken tikka skewers with a spiced mango sauce H GF DF
- Grilled chicken satay skewers with spicy satay sauce H GF DF
- Grilled Jamaican jerk chicken with pineapple salsa H GF DF
- Grilled thai spiced chicken burgers H GF DF
- Chicken breast baked with presunto, herb cheese and asparagus GF
- Peppered duck breast with marsala reduction GF DF
- Roast duck breast with honey, port and orange GF DF
- Roast duck breast with plum, ginger and star anise H GF DF

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