

# La Sophia Restaurant

## French & Mediterranean cuisine

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### Sample Catering menu

Orders must be placed 1 day in advanced and minimum orders £100

#### Selection Mediterranean salads

##### **£5.00 per portion (minimum order portions of 6 of each)**

Mixed green beans, cherry tomatoes, tarragon, hazelnut and dried fig  
Brown and wild basmati rice salad with herbs, pasticcio's, olive oil and lemon juice  
Couscous and chickpea salad with chilli, lemon, parsley and cumin  
Green lentils and moghrabieh salad with almonds, caramelised onions, mint, and dried fruit  
Oven roast baby aubergine, with lemon, chilli pesto, cherry tomato and goats cheese  
Roasted butter nut squash with sweet spice, coriander, pine nuts and citrius yoguet  
Roasted mixed mushrooms, with herbs, lemon, parcelely and feta cheese  
Bulgur and quina salad with green, sultans herbs, lemon and olivie oil  
Char grilled broccoli with chilli,, garlic and olive oil

#### Main

##### **Minimum order – 6 portions per dish**

Chicken burgers with roasted red pepper, feta cheese and herbs	6.50
Traditional moussaka with halloumi cheese	6.00
Roasted organic salmon filet with topping of the day	6.50
Beef bourguignon with parmesan mash	6.50
Traditional fish pie	5.50
Stuffed Butternut squash with vegetable casserole	5.50
Lamb kofta with tabouli salad	6.50
Char grill beef filet with pink pepper corn sauce	8.50
Spicy king prawns with coriander, tomato and feta cheese	8.50
Marinated chicken breast with Moroccan spice	7.80

#### Desserts Minimum order- 6 portions per dish

Vanilla cheese cake with Strawberry Daiquiri	3.50
Pouched pear with vanilla cottage cheese	3.50
Selection of homemade assorted biscuits and cakes	2.80 each