

Bear & Mind Chefs Ltd

Salad Trays

1 tray feeds 8 people/ Minimum order 3 trays

£65 per tray

Meat

Peruvian Chicken & Sweet Potato Salsa with black beans, sweetcorn, spring onions & zingy aji verde sauce

Chicken Caesar with a Caesar dressing, pancetta, Romaine lettuce, garlic croutons, parmesan & artichokes

Mediterranean sticky chilli lemon chicken salad with griddled courgettes, roasted peppers, kalamata olives, tomatoes, pinto beans, lambs lettuce with a harissa, honey & lemon dressing

Thai beef salad with thinly sliced rare beef steak, mango, radish & carrot slaw, sushi rice, chilli, cashews, mint & coriander

Chicken schnitzel salad & ranch dressing with a chopped tomato salsa, pancetta, spinach & potato salad

Fish

Broccoli & smoked anchovies' salad with a chilli, maple syrup & Pommery mustard dressing

Hot smoked salmon & Jersey royals' salad with quail's eggs, monks beard with a lemon & dill dressing

Tuna Niçoise salad with baby plum tomatoes, olives, green beans, new potatoes, artichokes, cucumbers & a soft-boiled free-range egg

Salmon & basil pesto salad with fetta, asparagus, broccoli, pinenuts, olives tomato & salsa verde

Teriyaki Salmon with sushi rice, edamame beans, wakame, bok choy, Shiitake mushroom & sesame seed

Veggie/Vegan

Sweet Potato salad with guacamole, cashew nuts, baby spinach & a chilli lime dressing

Beetroot salad with pink fur potato's, cashews, fetta & Chimichurri dressing

Quinoa tabbouleh with beetroot, cauliflower, pumpkin seeds, chilli & lime

Harissa roasted aubergine, smoked paprika yoghurt, red peppers, pinto beans, olives & cashews

Classic British salad, tomatoes, cucumber, radish and carrots, elderflower vinaigrette

Falafels with tzatziki & Baba Ghanoush. Chickpeas & zhoug quinoa with apricots, cashews, green beans & beetroots.