stem & glory

PLANT-BASED CATERING MENU
Bespoke canape event for 200 people. Johny Dar private show London Fashion Week 2022

Luxury artisan sandwiches, platters & lunch boxes

Build your own restaurant quality hot & cold finger & fork buffets

From three course corporate dining to wild weddings & everything between

Sustainable, tasty & popular in all kinds of settings from conferences to ceremonies

Pull out all the stops with a show stopping vegan BBQ with all the trimmings!

menus

04 LUNCH BOWLS
Healthy hot and cold lunchbowls, ready to eat, delivered in individual bowls

05 SANDWICHES
Luxury artisan sandwiches, platters & lunch boxes

06 FINGER & FORK BUFFETS
Build your own restaurant quality hot & cold finger & fork buffets

09 BESPOKE DINING
From three course corporate dining to wild weddings & everything between

10 CANAPÉS & STREET FOOD
Sustainable, tasty & popular in all kinds of settings from conferences to ceremonies

10 VEGAN BBQ
Pull out all the stops with a show stopping vegan BBQ with all the trimmings!
lunch bowls

MINIMUM SPEND £150. DELIVERY £15.
DELIVERED IN INDIVIDUAL COMPOSTABLE PACKAGING

COLD LUNCH BOWLS £12.50

King Oyster Bowl
king oyster mushroom sticks on rice, ‘novocado’, kimchi, capers, samphire, veggies, lemon dressing, wasabi mayo & seeds (gf)

Asian Bowl
spiralized courgettes, lemon & coriander carrots noodles, edamame bean, Asian slaw, topped with crispy tofu, crushed cashew, Asian ginger dressing (gf)

Sunshine Bowl
raw & crispy seasonal vegetables marinated in house vinaigrette, mixed with ranch mayo & topped with toasted omega seeds (gf)

Jamaican Jackfruit Bowl
jerk jack fruit on sweet lime quinoa, Carlin peas, pickled cabbage, mango, grilled chillis, novocado & lime mayo (gf)

VEGAN PIZZA from £15 per pizza

Large Whole Pizza (8 slices)
Margarita, Hawaiian BBQ, Italian Sausage, Spinach & Artichoke, Mushroom, Rocket & Parmesan

HOT LUNCH BOWLS £14.50

Tuscan Gnocchi (gf)
in a rich Tuscan sun blush tomato sauce with beetroot bacon, olives, spinach, sun dried tomatoes, seeded parmesan (gf)

Szechuan Aubergine (gf)
roasted aubergine in sweet & spicy Szechuan pepper, umami paste, chillies & spring onions, served with kimchi fried rice (gf)

Tempeh Tikka Masala (gf)
rich authentic indian spiced marinated tempeh cooked in cashew based makhani sauce & served with pulao rice

Cioppino - Italian ‘Fish’ Stew
sea spiced Italian stew with hearts of palm, oyster mushrooms, tofu, mushroom ‘scallops’, tomato & wine sauce, served with crostini

Jackfruit & Tofu Biyani
Marinated jackfruit tofu and seasonal vegetables, richly flavoured with authentic Indian spices and gold basmati, served with, cucumber raita and pickle

sandwiches

MINIMUM SPEND £200. DELIVERY £15.
MINIMUM 5 PIECES PER SANDWICH CHOICE.
DELIVERED IN COMPOSTABLE PACKAGING

LUNCH BOXES

Artisan Sandwich Box  6.50pp
(gf option available)
Artisan brioche or sourdough sandwich & seed crackers

Sandwich Lunch Box 8.50pp
(gf option available)
Artisan vegan brioche or sourdough sandwich house made seed crackers & mini raw dessert

Luxury Sandwich Box 10.50pp
(gf option available)
Artisan vegan brioche or sourdough sandwich, plus golden hummus, crudites & fruit, house made multiseed crackers & mini raw desserts

STREET FOOD LUNCH BOXES

Smokey Bao Buns 8.50pp
Bao bun filled with smoked bbq oyster mushrooms, sriracha mayo, chilli & cucumber slaw (2 pcs).

Vada Pao 8.50pp
Indian spiced potato fritter in a brioche bun, mint & chili chutney

Sample Sandwich Filling Selections:
Vegan tofu ‘egg’ mayonnaise & cress
Tempeh ‘bacon’, lettuce & tomato
Harissa vegetable & golden hummus
Mushroom pate & onion marmelade
Jackfruit tuna salad
Heart of palm (prawn) cocktail sandwich
Beetroot chorizo with red pepper pesto

SOFT DRINKS £3
Breckland Orchard Artisan Soda
Remendy Organic Konbucha
Cambridge Juice
WATER, 330ml, £2
still or sparkling
### cold fork buffet

**£18.95 PER PERSON. MINIMUM 25 PEOPLE. DELIVERED IN REUSABLE DISHES. DELIVERY & COLLECTION £30.**

#### MAINS

- **King Oyster Mushroom & Samphire**
  - king oyster mushroom sticks with rice, ‘novocado’, kimchi, capers, samphire, veggies, lemon dressing, wasabi mayo & seeds (gf)

- **Asian Salad with Ginger Dressing**
  - spiralized courgettes, lemon & coriander carrots noodles, edamame bean, Asian slaw, topped with crispy tofu, crushed cashew, Asian ginger dressing (gf)

- **Sunshine Salad**
  - raw & crispy seasonal vegetables marinated in house vinaigrette, mixed with ranch mayo & topped with toasted omega seeds (gf)

- **Jamaican Jackfruit Quinoa**
  - jerk jack fruit on sweet lime quinoa, Carlin peas, pickled cabbage, mango, grilled chillis, novocado & lime mayo (gf)

#### SIDES

- **Bang Bang Broccoli** (gf)
  - roasted in sweet & spicy sauce topped with spring onion

- **BBQ Cauliflower Wings** (gf)
  - roasted sticky BBQ cauliflower ‘wings’ with creamy ranch dip

- **Thai ‘Crab’ Cakes** (gf)
  - roasted potatoes in a spicy tomato sauce, sriracha mayo served with fermented fennel

- **Patatas Bravas** (gf)
  - roasted potatoes in a spicy tomato sauce & sriracha mayo

- **Golden Hummus** (gf)
  - turmeric hummus with house made pickles, crudités, mint dressing & multiseed crackers

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### hot fork buffet

**£21.95 PER PERSON. MINIMUM 25 PEOPLE. DELIVERED IN REUSABLE DISHES. DELIVERY & COLLECTION £30.**

#### MAINS

- **Szechuan Aubergine & Kimchi Rice** (gf)
  - roasted aubergine in sweet & spicy Szechuan pepper, umami paste, chillies & spring onions, served with kimchi fried rice

- **Tempeh Tikka Masala & Rice** (gf)
  - rich authentic Indian spiced marinated tempeh cooked in cashew based makhani sauce & served with pulao rice

- **Jackfruit & Tofu Biyani**
  - Marinated jackfruit, tofu and seasonal vegetables, richly flavoured with authentic Indian spices and gold basmati, served with, cucumber raita and pickle

- **Cioppino – Italian ‘Fish’ Stew**
  - sea spiced Italian stew with hearts of palm, oyster mushrooms, tofish, mushroom ‘scallops’, tomato & wine sauce, served with crostini

- **Lasagne** (gf)
  - roasted vegetables with Napoli sauce, celeriac sheets & cashew béchamel

- **Tuscan Gnocchi** (gf)
  - in a rich Tuscan sun blush tomato sauce with beetroot bacon, olives, spinach, sun dried tomatoes, seeded parmesan (gf)

#### SIDES

- **Roasted Potato ‘Fries’** (gf)
  - served with ketchup & ranch mayo

- **Seasonal Green Veggies** (gf)
  - tossed in a sweet lime dressing

- **Garlic Bread** (gf)
  - fresh home made garlic flat bread

- **Sunshine Salad** (gf)
  - raw & crispy seasonal vegetables marinated in vinaigrette & mayo

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*Need staffing for your event? Contact us for a quote*

*Bespoke mixed cold & hot buffet packages available*
finger buffet

£7.5 PER ITEM. 2-3 ITEMS PER PERSON SUGGESTED.
MINIMUM ORDER VALUE £300.
DELIVERED IN REUSABLE DISHES.
DELIVERY & COLLECTION £30.

Golden Hummus (gf)
turmeric hummus with house made pickles, cruditées, mint dressing & multiseed crackers

Bang Bang Broccoli (gf)
roasted in sweet & spicy sauce topped with spring onion

BBQ Cauliflower Wings (gf)
roasted sticky BBQ cauliflower 'wings' with creamy ranch dip

Roasted Potato 'Fries' (gf)
served with ketchup & ranch mayo

Thai 'Crab' Cakes (gf)
roasted potatoes in a spicy tomato sauce, sriracha mayo served with fermented fennel

Sea Spiced Tofu Tacos
veg anchovies with lime kohlrabi, baby gem, capers, samphire and romescu sauce (gf) (2 pcs)

King Oyster Mushroom Tacos
crispy mushroom sticks, pickled carrots, red cabbage, Carlin peas, lime & ginger kohlrabi, wasabi mayo & sriracha (gf) (2 pcs)

Jamaican Jerk ‘Chicken’ Tacos
marinated jack fruit in jerk seasoning on a bed of fresh slaw topped with mango strips and lime mayo (gf) (2 pcs)

Vegan Pizza Slices (2pcs)
Margarita
Hawaiian BBQ
Italian Sausage
Spinach & Artichoke Mushroom, Rocket & Parmesan

Smokey Bao Buns
Bao bun filled with smoked bbq oyster mushrooms, sriracha mayo, chillis & cucumber slaw.

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bespoke dining

TWO COURSES FROM £24.95 PP / THREE COURSES FROM £32.95 PP. MINIMUM 25 PEOPLE

Staffing, crockery, linen, glass ware and drinks can be supplied

A fully bespoke service for your event. Our menus use the finest plant-based ingredients, locally sourced and every dish is made in house. As well as a 3 course menu, chefs and serving staff, we can provide a fully stocked bar and all the serving equipment needed for your event.

SAMPLE MENU

Starters
Seared King Oyster Scallop with Pea puree & Beetroot Pancetta on wild rocket with lemon dressing.
Oak Smoked watermelon ‘Salmon’ Tartar with horseradish cream on sourdough, micro salad & chive dressing.
Celeriac Medallions with Truffle Puree with roasted cauliflower, orange radish pickles & pistachio crumbs.

Mains
Seared Jerusalem Artichoke Fillets on Hazelnut & Parsnip Mash with green beans, fermented wild mushrooms & mustard sauce.
Salt Baked Celeriac Carpaccio, Roast Pepper & Squash Risotto cake with rainbow chard, chilli, toasted garlic coconut & red pepper sauce.
Pan Roasted Portobello Steak with oyster mushroom, potato puree, blistered haricots verts, charred onion petals and chimichurri

Dessert
Warm Lemon Tartlet with raspberry frosty compote.
Raw Layered Lime & Pineapple Cake with chilli and raspberry coulis.
Chocolate & Avocado Torte with orange coulis & crushed hazlenuts
canapes

£2.10 PER PIECE, MIN 25 PEOPLE. MIN 5 PIECES PP AS STANDALONE EVENT, 3 PIECES PP WITH BUFFET OR SIT DOWN MENU. £15 DELIVERY, PLUS CHARGE FOR STAFFING.

- Vegan Smoked Salmon: on pumpernickel bread with dill and lime cream.
- Cauliflower Tortilla: with romesco sauce and basil.
- Vegan Tuna Nigiri: with pickled ginger and wasabi mayo.
- Sushi Rolls: with veganachovies, wasabi mayo, & pineapple kimchi, topped with coriander.
- Assorted Tortilla Cups: filled with avocado puree, heritage tomatoes, Mexican cheese topped with basil.
- Wild Mushroom Tartlet: with apricot jelly and pickled grapes.
- Mushroom Scallops: on melba toast with cauliflower puree, marinated artichoke caviar with annatto cream & micro herbs.
- Tempeh Tikka: wrapped in tortilla with cucumber salad and mint chutney.
- Hara Bhara Kebab: spinach, mix vegetable & pea kebab with authentic indian spices topped with chilli mango chutney.
- Wild Mushroom Arancini: with truffle mayo and chives.

street food

FROM £5 PER ITEM. MINIMUM 3 ITEMS PER PERSON. MINIMUM 25 PEOPLE. £15 DELIVERY.

- Smokey Bao Buns: Bao bun filled with smoked bbq oyster mushrooms, sriracha mayo, chillis & cucumber slaw.
- Tofu Katsu Sushi Sandwich: Nori with rice stuffed with tofu katsu, purple kimchi, shredded bok choy drizzled with curry mayo.
- Maine ‘Lobster’ Roll: Heart of palm hot dog with sauteed leeks & carrots and mustard mayo in baked hot dog roll.
- ‘Fish’ & Chips: King Oyster Mushroom ‘fish’ served with roasted potato fries and tartar sauce.
- Cauliflower Mock ‘Duck’ Pancake: with crispy cucumber and spring onion in plum sauce.
- Tofu Yakatori Skewers: with sweet tamari dip (2pcs).
- Wild Mushroom Arancini: wild mushrooms arancini served with truffle mayo & chives.
- Selection of Fresh & Tasty Tacos: Tofu, King Oyster Mushroom & Jamaican Jerk Jackfruit.
vegan bbq

A FULLY BESPOKE VEGAN BBQ, FROM £26.95 PER PERSON. MINIMUM 50 PEOPLE
Chefs, serving staff, crockery, linen, glass ware, tableware, equipment & and drinks can also be supplied

SAMPLE BBQ MENU

BBQ MAINS
Grilled lemon & herb “chicken” butterfly King oyster mushroom.
Best end mushroom fillet ‘steak’ smothered in smoked butter.
Philly BBQ corn riblets.
Jamaican jerk jackfruit skewer.
Atlantic grilled Zalmon fillets with mango concasse

BBQ SIDES
Assorted artisan breads
Southern rainbow slaw in chive aioli.
Trio of grilled potato salad in lemon herby dressing.
Watermelon, Feta, Mint Salad in sweet lime dressing.
Smoky BBQ courgettes in salsa Verde & seed parmesan.
Marinated Kale & seaweed, heritage carrots ribbons with raspberry sherry dressing.

DESSERTS
Grilled peaches with Cornish clotted cream gelato.
Classic fruity custard tartlet.
Chocolate beetroot brownie topped with crushed pistachio pavlovas.
Contact:
catering@stemandglory.uk
01223 757150

Photo courtesy of Saunders Boston Architects
Bespoke canape event for 120 people