JO'S KITCHEN

Creative plant-based food for all occasions

SAMPLE BUFFET MENUS

Delivery and collection is free within 5 miles of Petersfield. Charges apply outside of this distance.

Minimum order value is 10 guests. Maximum number for buffet is 50.

Viability of hot food service is dependent on location and onsite kitchen facilities.

Please ask if you would like us to quote for flowers or seasonal table décor.

Prices shown include service ware, dinner & side plates and cutlery if needed, but exclude staff & delivery outside of Petersfield.
Please note, we do not provide any other crockery, glassware or linen.

ALLERGENS

Please do let us know if you have food allergies or intolerances to consider.
Whilst every care is taken to avoid cross contamination, our kitchen is not an allergen free zone, so we cannot offer a 100% guarantee. For example, where a menu item does not contain wheat or gluten - whilst only appropriate ingredients are used in that particular dish, this may well not be sufficient if you are celiac.
Please make a choice based on your individual needs.
Our kitchen is 100% plant-based.

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COLD BREAKFAST BUFFET

SAMPLE PRICING - £13 PER HEAD FOR A SELECTION OF 3 ITEMS FROM THE FOLLOWING:

Chia pots with seasonal fruit compote, berry cream, toasted almonds & coconut flakes

Overnight oats with organic maple syrup & our signature 'Bliss Shot' topping made with toasted hazelnuts, goji berries, organic cacao & lion's mane powder.
Choose from:
Seasonal fruit
Chocolate & cherry
Spiced carrot cake
Mango & almond

Greek style yoghurt with seasonal compote

Granola with berries & plant milk

Fresh fruit salad

Homemade banana & date bread with cinnamon butter

HOT BREAKFAST BUFFET

SAMPLE PRICING - £16 PER HEAD FOR A SELECTION OF 5 ITEMS FROM THE FOLLOWING:
Served with fresh bread & tamari seeds

Tofu scramble with sundried tomatoes, peas, green olives & fresh herbs
Roast baby potatoes
Sweet potato & spinach hash
Smoky chickpeas with tomatoes, lemon & herbs
Seared broccoli
Pan fried miso mushrooms
Home-made smoky beans
Guacamole
Quinoa porridge with mango & almonds

SMOOTHIES

£4.50 EACH
Green Goddess (kale, spinach, banana, parsley, dates, coconut water)
Beetroot & Ginger (Beetroot, ginger, apple juice, coconut water)
Hampshire Tropics (Mango, banana, lime, mint, coconut milk)
Chocolate Tahini (Cacao, banana, lion's mane, tahini, cashews, dates, oat milk)

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HOT BUFFET SAMPLE MENUS

£19.00 PER HEAD

Menu 1

Provence white bean Cassoulet
A warming and indulgent dish of white beans slow cooked with a cashew sour cream sauce, shallots, white wine, green olives and Provence herbs, finished with fresh tomato & parsley.

Lemon & thyme rice with toasted hazelnuts
Salad of rocket, fennel, orange, avocado & fresh mint
Garlicky green beans

Sundried tomato tapenade
Cashew parmysan
Fresh bread

Menu 2

4 Bean Chocolate Chilli
Rich with allspice, caramelised red cabbage and organic dark chocolate.

Baked sweet potatoes with chipotle & lime butter
Gluten free jalapeno & rosemary corn bread

Guacamole
Tomato & coriander salsa

Mint & lime yoghurt
Tamari seeds
Jalapenos

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Menu 3

Satay sweet potato, spinach & black bean curry
A mild and indulgent creamy curry with peanut satay sauce & coconut milk

Coconut & lime basmati rice
Spied sauteed greens with garlic & toasted sesame seeds
Tomato salad with cumin, ginger, coriander & mint
Garlic naan bread

Raita
Apple & red onion pickle
Spicy peanut crumb
Tamari seeds

Menu 4

Red Thai Butternut squash & greens curry
A spicy aromatic & creamy curry with lemongrass, coconut milk, lime & coriander.

Nori baked rice with spring onion
Crunchy Thai salad with mango, chilli & lime sauce
Cucumber & chilli pickle

Spicy Thai crackers
Edamame, lime & mint puree
Toasted spiced cashews

Menu 5

Tamarind potato curry
An fruity and aromatic curry of potato, peppers & edamame beans with tamarind, lime & fresh coriander

Spinach dahl
Basmati rice with miso mushrooms & fresh coriander
Roasted cumin cauliflower with a golden turmeric sauce

Green chilli & herb sauce
Red onion pickle
Cucumber & mint raita
Spiced cashews

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Menu 6

Slow cooked vegetable Cacciatore
A rich and warming casserole of root vegetables, peppers & green lentils, slowly cooked with red wine, olives & herbs.

Roast baby potatoes with lemon & herb gremolata
Green beans sauteed with garlic & olives
Heritage tomato & avocado salad with pumpkin seed & kale pesto

Sundried tomato tapenade
Fresh bread
Cashew parmysan

Menu 7

Chickpea & sweet potato Tagine
With apricots, saffron & preserved lemon

Spiced couscous with shallots, almonds & herb oil
Roasted pointed cabbage with garlic & lemon sauce
Moroccan fruity carrot salad with an orange & coriander dressing
Mixed leaves with tomato, avocado & garlic croutons

Spiced apricot compote
Harissa & saffron yoghurt
Sesame, cashew & cumin crunch crumb
Flat bread

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MIXED HOT & COLD BUFFET SAMPLE MENUS

£19.00 PER HEAD

Menu 1

Spiced green lentils with roasted aubergine, green beans, shallots, walnuts & pomegranate seeds
Roast cumin & chilli potatoes with lemon & garlic yoghurt
Bulgar wheat, tomato & fresh herb Tabouleh with a citrus dressing
Roasted turmeric cauliflower on creamy humous, topped with toasted almonds

Matbucha – a rich, slow cooked relish of tomatoes, peppers, garlic & chilli
Spiced sesame & cashew crunch crumb
Tamari seeds
Fresh bread

Menu 2

Filo parcels with spinach, courgette, home-made tofu fetta & herbs
Smashed pesto chickpeas with avocado & cherry tomatoes
Baked tomato rice with kale & hazelnut pesto
Salad of beetroot, apple, orange, chilli & fresh mint
Celeriac & apple remoulade with fresh parsley

Green herb sauce
Tangy walnut & red pepper dip
Fresh sourdough
Tamari seeds

Menu 3

Green goddess fritters with lemon & harissa yoghurt
Herby bulgar wheat with garlic & sundried tomatoes
Roasted cauliflower with tahini & lemon sauce
Tomato, avocado, cucumber & olive salad with a basil & hazelnut dressing

Roasted butternut squash & cumin dip
Beetroot humous with tahini, lime & fresh mint
Fresh sourdough
Tamari seeds

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Menu 4

Rice noodle salad with soy glazed broccoli, beansprouts,
peppers, cucumber and chilli tossed in a peanut satay sauce
Crispy filo wrapped marinated tofu with soy sesame glaze
Mixed rice with grilled miso mushrooms, shredded greens & toasted cashews
Fresh mango, tomato & apple salad with spring onion, chilli, ginger & lime

Mango, lime & chili sauce
Spicy peanut crumb
Pickled cucumber
Tamari seeds

Crispy filo wrapped marinated tofu with soya sesame glaze
Mixed rice with grilled miso mushrooms, shredded greens & toasted cashews
Fresh mango, tomato & apple salad with, spring onion, chilli, ginger & lime

Mango, lime & chili sauce
Spicy peanut crumb
Pickled cucumber
Tamari seeds

Menu 5

Baked coconut rice with sultanas and crispy onions
Spiced potato & pea filo parcels
Roasted turmeric cauliflower with creamy peanut & coconut sauce
Spicy slaw with mango & chilli yoghurt dressing and toasted almonds
Tomato, fennel, red onion, cucumber & coriander salad

Roasted spiced chickpeas
Apple & red onion pickle
Tamari seeds
Cucumber & mint raita
Mini poppadums

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DESSERT

FROM £4.50 PER HEAD

Fudgy Gluten free chocolate black bean brownies

Cheezecake (Raw, free from refined sugar & gluten free)
Chocolate orange
Salted caramel
Matcha lime
Mocha Tahini

Lemon mousse shots with fresh lemon curd & ginger crumb

Cacao tahini chestnut mousse shots with coconut cream & hazelnut praline

Mango & passion fruit cream with almond tuille

Fresh pineapple & raspberries with mint & lime served with Chantilly cream

HEALTHY SNACK SELECTION

£8 PER HEAD

Option 1

Miso shots
Seaweed crisps
Crudité & oat cakes with beetroot & lime humous
Apple slices with cacao & hazelnut spread
Dates stuffed with almond butter & pistachio

Option 2

Roasted spiced chickpeas
Cashews & dried berries
Root vegetable crisps with roasted butternut squash & cumin dip
Spiced almonds

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Cacao & peanut butter energy balls

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