



Plant-Based Wellness Menu

Nourish Nibbles

Green Energy Sourdough Toast

Avocado, broad bean & pea smash, pickled courgette, seeds, tahini drizzle.

Crispy Sweetcorn, Courgette & Chive Fritters

with smashed avocado, coconut cream & tomato chilli jam.

Miso & Mushroom Puff with Cashew Cream

Earthy mushroom mix, crisp pastry, topped with micro rocket.

Cucumber Boats

with plant feta, mint, parsley, toasted black sesame.

Beetroot Tacos

with tomato concass, smashed avocado, red onion jam, micro coriander.

Popcorn Cauliflower

with scirracha drizzle, vegan mayo, in a Baby Gem cup.

Baba Ganoush

with dukkah crumble, and toasted pitta.

Shredded Root Bhaji

with cumin, mango and ginger chutney.

Soul Bowls and Buffet

Miso Broth with Wakame, Silken Tofu & Spring Greens

with courgette ribbons, sesame oil, and toasted seeds.

Brown Rice & Barley Pilaf with Tamari Glazed Root Veg

Celeriac, carrot, parsnip glazed in tamari, with toasted seeds.

Smoked Tofu Cakes

with stir fry summer vegetables, sweet chilli & coriander dressing.

Spiced Sweet Potato & Chickpea Falafel Bowl

with couscous, tabbouleh, soya labneh, and dukkah.

Ayurvedic Kitchari Bowl

Mung dal, turmeric, ginger, roast root veg, apricot chutney, lemon zest.

Macrobiotic Poke Bowl

Brown rice, silken tofu, pickled veg, sesame-lime dressing.

Grab and Glow Pots

Beetroot Hummus with Harissa & Black Sesame Crunch

with beetroot flatbread, pickled heritage beets and radish, red endive spear.

Roasted Carrot, Tahini & Za'atar Whip Pot

with charcoal ficelle spear dukkah sprinkle, olive oil drizzle.

Avocado, Pea & Coconut Pot

with green blini spear, pickled courgette ribbons, spinach flatbread, pea shoots.

Golden Spoon Treats

Chickpea Blondies

with Tahini and maple syrup.

Golden Apricot, Turmeric & Coconut Chia Pot

Chocolate & Banana Overnight Oats Pot

Peach, Cardamom & Oat Lassi Pot

Orange, Lemon Polenta & Almond Cake

with Maple drizzle.

Turmeric, Honey & Oat Balls

Rolled in toasted coconut, cinnamon, and flaxseed.

Warm Stewed Rhubarb Saffron & Orange Blossom Pots

with coconut cream and toasted pistachio.

PenniBlack

CREATIVE CATERING AND EVENTS

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