

**LIFE'S KITCHEN**  
*Bespoke Catering Solutions*



[WWW.LIFESKITCHEN.COM](http://WWW.LIFESKITCHEN.COM)



## CONTINENTAL BREAKFAST

*£19.50 per person, ex vat*

Selection of breakfast pastries  
Toasted muffins and bagels, butter and preserves  
Greek yoghurt and fresh berry compote  
Sliced cooked meats and cheeses  
Cut fruit platter  
Orange juice, cranberry juice, freshly brewed coffee and a selection of teas

## SANDWICH LUNCHEON

*£17.50 per person, ex vat*

Three servings of tea & coffee during the day  
Turkey, bacon & mayonnaise  
Cheddar cheese salad  
Free range egg & cress  
Smoked salmon, lemon & black pepper

## DAY DELEGATES

All day delegate menu prices include refreshment breaks as follows:

*Early morning break*

Tea & Coffee, Danish pastries

*Mid morning break*

Tea & Coffee, Luxury biscuits

*Afternoon break*

Tea & coffee, Selection of homemade cake slices

### DAY DELEGATE PACKAGE A

*£25.00 per person, ex. vat*

Tuna, red onion & Swiss cheese melt  
Boiled gammon & apple chutney on white bloomer  
Smoked salmon & cream cheese bagel  
Mature cheddar ploughman's on granary  
Bowl of fresh fruit

### DAY DELEGATE PACKAGE B

*£30.00 per person, ex. Vat*

*Finger buffet*

Selection of fresh cut sandwiches  
Croque monsieur  
Thai chicken on lemon grass skewers  
Caramelised cherry tomato & basil tarts  
Deep fried camembert, redcurrant dipping sauce  
Bowl of fresh fruit

## DAY DELEGATE PACKAGE C

£35.00 per person, ex. vat

Bowl food fork buffet

### *Main course*

Sauté tiger shrimp, sweet chilli and egg fried rice

~

Saladette of stilton, poached pear and wild roquette

~

Wild mushroom and pea risotto

~

Braised beef, herb dumpling and creamed potato

### *Dessert*

Brie de meaux, red onion compote

~

Triomphe slice

~

Cassis slice

## PRE LUNCH/DINNER RECEPTION PACKAGES

Choose from the Canapé Range Below

We would recommend a selection of four-six pieces per person for a pre-lunch reception & six-ten pieces per person for a pre-dinner reception

Canapés are priced at £2.75+VAT per piece

### CANAPÉS

Wild mushroom & pea risotto served on china spoons  
Peppered beef fillet, mini rosti potato & red onion compote  
Roulade of Barbary duck & pistachio  
Lobster bisque with rouille served in a shot glass  
Roasted tomato and peppered goats cheese with pesto  
Seared scallop, herb crostini and hollandaise  
Oak smoked salmon & sour cream on rustic baguette  
Tiger shrimp wrapped in basil & smoked bacon  
Chinese duck pancake & hoi sin dipping sauce

## SUGGESTED LUNCHEON MENUS

All luncheon menu prices include freshly brewed coffee & mints

### LUNCHEON MENU A

*£34.50 per person, ex. vat*

Pumpkin & sweet potato soup, toasted goats cheese crouton

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Breast of corn fed chicken wrapped in smoked bacon, fondant potato & port wine jus

~

Bitter chocolate tart & white chocolate ice cream

### LUNCHEON MENU B

*£35.50 per person, ex. vat*

Chicken liver pate, red onion compote & toasted brioche

~

Herb crusted salmon fillet, rosti potato, wilted greens & sweet pepper cream

~

Individual apple tart, clotted cream & raspberry puree

### LUNCHEON MENU C

*£36.50 per person ex. vat*

Marinated beef tomato and buffalo mozzarella

~

Fillet of haddock with crab crust, saffron potato and fine beans

~

Tiramisu with amaretti cookies

### LUNCHEON MENU D

*£39.50 per person, ex. vat*

Smoked haddock and spring onion fishcake, wild roquette & grain mustard dressing

~

Braised beef olive, spiced red cabbage & herb roasted new potatoes

~

Sticky toffee pudding, butterscotch sauce & vanilla ice cream

## SUGGESTED LUNCHEON/DINNER MENUS

### MENU E

*£40.00 per person, ex. vat*

Saladette of prosciutto ham, slow roasted tomatoes & pesto

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Marinated cod fillet, smoked cheddar mash, buttered spinach & sweet shallot jus

~

Crème brulee, poached pear, sable biscuit & mango sorbet

### MENU F

*£43.50 per person ex. vat*

Peppered salmon fillet, warm potato salad and sweet mustard dressing

~

Rump of lamb, butter bean puree and leafy greens

~

Pineapple upside down pudding with pineapple sorbet

# SUGGESTED DINNER MENUS

## DINNER MENU A

*£48.50 per person, ex. vat*

Pressed terrine of smoked & marinated salmon, mango & oriental sauces

~

Stuffed breast of guinea fowl, black pudding potato cake, fine asparagus & redcurrant jus

~

Warm pear bakewell & clotted cream

## DINNER MENU B

*£49.50 per person, ex. vat*

Crispy confit duck leg, baby leaf salad & orange & coriander dressing

~

Monkfish tail wrapped in parma ham & nori seaweed, rosti potato, stir fried Chinese greens & soy butter sauce

~

Glazed lemon tart & raspberry sorbet

## DINNER MENU C

*£49.50 per person, ex. vat*

Rosace of crab & avocado, confit tomato & sauce verte

~

Seared breast of duck, sweet potato & morel galette, braised red cabbage & calvados jus

~

Tiramisu served with amarretti biscuits

## DINNER MENU D

*£55.00 per person, ex vat*

Monkfish tail wrapped in parma ham and nori seaweed, stir fried Chinese greens & soy butter sauce

~

Pan fried medallions of beef topped with foie gras, oyster mushrooms, baby spinach and port wine jus

~

Bitter chocolate and coconut tart, vanilla ice cream

## DINNER MENU E

*£59.50 per person, ex. vat*

Flash fried tuna "nicoise", aged balsamic dressing

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Cappuccino of wild mushrooms scented with truffle

~

Roast fillet of beef wrapped in pancetta, butternut squash puree & rich burgundy jus

~

Iced nougat parfait, tuille biscuit & bitter chocolate sauce

## DINNER MENU F

*£62.50 per person, ex. vat*

Pressed terrine of ham hock & foie gras, mache salad & light sherry dressing

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Seared sea bass, fennel & asparagus, beurre blanc

~

Cannon of lamb wrapped with chicken & rosemary mouselline, cassoulet of lentils & cocotte potatoes

~

Trio of chocolate

~

Brie de meaux, sun blush tomatoes & water biscuits

**All dinner menus include freshly brewed coffee and petit fours**

## “CONVERSATION” COURSES

### HOT SOUPS SERVED IN DEMI TASSE

*£3.95 per person ex. vat*

Wild mushroom scented with truffle

~

Roasted tomato and basil

~

Lobster bisque with rouille

~

Leek and potato with crispy bacon

### CHILLED SOUPS SERVED IN SHOT GLASSES

*£2.95 per person ex. Vat*

Gazpacho

~

Vichysoisse

~

### SAVOURIES SERVED AFTER DESSERT

*£4.95 per person ex. Vat*

Welsh rarebit

~

Devils on horseback

~

Angels on horseback

# WEDDING MENUS

## PACKAGE A

£40.00 + VAT per person

Pressed Terrine of Smoked & Marinated Salmon, Mango & Oriental Sauces

~

Roast Rib-Eye of Scottish Beef, Yorkshire Pudding & Port Jus

~

Crème Brulee served with Poached Pear, Mango Sorbet and a Sable Biscuit

~

Coffee & Mints

## PACKAGE B

£55.00 + VAT per person

### *Pre-Meal Canapés*

Oak smoked salmon & sour cream on rustic baguette

Tiger shrimp wrapped in basil & smoked bacon

Chinese duck pancake & hoi sin dipping sauce

Roasted tomato & goats cheese crostini with pesto

Lobster bisque, finished with rouille

Peppered beef fillet, mini rosti potato & red onion compote

### *Wedding Breakfast*

Chicken Liver Parfait served with Toasted Brioche & Red Onion Compote

~

Fillet of Cod on a bed of stir fried greens, rosti potato & sweet pepper cream

~

Bitter Chocolate Tart with Vanilla Ice Cream

~

Coffee & Mints

## PACKAGE C

£79.00 + VAT per person

### *Pre-Meal Canapés*

Seared Scallops, Herb Crostini & Hollandaise Sauce

Peppered beef fillet, mini rosti potato & red onion compote

Pumpkin & Sweet Basil Risotto served on China Spoons

Tiger shrimp wrapped in basil & smoked bacon

Chinese duck pancake & hoi sin dipping sauce

Chilled Gazpacho served in a shot glass

### *Wedding Breakfast*

Fillet of Monk Fish wrapped in prosciutto and nori seaweed, stir fried greens and soy butter sauce

~

Wild Mushroom Soup scented with truffle served in a demi-tasse

~

Fillet of Beef topped with Foie Gras, wilted spinach, fondant potato & Pecharmant Jus

~

Glazed Medley of Citrus fruit

~

Coffee & Petit Fours

## DRINKS PACKAGES

Please note that the packages suggested are a small example of what we can offer - as befits a company offering "bespoke catering solutions" we are delighted to create bespoke packages on an individual basis - do not hesitate to contact us for further details.

### DRINKS PACKAGE ONE

*£19.95 per person (+ VAT)*

Pre-Dinner glass of Sparkling Wine  
House White (half bottle per person)  
House Red (half bottle per person)  
Glass of Sparkling Wine for Toast

Mineral Water and Orange juice offered throughout the event

### DRINKS PACKAGE TWO

*£27.95 per person (+ VAT)*

Pre-Dinner Glass of Moutarde Cuvee Prestige Champagne  
Premium House White (half bottle per person)  
Premium House Red (half bottle per person)  
Glass of Moutarde Cuvee Prestige Champagne for toast

Mineral Water and Orange juice offered throughout the event

### DRINKS PACKAGE THREE

*£37.50 (+ VAT)*

Pre-Dinner Glass of Moutarde Cuvee Prestige Rose Champagne  
Tuatara Bay Malborough Sauvignon Blanc (Half Bottle per person)  
St. Clair Pinot Noir (Half Bottle per Person)  
Glass of Barros LBV port with Coffee & Mints  
Glass of Perrier Jouet NV Champagne for Toast

Mineral Water and Orange juice offered throughout the event



# WINE LIST

Working closely with Hallgarten-our exclusive wine supplier-Life's Kitchen is delighted to offer the following selection of wines that have been selected to compliment our menu ranges and also to suit every budget.

From Old World classics to New World superstars, and offering some of the best value for money in London, these wines will become instant favourites.

Do not hesitate to contact us for specific recommendations for your event.  
All wine prices are inclusive of VAT

## HOUSE WINE SELECTION

### *House White*

#### *Opal Ridge Semillon Chardonnay - Australia*

A delicate blend of herbaceous Semillon and exotic tropical Chardonnay fruit characters with subtle oak complexity balanced by a crisp, clean finish  
£11.95

### *Premium House White*

#### *Les Petits Faiteaux Sauvignon de Touraine - France*

Crisp dry Sauvignon Blanc from Touraine-easy drinking style  
£13.95

### *House Red*

#### *Domaine des deux Soleils Merlot - France*

Notes of chocolate with plummy fruit and elegant style  
£11.95

### *Premium House Red*

#### *Domaine Gabelas "Tradition" St. Chinian - France*

Black Cherries, juicy but well structured. Simple attractive wine with lots of flavour and a lingering finish.  
£13.95

## WHITE WINES

### *Andrea di Pec Pinot Grigio - Italy*

A top quality, dry, fruity and crisp white wine from the Pinot Gris grape grown on the plains of Friuli  
£17.00

### *Domaine Botti Macon Blanc Villages - France*

Delicate bouquet with floral and fruit hints; good balance and lingering flavour  
£19.00

### *Tuatara Bay Sauvignon Blanc - New Zealand*

This is a stunning blend of aromatic quality from the Wairau combined with the weight of the Awatere Valley of Marlborough to give a well rounded and fresh finish  
£19.00

### *Domaine Grand Roche Chablis - France*

Clean fruit with well balanced acidity and a dry, crisp finish  
£22.00

### *Domaine Tabordet Pouilly Fumet - France*

Flinty nose and palate opening out to show floral and dried fruit scents. Good weight, full bodied and a citrus zesty finish  
£26.50

## RED WINES

*Tedeschi Bardolino Classico - Italy*

Lively cherry fruit flavours offset by a faint and pleasantly bitter tone. Fresh and fragrant  
£16.00

*Promenade Old Vine Shiraz - Australia*

Old Vines have produced juice bursting with peppery spicy flavours. Matured in American oak for 18 months, this is a rich tasting harmonious wine  
£17.00

*St. Clair Pinot Noir - New Zealand*

Flavours of plum, blackberries and delicate spicy oak  
£21.00

*Domaine Fort Michon Brouilly - France*

A charming wine with good colour; warm and supple with round tannins  
£20.00

*Groot Constantia Merlot - South Africa*

Fruity, medium bodied Merlot with berry and chocolate flavours  
£24.50

*Chateau Haut Myles Medoc Cru Bourgeois - France*

Well balanced wine, aged in American oak for six months with a hint of vanilla oak  
£27.00

*Clos St Louis Cotes de Nuits Villages - France*

Ripe raspberries consistent on the nose and palate, well structured showing ripeness and a fine finish  
£29.00

## SPARKLING WINE

*Vin Mousseux Chardonnay - France*

Elegant, light and fruity-an ideal aperitif  
£16.95

## CHAMPAGNE

*Moutard Prestige Brut - France*

Lovely, fine biscuity character on the nose and palate with a lasting finish-very elegant  
£28.95

*Moutard Prestige Rose - France*

Delicate salmon pink colour and fruity flavour  
£28.95

*Perrier Jouet Grand Brut - France*

Well balanced fine Champagne with inviting fragrance and lingering flavour  
£39.00

## DESERT WINE

*Beelgara Vineyards Raisined Semillon (37.5cl) - Australia*

Ripe and full flavoured with balanced sweetness  
£14.00

## PORT WINE

*Barros Port LBV*

Deep colour with aromas reminiscent of ripe berry fruits and mulberry  
£25.00