



Mediterraneo Catering

Tapas, Sharing Plates and Starters

* items can be delivered, the rest require a chef onsite

- * Selection of breads, crackers, vegetable sticks, herb butter H GF DF V+
- * Olives marinated with garlic and herbs H GF DF V+
- * Olives marinated with chili and preserved lemon H GF DF V+
- * Marinaded algarvian carrots with cumin and garlic H GF DF V+
- * Marinaded fresh cheese H GF
- * Local cured mountain cheese with quince paste H GF

Dips and pates

- * Hummus H GF DF V+
- * Roasted red pepper hummus H GF DF V+
- * Olive, lemon and coriander hummus H GF DF V+
- * Tzatziki H GF DF V+
- * Mexican salsa H GF DF V+
- * Guacamole H GF DF V+
- * Black bean dip with cumin and garlic H GF DF V+
- * Roasted red pepper, feta and mint dip H GF
- * Blue cheese and spring onion dip H GF
- * Mango and sweet chili salsa H GF DF V+
- * Sundried tomato, olive and cannelli bean dip H GF DF V+
- * Wild mushroom, marsala and herb pate H GF DF V+
- * Chicken liver, fig and port wine pate GF DF
- * Chicken liver parfait GF DF
- * Sardine pate H GF DF
- * Tuna pate H GF DF
- * Black olive tapenade H GF DF V+
- * Moroccan spiced root vegetable pate H GF DF V+
- * Roast aubergine pate H GF DF V+
- * Smoked salmon and dill pate H GF

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Vegetarian

- * Broad bean, fennel, feta and mint salad H GF
- * Tomato, mozzarella and fresh basil salad with balsamic dressing H GF
- * Roast beetroot and orange dressed with honey and cumin H GF DF V+
- * Roast beetroot, goats cheese and hazelnuts on baby leaf H GF
- * Peperonata with toasted pine nuts H GF DF V+
- * Italian grilled vegetables with balsamic, pinenuts and fresh basil H GF DF V+
- * Moroccan grilled vegetables with spiced honey and citrus dressing H GF DF V+
- * Spanish tortilla H GF DF
- * Red peppers stuffed with risotto rice, sundried tomato and parmesan H GF DF V+
- * Mushrooms stuffed with garlic butter and parmesan H GF
- * Nut and vegetable croquettes with spicy tomato sauce H GF DF V+
- * Arancini rice balls stuffed with mozzarella and chili jam H GF
- * Sweetcorn and red pepper fritters with salsa GF DF V+
- * Courgette and mint fritters with tzatziki H GF DF V+
- * Spanakopita - spinach and ricotta filo pastry H
- * M'hencha - moroccan spiced pumpkin, artichoke and feta filo coil H
- * Goats cheese, roasted red onion, thyme and honey tart H GF
- * Spicy vegetable empanadas H DF V+
- * Rocket, fresh fig and curd cheese salad with honey and lemon dressing H GF
- * Baby spinach, pear, caramelised walnut and blue cheese salad H GF
- Bruschetta with tomato, red onion and basil H GF DF V+
- Bruschetta with cannelli beans, roast garlic and thyme H GF DF V+
- Grilled asparagus with lemon-herb butter and parmesan H GF
- Grilled polenta with wild mushrooms and gorgonzola H GF
- Poached quails eggs on spinach H GF DF
- * Beetroot and spring onion fritters with greek yoghurt and dill dip H GF DF V+
- Grilled vegetable and tofu skewers with satay sauce H GF DF V+
- Sicilian sweet and sour aubergine H GF DF V+
- Wild mushrooms sauted with lemon, parsley, garlic and white wine H GF DF V+

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Fish and Seafood

- * Thai fishcakes with sweet chili and lime dipping sauce H GF DF
- * Portuguese style octopus salad H GF DF
- * Salmon and watercress terrine H GF
- * Seabass ceviche with lime, chili and coriander H GF DF
- * Chargrilled squid with roast red pepper and lemon dressing H GF DF
- * Chilled butterflied tiger prawns with a trio of dips H GF DF
- * Large mussels stuffed with garlic and parmesan H GF
- * Salmon and chervil fishcakes with tartare sauce H GF DF
- * Fresh salmon carpaccio with ginger, lime and soy H GF DF
- * Seared pepper tuna salad with orange and wasabi dressing H GF DF
- * Fresh grilled tuna salad nicoise H GF DF
- * Salt cod fritters with aioli H DF
- * Salmon, lemon and herb tart H GF DF
- * Grilled tiger prawn caesar salad H GF DF
- Mussels in white wine, garlic and cream H GF DF
- Mussels with tomatoes, garlic, herbs and capers H GF DF
- Fresh local oysters with garnishes H GF DF
- Tiger prawns sauted Portuguese style with garlic H GF DF
- Tiger prawns sauted with chili, ginger garlic and soy H GF DF
- Tiger prawns sauted with sugarcane spirit, served with chili-mango salsa GF DF
- Local clams Bulhao Pato style with garlic, white wine and coriander H GF DF
- Local clams fisherman style with tomato, olives and garlic H GF DF
- Local dressed crab with garnishes H GF DF
- * Seafood platter with a selection of local seafood, fruit, dips H GF DF
- * Cured seabream with fennel and chorizo oil GF DF
- * Classic prawn cocktail H GF DF
- * Sushi selection H GF DF
- Tandoori grilled tiger prawns with curry-mango sauce H GF DF
- * Poached salmon salad with lemon and dill cream H GF DF

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Meat

- * Arancini rice balls stuffed with mozzarella and ham GF
- * Local cured meat platter with homemade chutneys and pickles GF DF
- * Spicy chicken wings with blue cheese dip H GF DF
- * Soy and ginger marinated chicken drumettes H GF DF
- * Grilled beef salad with rocket, parmesan and pesto dressing H GF DF
- * Chicken Caesar salad H GF DF
- * Grilled beef thai salad with coriander, ginger and lime dressing H GF DF
- * Rare duck breast salad with watermelon and raspberry vinegarette H GF DF
- * Beef teriyaki skewers with soy, honey and lime dip H GF DF
- * Chicken satay skewers with spicy peanut sauce H GF DF
- * Chicken tikka skewers with curry-yoghurt dip H GF DF
- * Thai spiced chicken and peanut balls with chili-lime dip H GF DF
- * Chorizo with cannelli beans, garlic and red wine GF DF
- * Moroccan spiced lamb kefta with garlic yoghurt and mint dip H GF DF
- * Italian style meatballs with tomato and red pepper sauce H GF DF
- * Quail escabeche H GF DF
 - Roast quail salad with pomegranate dressing H GF DF
 - Grilled quail piri-piri with aioli H GF DF
 - Grilled asparagus wrapped in smoked ham GF DF
 - Grilled asparagus with poached quails eggs and chorizo GF DF
- * Pork and fennel puff parcels DF
- * Filo parcels with chicken, spinach and almond H DF
- * Coconut chicken salad with papaya and tamarind H GF DF
- * Grilled chicken and mango salad with curry-mango dressing H GF DF
- * Melon and smoked ham GF DF
 - Local chorizo flamed in mendronho GF DF
- * Scotch quails eggs GF DF
 - Grilled fresh figs with presunto and gorgonzola GF
 - Foie gras with pickled pear chutney and toasted brioche GF DF
 - Fillet beef carpaccio with rocket and parmesan H GF DF
 - Portuguese black pudding with apple DF
 - Portuguese farinheira sausage scrambled with egg and mint DF

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