



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 1st 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 12th 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



Swansea Uni. History Dept.

June 16th 18th, 20th

Lunch Menu Selection

Monday June 16th

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



La Crème Patisserie & Catering Co. Ltd. 01639 813166

Sian & Ian Hindle

www.lacreme.typepad.co.uk



Swansea Uni. History Dept.
June 16th 18th, 20th
Lunch Menu Selection

Wednesday June 18th

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



La Crème Patisserie & Catering Co. Ltd. 01639 813166
Sian & Ian Hindle www.lacreme.typepad.co.uk



Swansea Uni. History Dept.

June 16th 18th, 20th

Lunch Menu Selection

Friday June 20th

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



La Crème Patisserie & Catering Co. Ltd. 01639 813166

Sian & Ian Hindle

www.lacreme.typepad.co.uk



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

