



[www.fellanddalescatering.co.uk](http://www.fellanddalescatering.co.uk)  
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# MENUS

# 2017/18



## **Canapés Selection**

*A lovely welcome when guests arrive*

*We suggest you choose 3 canapés from the list below allowing 5 pieces per guest:*

### **Savoury Canapés (cold)**

#### **Smoked Salmon on Fresh Brown Bread**

With cracked black pepper and a squeeze of lemon

#### **Homemade Chicken Liver Pate Toasts**

Pate piped onto French toasts

#### **Parmesan Scones with Mascarpone, Cranberries and Basil (v)**

Delicious parmesan and cranberry scones topped with a creamy indulgence

#### **Tomato and Red Onion Mini Bruschetta (v)**

A simple treasure of tomato, red onion, pesto and basil – a mouthwatering Mediterranean mix

#### **Smoked Salmon Pinwheels**

Smoked salmon, crème fraiche and dill

#### **Yorkshire Puddings with Beef and Creamy Horseradish**

A traditional combination

#### **Cherry Tomato, Mozzarella and Basil Skewers(v)**

#### **Beetroot and Goats Cheese or Feta Bruschetta**

With an orange and thyme glaze

#### **Greek Platter (v)**

A selection of Green and Black Olives and Feta Cheese

#### **Dips and Crudités (v)**

Various seasonal vegetables and selection of homemade dips

#### **Sweet Potato and Beetroot Crisps**

Tossed in a Garlic and Rosemary Salt

#### **Bloody Mary Tomatoes**

Marinated Cherry Tomatoes with a kick

#### **Potato Cakes with Cream Cheese and Smoked Salmon**

Irish potato cakes make a delicious base for smoked salmon and cream cheese



## **Savoury Canapés (Hot)**

### **Red Onion and Brie Tartlets (v)**

Caramelised red onion and brie topping, a flavoursome combination

### **Sundried Tomato and Rosemary Palmiers (v)**

A colourful and tasty twist of puff pastry with fresh herbs

### **Wild Mushroom Bouchees (v)**

Pastry cases stacked with creamy mushrooms, garlic and thyme

### **Cumberland Sausage with a Sesame Seed and Honey Mustard Glaze**

Our home produced farmhouse sausage

### **King Prawn and Chorizo**

Served on bamboo skewers and drizzled with a sweet chilli dressing

### **Cumbrian Rarebit(v)**

Creamy Appleby Blue Cheese melted over crusty French bread with a hint of Cumberland Mustard

### **Fell and Dales Mini Pork and Apple Burger**

With a salad leaf, tomato and relish garnish

### **Chicken Satay Skewers**

Marinated with a spicy peanut dressing

### **Sesame Prawn Toast**

Mouth sized bites of this classic Chinese Appetizer

### **Black Pudding and Chorizo Skewers**

Served with a warm Apple Puree

### **Cherry Tomato, Pesto and Balsamic Puff**

Creating a tantalising mix of Mediterranean flavours.

## **Sweet Canapés**

### **Fruit Kebabs (v)**

A delicious selection of seasonal fruits on a skewer

### **Sumptuous Strawberries(v)**

Juicy strawberries drizzled in fine Belgian Chocolate

### **Miniature Freshly Baked Scones(v)**

Topped with Strawberry Conserve and Freshly Whipped Cream



## **Starters**

### **Smoked Salmon Pate**

An imaginative and refreshing dish for the summer

### **Prawn Cocktail**

Juicy prawns, Marie Rose sauce and a sprinkle of cayenne pepper served with triangles of fresh brown bread

### **Greek Salad(v)**

Black and green olives, feta cheese, red onion and mixed leaves dressed in white wine vinegar oil

### **Goats Cheese and Red Onion Tartlet(v)**

Red onions sautéed in balsamic vinegar and topped with slices of goats cheese

### **Creamy Garlic Mushrooms with White Wine and Dill (v)**

Served on toasted ciabatta

### **Homemade Seasonal Vegetable Soup**

Fresh Seasonal vegetables with a swirl of cream and a crusty roll

### **Homemade Chicken Liver Pate**

Pate served on dressed leaves with red onion marmalade

### **Fresh Melon Selection (v)**

Fresh melon served with seasonal fruits

### **Pan Seared Farmhouse Sausage with Balsamic Roasted Cherry Tomatoes**

With warm crusty bread

### **Thai Fish Cakes**

Give your mouth an aromatic treat with this zingy south east Asian Dish served with a sweet chilli dip

### **Stack of Black Pudding**

A stack of fresh apple, smoked bacon and black pudding drizzled with a Cumberland mustard sauce

### **Baked Camembert(v)**

Oven Baked with Garlic, Rosemary and Chilli Flakes

### **Morecambe Bay Shrimps**

Served in butter with a hint of nutmeg on wholemeal toast

### **Caprese Salad(v)**

A Classic combination of ripe Tomato, Mozzarella and Fresh Basil



## **Starters**

**Continued....**

### **Balsamic Sauteed Mushrooms(v)**

Served on toast with a tangy balsamic and brown sugar glaze

### **Mini Fish Pie**

A feast of fish with a creamy potato topping

### **King Prawn and Chorizo Skewers**

Marinated in garlic and lime juice served on a bed of leaves

### **Warm Bacon and Black Pudding Salad with Walnuts and Mozzarella**

A lovely refreshing starter with a light French dressing

### **Watermelon, Feta and Mint Salad with a Balsamic Glaze(v)**

A simple red and white delight, perfect for summer

## ***Sharing Platters***

### ***Suggested Cumbrian Theme***

Warm Baked Eden Valley Brie with a fruit and seed honey glaze  
Smoked Salmon Pate or Homemade Chicken Liver Pate  
Homemade Cumberland Sausage Ring  
Roasted Cherry Vine Tomatoes  
Various Rustic Breads with Locally sourced chutneys

### ***Suggested Continental Theme***

Warm Baked Camembert with a fruit and seed honey glaze  
Selection of 3 Continental Meats from a choice of Salami, Pancetta, Prosciutto and Chorizo  
Various Rustic Breads with Olive Oil and Balsamic Reduction  
Greek Feta Cheese and Marinated Olives

***Alternative – a selection of Starter choices on Sharing Boards***

***If your favourite starter is not on the list please let us know and we will try and assist***



## ***Roast of the Day***

Choose from the list below:

**Roast Topside of Beef, Yorkshire Puddings, Horseradish Sauce and Red Wine Gravy**

**Roast Turkey, served with Fresh Sage and Onion Stuffing and Apple Sauce**

**Roast Horseshoe Gammon covered in a brown sugar and mustard glaze  
Served with a Cider and Apple Sauce**

**Roast Lamb with fresh Rosemary, Mint Sauce and Traditional Gravy**

**Roast Pork served with Homemade Apple Sauce, Fresh Sage and Onion Stuffing and hunks of  
crispy crackling**

**Plus a Vegetarian option is available on request.**

**PLUS**

**A Selection of Seasonal Vegetables**

**AND ONE OF THE FOLLOWING**

**Minted New potatoes**

**Roast Potatoes**

**Creamed Potatoes**



## ***Fell and Dales Specialties***

### **Sweet and Sour Pork**

Succulent pork pieces in a perfectly balanced sweet and sour sauce served with rice

### **The Ultimate Fish Pie**

A mixture of smoked and unsmoked fish plus a few prawns for added interest - Great comfort food

### **Chicken Mustard Crumble**

A mustardy chicken and leek filling, topped with a crisp buttery crumble and laced with grated cheese

### **Normandy Pork**

Diced lean pork combined with cider, apples and crème fraiche to form a rich and creamy sauce

### **Beef Lasagne**

Delicious layers of pasta, rich bolognaise and creamy béchamel sauce combines to make a tasty dish

### **Cumberland Sausage with Parsley Mash and Traditional Onion Gravy**

### **Spiced Lamb Casserole**

A deliciously warming combination of herbs and spices with cubes of prime lamb

### **Steak and Ale Pie**

Traditional beef steak and Yorkshire Ale filling topped with short crust or puff pastry

### **Traditional Hot Pot**

An old English school dish, slow cooked beef or lamb, onions, root vegetables and sliced crispy potatoes

### **Cottage Pie**

Tasty Beef Mince topped and Creamy Mashed Potatoes

### **Beef Stew and Dumplings**

Traditional Tasty Farmhouse Food

### **Classic Chicken Pot Pie**

### **Braised Lamb Shank**

Cooked slowly with garlic, rosemary and red wine

### **Claret Chicken with Thyme and Crispy Bacon**

Marinated Chicken pieces cooked in a rich red wine sauce

### **Roast Salmon with a Pesto Sauce**

Baked with a tangy sour cream sauce

### ***Served with***

***A Selection of Seasonal Vegetables***

***Or***

***Seasonal Salad Selection***

***And one of the Following  
Rice / Mash / New Potatoes***



## **Vegetarian Options**

### **Red Onion and Butternut Squash Tart**

Rustic Tart made with puff pastry and topped with feta cheese

### **Roast Vegetable Lasagne**

Delicious layers of pasta and Mediterranean vegetables in a creamy sauce

### **Baked Spinach and Ricotta Pancakes**

Topped with tomato and parmesan sauce

### **Mushroom Stroganoff**

Mushrooms sautéed in vintage cider with a creamy sauce

### **Mediterranean Stuffed Peppers**

Peppers with a sundried tomato, olive, rice and watercress filling

### **Puy Lentil and Spinach Lasagne**

Hearty vegetarian version of a classic lasagne with a rich cheese sauce and earthy braised lentil filling

### **Cheesy Broccoli Pasta Bake**

Simple but very satisfying!

### **Bean Enchiladas**

Stuffed **flour tortillas** covered with enchilada sauce and cheese

### **Creamy Vegetable Korma**

A rich, creamy, mildly spiced Indian dish, extremely flavoursome.

### **Vegetarian Shepherd's Pie with Sweet Potato Mash**

Delicious and nutritious

### **Spicy Root and Lentil Casserole**

Real comfort food

### **Spicy Black Bean and Sweet Potato Cakes**

Fresh and Delicious with a lime and sour cream dressing

### **Spiced Aubergine Bake**

Vegan comfort food at its best, slow cooked in a spicy coconut milk

### **Halloumi with Lime, Chilli and Coriander**

Placed on a skewer, particularly good cooked on a barbecue

**PLUS**

**A Selection of Seasonal Vegetables**

**OR**

**Seasonal Salad Selection**

**AND ONE OF THE FOLLOWING**

Rice / Mash / New Potatoes





## Salads

*To compliment your meal we suggest the House Salad plus 2 or 3 others from the list.*

### **Fell and Dales House Salad**

A crisp green salad with cherry tomatoes, red and green peppers, cucumber and onion

### **Spicy Moroccan Couscous**

A deliciously different salad

### **Traditional Coleslaw**

A creamy mixture of crunchy white cabbage, red onion and carrot mixed with a mayonnaise dressing

### **Pasta Salad with Mixed Vegetables**

Pasta mixed with seasonal salad vegetables, garlic and herbs

### **Seasonal Rice Salad**

This ever popular salad of rice and fresh vegetables

### **Coronation Coleslaw**

Lightly spiced with apricots and sultanas

### **Red Cabbage Salad with Sweet Sesame Dressing**

An explosion of colour and crunch

### **Fruity Brown Rice Salad**

Brown rice with pineapple, sweetcorn and peppers in an oriental style dressing

### **Beetroot Jelly**

Cubes of cooked beetroot in a spiced vinegar and raspberry jelly

### **New Potato and Chive Salad**

Traditional potato salad sprinkled with chives in a mayonnaise dressing

### **Greek Salad**

Black and green olives, feta cheese, red onion and mixed leaves with an olive oil and lemon dressing

### **Tomato, Red Onion and Fresh Basil Salad**

Layers of ripe vine tomatoes and thinly sliced red onions, with black pepper and fresh basil

### **Quinoa and Pomegranate Mediterranean Salad**

With a parsley, mint and coriander dressing

### **Pasta Salad with Spinach and Pine Nuts**

Pasta with fresh spinach leaves and crunchy pine nuts in a pesto dressing

### **Caribbean Mixed Bean Salad with Cashew Nuts**

Mixed Beans with Sweetcorn and fresh salad vegetables topped with roasted cashew nuts

### **Potato, Celery and Caramelised Onion**

Dressed in a light olive oil, mayonnaise and lemon juice

### **Celery Walnut and Peanut**

Served in a light yoghurt and mayonnaise Dressing

### **Beetroot Coleslaw**

A crunchy mix of beetroot, celeriac and carrot

### **Cranberry, Feta and Walnut Salad**

With a Balsamic, honey and mustard dressing



## **Puddings**

### **Fresh Fruit Salad**

A colourful variety of seasonal fruits

### **Apple Pie**

Classic British Pudding with buttery pastry and Bramley apples

### **Banoffi Pie**

A crunchy biscuit base topped with caramel, fresh bananas and whipped cream

### **Individual Meringues**

With either rhubarb and stem ginger, fruits of the forest or strawberries topped and whipped cream

### **Tiramisu**

Traditional Italian dessert, with coffee liquor, dark chocolate and fresh cream

### **Various Cheesecakes incl. Tangy Lemon, Chocolate or Baileys Cheesecake**

A biscuit base with delicious topping of your choice

### **Lemon Meringue Pie**

Tangy lemon base with a fluffy meringue topping

### **Traditional Sherry Trifle**

A boozy sponge base topped with fruits, custard and cream

### **Summer Berry Pavlova**

A chewy Meringue base topped with Raspberries or Strawberries and whipped cream

### **Sticky Toffee Pudding**

A warm, delicious pudding loaded with dates and smothered in a caramel sauce

### **Chocolate Truffle Torte**

Rich chocolate truffle laced with rum on an Amaretti biscuit base

### **Eton Mess**

Meringue, whipped cream and strawberries blended into clouds of lusciousness

### **Chocolate Brownie**

Irresistible rich fudgy brownies with a hot chocolate sauce

### **Mixed Berry Tart**

Citrus flavoured pastry with a light creamy filling topped with fresh berries

### **Lemon Syllabub**

Light, lemony and utterly sublime, served with homemade shortbread

### **Chocolate Mousse**

A light smooth dessert served with Amaretti biscuits

### **Summer Pudding**

The traditional English pudding filled with fresh berries

### **Seasonal Fruit Crumble**

A comforting classic pudding with a crunchy topping



## **Traditional Ice Cream Tricycle**

### **The perfect Wedding Treat**

Served at a time to suit you, during photos, on arrival, in place of dessert, or later on to compliment your evening food

- **A choice of ice cream/sorbet flavours**
- **Tubs or cones**
- **A selection of toppings and sauces**

## **Traditional Cheeseboard**

A trio of local cheeses, of your choice, served with grapes, relish and a selection of cheese biscuits and butter portions.

## **Cheesecake**

The cheese wedding cake is now well established.

For those who love cheese and would like to make a visual statement with your cheese course then this is a great idea.

We use a local cheese supplier to source only the best cheeses for your cake and then we decorate it to your requirements to give it the “wow” factor.

Using 5 cheeses displayed on a rustic wooden board and decorated with heart shaped Brie, seasonal fruits and seeds. Served with oatcakes, cheese biscuits, fresh fruit, local chutneys and butter portions.

## **Coffee/Tea Service**

To compliment your occasion  
Served at a coffee station or to the table

Freshly brewed Coffee and Tea  
Served with chocolate coated Kendal Mint cake or Homemade Chocolate Fudge



## **Afternoon Tea**

### **Savoury Selections**

Sandwich Selection

*Selection of 5 Fillings*

*Plus 2 of the following savouries*

Savoury Vol au Vents with Cherry Tomato, Pesto and Balsamic Glaze or Creamy Wild Mushroom

Homemade Seasonal Vegetable Quiche

Homemade Cumberland Sausage coated in a Honey and Sesame Seeds Glaze

Corned Beef Pie

Homemade Sausage Rolls

Pork Pie

Cheese Scones

Fresh Scones with Jam and Cream

### **Sweet Selections**

*Choose 5 from the following:*

Flapjack

Shortbread

Rocky Road

Mars Bar Cake / Crispy

Paradise Cake

Bakewell Slice

Chocolate Brownie

Strawberry Cream Meringues

Chocolate Cake

Coffee Cake

Lemon Drizzle Cake

Victoria Sponge Cake

Gingerbread

Lemon Posset

Trifle

Fresh Strawberry and Raspberry Jelly

Tea Bread

*All the above selections are homemade*

Freshly Brewed Tea / Coffee



## **Cold Buffet**

Roast Ham  
Roast Beef  
Roast Turkey

(Choose 2 from the above)

Coronation Chicken  
Seasonal Vegetable Quiche  
Whole Poached Dressed Salmon  
Pork Pie

Homemade Cumberland Sausage with a honey and sesame seed glaze (served hot)  
Egg Mayonnaise  
(Choose 2 from the above)

Plus

A selection of 3 Seasonal Salads  
Hot Buttery New Potatoes  
Condiments

### **For Afters**

Homemade Cakes and Tray Bakes  
Or  
Maybe something from the Pudding Selection.

## **Finger Buffet**

### **Savoury Selection**

A selection of freshly made sandwiches with various filling options  
Seasonal Vegetable Quiche  
Pieces of Homemade Cumberland Sausage with a honey and sesame seed glaze  
Locally produced Pork Pies  
Creamy Mushroom and Prawn Vol au Vents  
Cheese scones topped with cream cheese and cucumber  
Olives, cheese, black grapes, pineapple, cherry tomatoes on skewers  
Savoury dips and crudités  
Nibbles including crisps, peanuts, and pickles

### **Sweet Selection**

Selection of Delicious Traybakes  
Homemade Fresh Cream Cakes



## Barbecue

### What and How to Choose?

- Decide on three main course barbecue choices and then choose your vegetarian/vegan option(s).
- Choose your three salad dishes
- Baskets of French bread and Rolls are included.

### Chicken Dishes

Garlic & Chili Chicken Breast

Sweet Chili Barbecue Chicken Skewers

Cajun Chicken- Spicy Chicken

Chicken Tikka with Mint Yoghurt Dip

Lemon & Herb Chicken - Fresh Chicken Breast, Marinated In Lemon & Mediterranean Herbs

Tandoori Chicken Breast with Fresh Coriander, Minted Yoghurt Raita

### Pork Dishes

Pork Ribs with BBQ Sauce

Homemade Cumberland Sausage Whirl

Honey & Peppers Pork Skewers

Hot Dogs with Fried Onions

Homemade Pork and Apple Burgers

### Beef, Steak & Gourmet Steak Burgers

Steak Burger Cheese & Bacon - Monterey Jack, Crispy Bacon, BBQ Sauce, Salad, Mayo & Dill Pickles

Classic Beef Burger Salad, Mayo & Relish

### Lamb Dishes

Herb & Garlic BBQ Lamb

Barbecued Lamb Cutlets With Mint Jelly

### Barbecued Fish & Seafood

Prawn Skewers Thai Sweet Chilli Dressing

Fresh Salmon Parcels with Fresh Dill

Sweet & Sour Shrimp Kebabs



## **Vegetarian Barbecue**

Halloumi & Mediterranean Vegetable Skewers

Mushroom & Halloumi Burger - Portobello Mushroom & Halloumi Cheese Burger in a Kaiser Roll

Avocado, Garlic Mushroom & Mozzarella Flatbread Roasted Tomatoes, Rocket & Spicy Avocado Mayo.

Falafel Burger - Falafel in a Bun with Fresh Salad & Hummus

Garlic Mushroom Steak -Portobello Mushroom in a Bun with Lashings of Garlic Butter

Halloumi Skewers - Barbecued Halloumi with Sweet Chili Dipping Sauce

Quorn Sausage Hot Dogs with Fried Onions

Fresh Tomato & Mozzarella Bruschetta

Chargrilled Corn On The Cob with Butter

Grilled Vegetable Platter – Aubergine, Red Peppers, Red Onions, & Courgettes & Fresh Cherry

Tomatoes drizzled with Basil Pesto



## Hog Roast

### ***Standard package:***

Hog Roast Pig marinated in cider with homemade apple sauce and sage and onion stuffing.

Alternatively served as pulled pork with a homemade barbeque sauce.

Chef and assistant to carve and serve

Cooking times vary depending on the size of pig but typically 6 to 7 hours for a 50 to 60 kg pig. We can source pigs locally and often from our own farm depending upon demand.

An approximate guide for catering numbers with an average size pig (50-60kg) :-

Formal dinner - 100-120 servings per pig

Bread buns - 130 - 160 servings per pig

For smaller numbers we can use a side of pork. For larger numbers we simply use more machines.

## Whole Roast Lamb

### ***Standard package:***

Local Hill Lamb and usually from our own farms, studded with rosemary and garlic and slowly roasted with a marinade of red wine and olive oil;

Served in either fresh bread rolls, French sticks or pitta bread with rocket and a minty yoghurt sauce;

Chef and assistant to carve and serve

An approximate guide for catering would be:

Formal dinner - 30-40 servings per lamb

Bread buns, French sticks or pitta bread – 40-60 servings per lamb



Our Hog Roasts are cooked inside a large roasting tray. Using the roasting tray we believe produces a better more succulent finish as the product cooks in its own juices.



#### Options for Hog/Lamb roast

- Selection of Salads
- A choice of Hot Vegetables
- Hot Buttery New Potatoes
- Disposable crockery / cutlery;
- China crockery and stainless steel cutlery;
- Extra waiting staff.
- Puddings.