

The Travelling Glutton



Grazing Boards

Creek:

- Chicken skewers (grilled chicken thighs marinated in oregano and garlic)
- Tzatziki (a refreshing yogurt and cucumber dip)
- Grilled Halloumi (4)
- Greek Flatbread
- Olive selection

Credito:

- Pita sticks
- Gluten-free Garlic Hummus
- Gluten-free fresh aubergine dip (Chopped aubergine flesh mixed with garlic, lemon, salt and paprika and topped with fresh tomatoes and spring onions)
- Cucumbers, carrots and pepper sticks

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Grazing Boards Continued

Indian

- Saag aloo (a spiced potato and spinach dish)
- Poppadoms
- Saag is slow cooked spinach, Indian spices and yogurt. Dahi
- Raita is refreshing yogurt, cucumber, mint and lime dip
- Indian chopped salad (cucumber, tomatoes and red onion in a lime and coriander and mint dressing)
- Mango chutney

Indian nachos

- Poppadom chips
- Paneer bites (india gilled cheese, marinated in tomatoid
- Raita (a refreshing yogurt, cucumber, mint and lime dip)
- Mango chutney
- Red chilies, fresh tomatoes and spring onions.

South Mediterranean

- Spiced beef meatballs (beef, onion, Red (or Harard) spice and coriander meatballs)
- Tabbouleh (cold served salad of bulgar wheat, fresh parsley, mint and green onion, cucumber and tomato and an olive and lemon dressing)
- Minty yogurt
- Flatbread sticks

American favorites

- Fluffy pancakes (American style scotch pancakes)
- Crispy bacon (rather of smoky bacon)
- Syrup
- Mixed berries

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Caribbean

- Chargilled Jerk marinated chicken
 - Slow cooked Cuban mojo marinated pork
(a refreshing sauce made with herbs, garlic and orange juice)
 - Caribbean shaken curry (Coconut), creamy curry with onions and peppers
 - Vegetarian/Vegan Jamaican jerk sweet potato, black bean and pineapple stew
- All served with rice and peas.

Sides

- Hot and Fruity colodras (Jamaican mango based colodras, instead served with mango and orange and sugar dressing and extra hot sauce for those who would like it!)
- Mashed rat

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Greek

- Chicken souvlaki (marinated chicken in garlic, salt and pepper, oregano, lemon juice and oil and then chargrilled) - Most popular option of the entire menu as its freshness and deliciousness takes anyone to a little table in Kalamata, watching the sunset.
- Beef keftaki (Spiced, leta and beef meatballs)
- Vegetarian: Grilled halloumi and marinated aubergine (Marinated in garlic, oregano and salt)
- Vegan: Grilled courgette and marinated aubergine (Marinated in garlic, oregano and salt)

All served with fresh flatbreads, Greek salad,
Glutton-made tzatziki and hummus.

Vegan - also served without leta and extra hummus

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Indian

Curries include

- Tikka masala
- Korma
- Prawn Jamb
- Vindaloo
- Butter Masala

All curries can be chosen with either chicken, lamb, beef, paneer (Vegetarian) or loaded vegetables (Veggie).

Served with rice, Indian chopped salad (chopped salad is made with cucumber, tomatoes and red onions marinated in a lemon juice, coriander and mint dressing) and naan.

Sides:

- Poppedoms and mango chutney
- Saag paneer

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Italian

- Baked homemade beef meatballs in a rich tomato sauce
A personal favourite from our travels to Italy, eating these while looking out at Lake Como.
- Mushroom and chicken risotto
- Crispy pasta farni and parmesan toast
Vegetarian? Mushroom and parmesan risotto
Vegetarian/Vegan? Plant based meatballs in a rich tomato sauce.

All served with warm bread and a rocket and tomato balsamic salad.

Sides

- Caprese salad (a delicious salad made of ripe tomatoes, mozzarella, basil and olive oil dressing)
- Nutless pasta dressed new potato salad (served cold, this salad is made with Glutton-made pasta and is loved by many)

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Mexican

Burrito fillings available:

- Chili beef (Very spicy)
- Mexican spiced chicken (Mild) - Most popular option, a recipe inspired by a street food vendor in Tlaxi.
- BBQ pork (Sweet and mild leaning more towards spicy)
- Vegetarian's Spiced red lentil and halloumi (Spiced but mild)
- Vegan! Spiced red lentil, roasted peppers and onions (Spiced but mild)

All burritos are served with a choice of rice, fresh lettuce, Glutton-made salsa, sour cream, cheese, jalapeños and a mild or very spicy hot sauce.

They are also served with a portion of Queso cheese nachos, with sour cream, Glutton-made salsa and jalapeños.

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Mexican Continued

Notes

- Black beans (blanched slow cooked black beans, can be put inside burrito or added to nachos)
- Guatemalan Guacamole (Fresh avocado dip with lime juice, sea salt, fresh tomatoes and red onions)
- Mexican sweet corn salsa called (char-grilled corn with tomatoes, spring onions and greens with a lime and light chili dressing)

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South East Asian

- Thai Green Curry (spicy)
- Thai red Curry
- Golden Anek (fried) - a personal favourite from our travels around Cambodia where I hadn't quite built up my spice levels.

Served as chicken curry (Vegetarian/Vegan option is Tofu curry) in a spiced curry sauce with Asian vegetables, baby corn and green beans.

Served with coconut rice, finely sliced spring onions, fresh chilies and Thai crackers.

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South Mediterranean

- Spiced Lamb kebabs (Lamb mince kebabs with spices, onions and currents)
- Lamb and vegetable tagine
- Saffron rosemary chicken fillets (Grilled chicken thighs marinated overnight in a saffron and rosemary rub)
- Pao Di Maroc: chicken wraps (Chicken thigh pieces marinated in a north African spice mix in a wrap with fresh lettuce, pickles and yogurt dressing)
- Vegetarian/vegan: Spiced root vegetable patties with tomatoed and date sauce

All served with herbed rice and a salad, cucumber, red onion and mint and orange dressed salad.

Sides:

- chargrilled Aubergines with saffron, yogurt, parsley and pickles.

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Spanish

• Chicken and chorizo paella

Served with crusty bread and butter and Spanish salad (Ripe tomatoes, onions and manchego cheese with a sweet paprika, oil and vinegar dressing)

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USA

- Mouth watering bacon cheeseburgers with Gluten-made mayonnaise, salad and pickles on a delicious fresh bun - A popular option among many who doesn't love a glutenous delicious burger.
- US style T-bone in a fresh bun, topped with a smoky chili beef, sour cream, cheese and jalapeños.
- Vegetarian and Vegan option/Falafel burgers served with Gluten-made mayonnaise Oregon - Vegan mayo, salad and pickles.
All served with ranch, Queso cheese sauce, sour cream, salsa and jalapeños.
- Smoky roast pork stew with beans and peppers.
Served with freshly cooked US style biscuits and southern style coleslaw.
- USA style Mac and cheese topped with crispy bacon, BBQ pulled pork and chives.
Served with corn salad and ranch dressing.

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USA Continued

Bites

- Bacon strip pancakes (small scotch pancakes with strips of crispy/smoky bacon cooked into them)
- Corn salad with ranch dressing
- USA Mac and cheese (macaroni in a ridiculously delicious runny cheese sauce, not baked)
- American biscuits: Similar to a British scone but unwatered, great for soaking up sauce!
- Southern style coleslaw (a sweeter coleslaw made with cabbage and carrots and marinated in Glutamate mayo, sugar and vinegar)

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Dessert

A table laden high with:

- An assortment of sweets
- Chocolate brownie bites
- Profiteroles
- A selection of of fruits and berries
- Cream

All served on a beautiful table with sweet bags and bowls so that your guests can take sweets and nibbles away if they would like.

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