







Cold Food Options

If you like the idea of your guests coming to help themselves and seeing a feast laid out before them, then The Feed can provide wonderful spreads.

Fork Buffets provide ideal meals for the less formal occasion. We will provide the chosen menu, (all made with best quality, fresh ingredients) at the time you want it and then leave you to it!





























Main Items

- Sticky chicken drumsticks  
- Honey and mustard roasted ham 
- Salmon and courgette tart    
- Creamy tarragon chicken with grapes   
- Lemon poached salmon with whole grain mustard and crème fraiche dressing*   
- Mandarin chicken salad with edamame, red pepper, peanuts    
- Courgette, potato and mint frittata with crumbled feta cheese   
- Caramelised red onion and goat's cheese tart  
- Bang Bang chicken and rice noodle salad   
- Coronation chicken    
- Red pepper, mushroom and basil frittata  
- Smoked mackerel, beetroot and puy lentil salad with horseradish dressing  
- Vietnamese prawn and rice noodle salad   
- Sliced roast beef*













* £1.00 supplement on cost per person

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Salads

- Orange, fennel and radish salad
- Potato salad with mayonnaise and spring onions  
- Tabbouleh (parsley, mint and bulgar wheat salad) 
- Lemony orzo pasta salad with artichokes, sun dried tomatoes and red peppers  
- Coleslaw   
- Potato salad with lemon and olive oil dressing 
- Rainbow Asian slaw    
- Basmati and wild rice, red grape and celery salad  
- Mexican bean salad
- Greek salad 
- Fruity couscous with apricots, sultanas, flaked almonds  
- Cucumber, sour cream and dill salad 
- Mixed bean salad with wholegrain mustard dressing 
- Waldorf salad    
- White bean and roasted red pepper salad with roasted tomato & basil dressing
- Tomato and onion vinaigrette 
- Lime and honey beetroot salad 
- Roasted butternut squash and chickpea salad with tahini dressing 
- Mixed leaf salad 

Desserts:

- Pavlova with fresh cream and fresh fruit (GF)  
- Lemon cheesecake  
- Chocolate and raspberry roulade (GF)  
- Treacle tart   
- Pear and frangipane tart   



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Pricing Options:

- Cost per person – 2 mains, 3 salads, 1 dessert: £8.75 (Minimum 12 guests)
- Cost per person – 3 mains, 3 salads, 1 dessert: £9.75 (Minimum 12 guests)
- Cost per person – 3 mains, 3 salads, 2 desserts: £11.50 (Minimum 15 guests)
- Cost per person – 3 mains, 4 salads, 2 desserts: £12.25 (Minimum 15 guests)
- Cost per person – 3 mains, 5 salads, 2 desserts: £12.75 (Minimum 15 guests)
- Cost per person – 3 mains, 5 salads, 3 desserts: £13.75 (Minimum 15 guests)
- Cost per person – 4 mains, 4 salads, 2 desserts: £13.75 (Minimum 20 guests)
- Cost per person – 4 mains, 4 salads, 3 desserts: £14.25 (Minimum 20 guests)

Allergies, dietary preferences & requirements

It is the client's responsibility to notify The Feed well in advance of any special requirements arising from dietary preferences, requirements (Dairy- or gluten- or wheat- free, vegan, vegetarian, halal, kosher etc.) or guest's allergies/intolerances in relation to:

- i) Cereals containing gluten namely wheat (such as spelt and Khorasan wheat), rye, barley, oats and their hybridised strains and products thereof
- ii) Crustaceans and products thereof (for example prawns, lobster, crabs and crayfish)
- iii) Egg and products thereof
- iv) Fish and products thereof
- v) Peanuts and products thereof
- vi) Soybeans and products thereof
- vii) Milk and products thereof (including lactose), except:
- viii) Nuts (namely almond, hazelnut, walnut, cashew, pecan nut, Brazil nut, pistachio nut and Macadamia nut (Queensland nut)) and products thereof except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin)

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- ix) Celery and products thereof
- x) Mustard and products thereof
- xi) Sesame seeds and products thereof
- xii) Sulphur dioxide and sulphites at concentrations of more than 10mg/kg or 10mg/L (litre) in terms of the total SO₂ which are to be calculated for 12 products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers
- xiii) Lupin and products thereof
- xiv) Molluscs and products thereof (for example mussels, clams, oysters, scallops, snails and squid)

Food Allergy/Intolerance Key:

