

Plant Belly Catering Ltd

Menu

Sandwiches/Wraps/Baguettes/Rolls

All available on white, wholemeal or wholegrain seeded bread, with and without sauce of choice

Chickpea “tuna”-style Salad – add Sweetcorn

Soya “chicken”-style – add Salad, make it Tikka

Tofu “egg”-style Salad – add Cress

Roasted Veggies and Houmous

Tofu BLT

Seitan “beef”-style, Mustard, Pickle

Soft “cheese”-style and Cucumber

TVP “steak”-style, Onion, Mushroom

Hearts of Palm “prawn”-style Salad – add Pickled Beetroot

Pulled Jackfruit “pork”-style, Slaw – with or without mayo

Coronation Chickpea

Coronation “chicken”-style

Salads/Sides

All available with or without dressing, Pasta and Rice available white or wholegrain, most can served hot or cold

Chickpea Salad

Mixed Bean Salad

Cous Cous, Edamame

Moroccan Cous Cous

Tabbouleh, Parsley, Pomegranate

Tomato and Basil Pasta

Creamy Broccoli Pasta

Tomato and Mushroom Pasta

Quinoa, Edamame, Onion, Avocado

Leafy Salad with trimmings

Mexican Spiced Rice

Rice and Peas – Using coconut

Chinese Fried Rice

Mushroom Rice

Vegetable Rice

Tofu “egg”-style Rice

Slaw – with or without mayo

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Potato Salad – with or without mayo

Asian Slaw

Tender stem Broccoli and Green Beans

Seasonal Veggies

Roasted Mediterranean Veggies

Cauliflower Cheese

Wedges

Chips

Mashed Potato

Baked Potato

Extras

Available hot or cold, served with dipping sauce

Corn on the Cob

Seitan Breaded “chicken”-style

Roasted Garlic Mushrooms

Sticky Asian Cauliflower

Mini Spring Rolls

Onion Bhajis

Vegetable Samosas

Sausage Rolls

Cocktail Sausages

Mini Pizza

Panko Mushrooms

Quiche – Broccoli – Seitan “bacon”-style – Onion – Mushroom

Lahmacun

Hot Dogs

Burgers

Mains

Available hot or ready to heat, proteins can be the following Soya Mince, Lentils, Chickpeas, TVP, Beans or any mainstream meat alternative

Lasagne

Lancashire Hotpot

Spaghetti Bolognese

Chilli Non-Carni

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Indian Style Curries

Jamaican Style Curries

Chinese Curries

Sweet and Sour

Stew

Seitan “chicken”-style Seasoned how you like, Tikka, Roasted, Garlic and more

Casseroles

TVP “lamb”-style Pieces Seasoned how you like

Soya “chicken”-style Chasseur

Soya Brown “chicken”-style Stew

Moussaka

Shepherd's Pie

Cottage Pie

Sweet

Available hot or ready to heat, where fruit is stated, we are open to your choice

Fruit Pie

Fruit Crumble

School Cake, any flavour

Chocolate Mousse

Custard

Ice Cream can be made available

If you do not see an item that would really make your occasion special, let us know and we will do our best to accommodate.

Allergen Key; (G) – Contains Gluten, (N) – Contains Nuts, (SE) – Contains Sesame, (PN) – Contains Peanuts, (C) – Contains Celery, (M) – Contains Mustard, (SOY) – Contains Soya, (SU) – Contains Sulphites. Please tell us about allergies and dietary requirements when enquiring. We will discuss ingredients, preparation and whether we can safely accommodate your requirements.

All of our food is prepared using 100% vegan ingredients. Our kitchen is also used for the preparation and cooking of foods containing allergens. Before any commercial food preparation takes place, the kitchen, work surfaces and equipment are thoroughly cleaned and sanitised in accordance with our food safety procedures. However, due to the shared kitchen environment, items may contain traces of allergens such as **Celery • Cereals containing gluten • Crustaceans • Eggs • Fish • Lupin • Milk • Molluscs • Mustard • Nuts • Peanuts • Sesame • Soya • Sulphur dioxide/sulphites.**