

# Refreshing

# Salads

PLEASE FEEL  
FREE TO CONTACT  
OUR TEAM TO  
DISCUSS YOUR  
EVENT

SELECT FROM OUR WIDE RANGE OF REFRESHING AND DELICIOUS SALADS

SELECT 1 SALAD FOR £1.95 PER PERSON OR CHOICE OF 3 SALADS FOR £4.50 PER PERSON

## Traditional Salads

### Potato Salad

Potatoes, Spring Onion, Parsley and Mayonnaise

### Green Leaf Salad

Mixed Seasonal Leaves, Cucumber, Green Beans, Spring Onions and Peas with choice of Salad Dressing: Vinaigrette, Balsamic, Honey and Mustard, Sun Dried Tomato or Caesar

### Rice Salad

Rice, Peas, Red Pepper, Celery, Cucumber, Tomato and Fresh Herbs in an Onion Vinaigrette

### Tricolour Pasta Salad

Pasta Twists with Red Pepper, Broccoli and Parsley in a Vinaigrette Dressing

### Red Pepper Pasta Salad

Pasta with Roasted Red Peppers and Chopped Fresh Herbs in a Balsamic Vinaigrette

### Coleslaw

Red and White Cabbage, Carrot, Spring Onion and Mayonnaise Dressing

### Four-Bean Salad

Lima, Borlotti, Red Kidney and Cannelloni Beans with Cherry Tomatoes, Red Onion, Green Pepper and Flat Leaf Parsley in a Wholegrain Mustard Dressing

## Italian Salads

### Panzanella

Tuscan Bread, Tomato and Pepper

### Insalata Caprese

Mozzarella, Tomato and Basil

### Caponata Classic Sweet and Sour

Sicilian Dish of Aubergine, Onion, Tomato, Peppers and Celery

### Tonno E Fagioli

Tuna and Flageolet Bean Salad with Lemon and Olive Oil Dressing

### Potato, Caper and Anchovy Salad

New Potatoes and Rocket, tossed with Capers, Anchovies, Olive Oil and Lemon Juice

### Italian Brown Rice Salad

Brown Rice, Almonds, Sun Dried Tomatoes, Olives, Basil and Parsley with Lime Dressing

### Pesto Rice Salad

Arborio Rice Mixed with Fresh Basil Pesto and Garnished with Basil Leaves, Spring Onions and Parmesan Shavings

### Rocket and Parmesan Salad

Rocket Leaves and Parmesan Tossed with Extra Virgin Olive Oil and Balsamic Vinegar

## Middle Eastern Salads

### Fattoush

Lebanese Bread Salad with Pitta Bread, Cucumber, Tomatoes, Mint, Coriander, and Flat-Leaf Parsley with A Lemon and Olive Oil Dressing Flavoured with Sumac

### Tabbouleh

Classic Salad of Bulgur Wheat, Flat Leaf Parsley, Mint, Tomato, and Spring Onion

### Cucumber and Yoghurt Salad

Popular Middle-Eastern Salad of Salted Cucumber Mixed with Yoghurt, Garlic and Finely Chopped Mint

### Grated Carrot and Orange Salad

Grated Carrots with Ground Almonds, Oranges, Mint, and Pinenuts

### Green Leaf, Herb and Feta Salad

Fresh, Herby Salad with Salty Feta and Sweet/Sour Dressing Made with Pomegranate Molasses

### Chickpea Salad with Lemon and Parsley

Chickpeas, Red Onion, Flat Leaf Parsley Dressed with Lemon and Olive Oil

### Moroccan Green Beans with Tomatoes

Green Beans with Roasted Cherry Tomatoes in a Coriander and Cumin-Spiced Tomato Sauce

### Orange and Date Couscous Salad

Couscous with Orange Zest, Orange Segments, Baby Spinach, Red Onion and Dates

### Couscous with Herbs and Chickpeas

Couscous, Chickpeas, Tomatoes, Red Onion, Mint, Coriander and Flat Leaf Parsley with Olive Oil and Preserved Lemon Dressing

### Fruity Couscous Salad

Couscous with Mint, Parsley, Dried Apricots, Sultanas in an Orange and Olive Oil Dressing

Many options  
available for gluten  
free and dairy diets.  
Please contact the  
team for further  
information

ASK ABOUT  
ALLERGENS AND  
INTOLERANCES

Dietary alternatives available / All prices exclude staffing, delivery and VAT / All menus are samples only

FOR MORE INFORMATION CONTACT 01530 273879  
info@saffroncatering.co.uk / www.saffronoutsidecatering.co.uk

Saffron<sup>®</sup>

# Refreshing

# Salads

PLEASE FEEL  
FREE TO CONTACT  
OUR TEAM TO  
DISCUSS YOUR  
EVENT

SELECT 1 SALAD FOR £1.95 PER PERSON OR CHOICE OF 3 SALADS FOR £4.50 PER PERSON

## American Salads

### Caesar Salad

Croutons, Cos Lettuce, Caesar Dressing and Parmesan Shavings

### Chopped Salad

Cos Lettuce and Radicchio Chopped with Red Pepper, Red Onion, Cucumber, Tomatoes, Celery, Radishes, Feta Cheese and Herbs in a Vinaigrette Dressing

### Iceberg Lettuce with Blue Cheese

Iceberg Wedges Drizzled with Creamy Blue Cheese Dressing

### Cajun Rice

Rice, Smoked Bacon, Onion, Green Pepper, Celery, Garlic, Cayenne, Spring Onions and Kidney Beans

### Waldorf Salad

Apples, Celery, Walnuts and Mayonnaise

### Deluxe Coleslaw

Cabbage, Carrot, Apple, Dried Cranberries, Pecan Nuts, Spring Onions and Mayonnaise

### Winter Vegetable Coleslaw

Finely Shredded Cabbage, Fennel, Green Beans, Celery and Celeriac in a Cider Vinegar Dressing

### Deluxe Potato Salad

Potatoes, Crispy Fried Onions, Spring Onions, Parsley and Mayonnaise

## Asian Salads

### Asian Crispy Noodle Salad

Chinese Lettuce, Water Chestnuts, Sugar Snap Peas, Red Pepper, Crispy Fried Noodles, Roasted Cashews and Fresh Coriander Leaves in a Sesame Soy Dressing

### Thai Noodle Salad

Rice Noodles, Sugarsnap Peas, Cashew Nuts, Carrots, Spring Onions, Bean Sprouts in a Chilli, Sesame Oil, Soy and Lime Dressing

### Thai Bean Salad

Cannellini Beans with Pink Grapefruit, Red Grapes, Beansprouts, Fresh Mint, Coriander and Rocket Leaves in a Chilli, Lime and Herb Dressing

### Oriental Coleslaw

Red Cabbage, Carrots, Spring Onions and Coriander with a Sesame Oil, Soy Sauce, Honey and Lime Dressing

### Crunchy Hot and Sour Salad

Beansprouts, Mangetout, Water Chestnuts, Cashew Nuts and Coriander in a Hot and Sour Chilli and Rice Wine Vinegar Dressing

### Green Mango Salad

Green Mango, Chilli, Sesame Seeds, Sugar Snap Peas, Red Onion and Fresh Coriander and Mint Leaves in a Lime and Ginger Dressing

### Thai Herb and Mango Salad

Fresh Mango, Lemon Grass, Red Chilli, Sugar Snap Peas, Spring Onions, Bean Sprouts with Fresh Coriander, Mint, and Thai Basil Leaves in a Palm Sugar and Lime Dressing

## Modern British Salads

### Chicory, Pear and Walnut Salad

Caramelised Pear Cubes with thinly sliced Chicory and Walnuts with a Walnut Oil Dressing

### Peas, Pea Shoots and Broad Beans

Fresh Summer Salad of Peas, Broad Beans and Pea Shoots with Rocket and Fresh Mint in An Olive Oil and Lemon Dressing

### Summer Vegetable Salad

Mixed Green Vegetables such as Green Beans, Peas, Sugarsnap Peas, Asparagus, Broad Beans and Broccoli with Cucumber and Flat-Leaf Parsley in a Sherry Vinegar Vinaigrette

### Tomato and Shallot Salad

Finely Sliced Tomatoes with Finely Chopped Shallots, Capers, Olive Oil and Red Wine Vinegar

### Camargue Red Rice Salad

Nutty Camargue Red Rice with Shallots, Rocket, Spring Onions and Feta Cheese in a Grain Mustard and Balsamic Dressing

### Lentil Salad with Walnuts

Puy Lentils, Toasted Walnut Pieces and Goats Cheese in a Punchy Balsamic, Garlic and Mustard Dressing

Many options  
available for gluten  
free and dairy diets.  
Please contact the  
team for further  
information

ASK ABOUT  
ALLERGENS AND  
INTOLERANCES

Saffron<sup>®</sup>

Dietary alternatives available / All prices exclude staffing, delivery and VAT / All menus are samples only

FOR MORE INFORMATION CONTACT 01530 273879  
info@saffroncatering.co.uk / www.saffronoutsidecatering.co.uk