

**LIFE'S KITCHEN
BUFFET LUNCH SELECTOR 2024**



Life's Kitchen
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HOT FORK BUFFET OPTIONS

PLEASE CHOOSE ONE OF THE FOLLOWING

- THE CHINESE BUFFET MENU -

-Main Courses-

Kung Pao Chicken (GF)

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Ginger & Soy Bass Fillet (GF)

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Vegetable Spring Rolls (VG)

-Sides-

Egg Fried Rice (GF)

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Vegetable Chow Mein (VG)

-Salad & Dip-

Oriental Slaw (GF)

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Sweet Chilli Sauce (VG, GF)

-Desserts-

Coconut & Lychee Delice

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Fruit Platter (VG, GF)

- THE MIDDLE EASTERN BUFFET MENU -

-Main Courses-

Grilled Ras el Hanout Chicken Breast (GF)

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Baked Lemon & Saffron Salmon Fillet (GF)

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Roasted Eggplant with Tahini Sauce (VG, GF)

-Sides-

Jewelled Cous Cous (VG)

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Roasted Herb Vegetables (VG, GF)

-Salad & Dip-

Feta & Heritage Tomato Salad (GF)

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Hummus (VG, GF)

-Desserts-

Honey & Rose Water Yoghurt Parfait

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Fresh Fruit Salad (VG, GF)

- THE INDIAN BUFFET MENU -

-Main Courses-

Chicken Rogan Josh (GF)

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Lime, Chilli and Coriander Prawns (GF)

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Chana Masala Curry (VG, GF)

-Sides-

Basmati Rice (VG, GF)

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Garlic Naan Bread

-Salad & Dip-

Tomato, Cucumber & Red Onion (VG, GF)

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Raita (GF)

-Desserts-

Mango Mousse (GF)

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Watermelon & Garden Mint Salad (VG, GF)

VG - Vegan

GF - Gluten Free

HOT FORK BUFFET OPTIONS

PLEASE CHOOSE ONE OF THE FOLLOWING

- THE ITALIAN BUFFET MENU -

-Main Courses-

Classic Beef Bolognese

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Seafood Risotto (GF)

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Zucchini & Herb Pasta with Parmesan (VG, GF)

-Sides-

Roast Mediterranean Vegetables (VG, GF)

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Gnocchi with Sage

-Salad-

Vine Plum Tomato & Basil Salad (VG, GF)

-Desserts-

Individual Tiramisu

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Fresh Fruit Salad, Pouring Cream (VG, GF)

- THE BRITISH BUFFET MENU -

-Main Courses-

Roast Chicken Breast & Gravy (GF*)

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Herb Crusted Cod Fillet (GF*)

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Vegan Cheese, Beetroot & Mushroom Tarts (VG, GF)

-Sides-

Seasonal Vegetables (VG, GF)

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Rosemary Roasted Potatoes (VG, GF)

-Salad-

Mixed Garden Salad (VG, GF)

-Desserts-

Toffee Cheesecake, Pouring Cream

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Fresh Fruit Salad, Fruit Coulis (VG, GF)

VG - Vegan

GF - Gluten Free

GF* - Gluten Free on Request