



Personal Chef Meal Service

(Sample Summer menu)

Lunches

Japanese seven spiced tofu, soybeans, bok choy, ponzu & brown rice

Orecchiette pasta with courgette, basil, olives, 'feta' & pine nuts

Broccoli, shiitake mushroom, kale & ginger noodles with tofu

Tuna Niçoise salad

Onion & thyme Quiche with green salad

Chalk stream trout poke

Watermelon, fetta and basil salad

Spicy aubergine, harissa dressing, tofu, peppers & roasted onions

Dinners

Spaghetti Caponata

Sea bream with ratatouille & pearl barley

Korean Gochujang King Oyster Mushroom, with rice and cucumber salad

Lions' mane with peppers, tomato sauce, lentil & cabbage

Leek, courgette & mushroom fricassee with brown rice pilaf

Baked cod with tomato gnocchi and basil

baked chicken breast with olives, lemon & new potato's

Glazed Japanese aubergine with shiitake mushrooms sushi rice & slaw