

SUPERFOODS – MENU

We are endeavouring to give you canapés that will make you feel great and energised after eating rather than that over-indulged feeling.

SERVED HOT

Nut encrusted chicken with a maca thai dip

Turmeric marinated lamb with a spiced lentil dip

Kale and chickpea fritter with smoked tomato salsa (v)

SERVED COLD

Chilli-cornbread flower pots with crab tian, spiced avocado and jalapeno

Acai crusted duck breast on wild rice cake with a blueberry compote

Moringa biscuits topped with creamed goat's cheese and goji berry jam (v)

Coriander, fennel crusted tuna wrapped in nori with a wasabi cream

Quinoa blinis with mackerel, horseradish cream and pickled beetroot

Parmesan wafer with quail's egg, and truffle mayonnaise (v)

(v) vegetarian

