



## Finger Buffet Menu 1

Selection of Sandwiches  
White & Wholemeal Bread

Ham & Onion Relish  
Tuna Mayonnaise  
Cheese & Pickle -v

Goats Cheese & Red Onion Slices -v

Kettle Crisps

Fresh Fruit Salad

Millionaires Shortbread

£7.00 per guest + VAT





## Finger Buffet Menu 2

Selection of Sandwiches

Beef & Horseradish  
Salad –v  
Ham & Tomato

Homemade Sausage Rolls

Kettle Crisps

Fresh Fruit Salad

Chocolate Brownies

£7.00 per guest + VAT





## Finger Buffet Menu 3

### Selection of Sandwiches

Prawn Mayonnaise  
Ham Salad  
Cheese & Onion - v

Pizza Slices

Spicy Potato Wedges with Dip –v

Fresh Melon Platter

Carrot Cake

£7.00 per guest + VAT





## Basic Buffet Menus 1

### Handmade Mini Pastry Selection

Classic Quiche Lorraine  
Red Pepper & Pesto (v)  
Bacon & Leek Pasties  
Sausage Rolls

Mini Sausages marinated in Honey & Mustard

### Sandwiches

Ham & Mustard  
Beef & Onion Marmalade  
Brie & Tomato -v  
Prawn Mayo  
Salad -v

Kettle Crisps

Chocolate Brownie / Millionaire Shortbread

Fresh Fruit Salad Platter with Yogurt Dip

£9.00 per head + VAT

Apple / Orange fruit juice – extra £1 per guest if required





## Basic Buffet Menus 2

### Sandwiches

Ham Salad

Chicken & Stuffing

Smoked Salmon & Cream Cheese

Soft Cheese & Red Pepper -v

Roast Chicken Drumsticks

Sausage Rolls

Mini Sausages marinated in Honey & Mustard

Mini Onion Bhajias, Vegetable Spring rolls, Thai Chicken Skewers,  
Vegetable Spring rolls with Sweet Chilli Sauce & Raita

Kettle Crisps, Tortilla Chips & Breadsticks

Handmade Dips, Tomato Salsa, Sour Cream & Chive, Blue Cheese

Carrot cake / Coffee & Walnut cake slices

Fresh Fruit Salad

£10.00 per head + VAT



Selection of Canapés

Bacon & Leek Pasties  
Vegetable Spring rolls (v)  
Mushroom Tartlets (v)

Selection of Chicken Skewers with dips

Thai Chicken, Basil & Orange Chicken  
Lamb Koftas, Honey & Mustard Sausages

Cold Meats Platter

Slices of Marinated Gammon Ham  
Slices of Home Roast Beef

Classic Quiche Lorraine

Selection of Bread Rolls & Butter

Salads

Cous Cous Salad with Roasted Vegetables

Potato Salad

Greek Salad

Cucumber, Tomato, Lettuce, Red Onions, Black Olives, Feta Cheese  
in a light vinaigrette dressing

Roulade or Cheesecake or Tart  
(flavour to be chosen)

Pineapple in Lime Sugar

£15.50per guest + VAT



The Environment Agency Working Lunch  
Menu 1<sup>st</sup> July 09 (18 guests)

Selection of Sandwiches on white & whole meal bread

Chicken Salad  
Ham & Mustard  
Tuna Mayo  
Cheese & Pickle  
Brie & Onion Chutney  
Salad

Vegetarian Pastry Savouries

Sunblush Tomato & Pesto Tartlets  
Goats Cheese, Onion & Thyme Tartlets  
Vegetable Spring Rolls  
Stilton & Chestnut Pasties  
Spinach & Feta Samosas

Crudite Platter

Tomato, Cucumber, Peppers, breadsticks with Onion & Garlic Dip

Kettle Crisps

Fresh Fruit Salad Platter

Strawberries, Melon, Pineapple, Grapes,

Carrot Cake Slices  
Millionnaires Shortbread Slices

Selection of Juices

Apple, Orange, Blackcurrant

£12.00 per head + VAT





Wednesday 12<sup>th</sup> November at 11.30

Briton Ferry Health Centre

12 guests

Fork Buffet Menu

Assorted Vegetarian Canapés

Olive & Feta Parcels, Vegetable Spring Rolls,  
Rocket & Cheese Tart

Blue Cheese dip with Rye Bread Fingers & Breadsticks

Butterfly Chicken Breasts

Marinated in Lemon & Honey and rolled in fresh herbs.

Roasted Red Peppers

Stuffed with Roasted Vegetables and Goats Cheese.

Winter Rice Salad

Greek Salad

Feta, Black Olives, Tomatoes, Cucumber & Red Onion  
on a bed of green leaves.

Selection of Bread Rolls with butter portions

Fruit Platter

Pineapple, Strawberries, Mango & Kiwi

Frangipane Mince Pies, Blueberry & Lime Drizzle Cake,  
Slices of La Crème Christmas Cake

£16.50 per guest + VAT



La Crème Patisserie & Catering Co. Ltd. 01639 813166

Sian & Ian Hindle

[www.lacreme.typepad.co.uk](http://www.lacreme.typepad.co.uk)





Swansea Uni. History Dept.

June 16<sup>th</sup> 18<sup>th</sup>, 20<sup>th</sup>

Lunch Menu Selection

Monday June 16<sup>th</sup>

Assorted Pastry Savouries

Onion & Pine nut Tartlets (v)

Olive & Feta Rolls (v)

Chestnut & Stilton Pasties (v)

Chicken Breast Skewers

Marinated with fresh herbs

Roasted Red Peppers, stuffed with Cous-cous and roasted  
Mediterranean vegetables (v)

Greek Salad (v)

Cucumber, Tomato, Feta Cheese, Red Onion, Pumpkin Seeds over  
green leaves in a light dressing

Cous-cous salad (v)

Minted Baby potatoes (v)

Bread Rolls & Butter (v)

Carrot Cake Cup-cakes (v)

Fresh Melon Platter (v)

Selection of Fruit Juices

£13.50 per guest +VAT



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Swansea Uni. History Dept.  
June 16<sup>th</sup> 18<sup>th</sup>, 20<sup>th</sup>  
Lunch Menu Selection

Wednesday June 18<sup>th</sup>

Assorted Vegetarian Skewers

Spinach & Ricotta Tortellini (v)

Mozzarella, Basil & Tomato (v)

Fennel, Feta & Cucumber (v)

Prawn & Mangetout

Served with Lemon Mayonnaise Dip

Classic Quiche Lorraine

Asparagus Quiche (v)

Mixed Bean Salad (v)

Marinated Cucumber Salad (v)

Balsamic Tomato Salad (v)

Mixed green leaves (v)

Lightly dressed

Granary French Stick & Butter (v)

Chocolate Brownies (v)

Fresh Seasonal Fruit Salad

Selection of Fruit Juices

£13.50 per guest + VAT



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Swansea Uni. History Dept.  
June 16<sup>th</sup> 18<sup>th</sup>, 20<sup>th</sup>  
Lunch Menu Selection

Friday June 20<sup>th</sup>

Vegetable Spring Rolls (v)  
Filo Prawns  
Served with Sweet Chilli Sauce Dip

Lemon & Sesame marinated Chicken  
Chicken breast marinated skewers served with a separate Dip

Roasted Vegetable Skewers (v)

Chinese Vegetables and Noodle Salad (v)

Mixed Leaves (v)

Sesame French Stick & Butter (v)

Chocolate & Cherry Roulade (v)  
Homemade chocolate roulade filled with Cream and  
Black cherries

Pineapple in Lime Sugar

Selection of Fruit Juices

£13.50 per guest + VAT



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## Cold Working Lunch Menu 1

Basil & Orange marinated Chicken breast Skewers  
Marinated and Roast Chicken served cold

Roasted Onion & Thyme Tart (V)  
Roasted red onions with fresh thyme in a crisp pastry case

Bulgar Wheat Salad with Mediterranean Vegetables  
Bulgar wheat with lemon, topped with roasted  
Mediterranean vegetables

Mixed Green Leaf salad  
Lightly dressed

Vine Tomatoes with Balsamic Dressing

Assorted bread rolls & Butter

Coconut Lime Cake

Fresh Fruit Salad

Selection of Fruit Juices

Price per Guest £16.50 + VAT





## Cold Working Lunch Menu 2

Bacon, Leek & Stilton Quiche

Sun Blush Tomato Tart (Vegetarian Option)

Sesame & Lemon Marinated Chicken Skewers

Cucumber Salad

Mixed Bean Salad

Mixed green leaves  
Lightly dressed

Sesame French Stick & Butter

Old Fashioned Baked Cheesecake, served with Apple Compote

Fresh Fruit Salad

Selection of Fruit Juices

Price per Guest £15.50 + VAT





## Welsh Themed Cold Lunch

Mini Leek, Bacon & Laverbread Pasties  
Puff pastry filled with sauté leek, bacon and speckled with  
Laverbread

Baked Salmon Fillets with Parmesan & Parsley crust  
Fresh Salmon topped with a creamy mushroom sauce, sprinkled with  
fresh breadcrumbs.

Glamorgan Sausages served with Red Onion Relish (V)  
Cheese & Herb “Sausages”

Bulgar Wheat Salad  
Bulgar wheat with lemon and fresh green herbs

Cherry tomato salsa  
Tomato, chilli, garlic, lemon & coriander

Fennel & Orange Salad  
Dressed with a light vinaigrette

Assorted Bread Rolls & Butter

Roulade filled with Rhubarb and Cream

Fresh Fruit Salad

Selection of Fruit Juices

Price per Guest £18.50 + VAT





### Breakfast Meeting – Continental Breakfast

Selection of mini Danish pastries, pain au chocolat, muffins.

Selection of petit pain, brioche rolls, croissants.

Mini cheese portions, jam, butter, fresh fruit salad, yogurt, cereals.

Freshly baked on the morning and delivered at the agreed time.

Price per Guest £9.75

### Mid Morning Coffee Break

Selection of mini Danish pastries, pain au chocolat, croissants, muffins. Freshly baked on the morning and delivered at the agreed time.

Price per portion £1.95

### Afternoon Tea Break

Almond & Berry Sponge

Apple Cake

Carrot Cake

Chocolate & Walnut Brownies

Chocolate Truffle Cake

Coconut Sponge (Suitable for Coeliacs)

Espresso & Walnut Cake

Millionaires Shortbread

Pear / Cherry Frangipane Tart

Rhubarb Shortcake

Sugar Free Orange Madeira Cake (Suitable for Diabetics)

Supplied cut into slices or individual portions for ease of serving

Price per portion £2.50

