



Seasonal Salads

Cavelo Nero and Roasted Squash Salad – Sumac, spiced butternut squash, toasted seeds (GF)

Autumn Slaw – Fennel, homegrown apples, Suffolk carrots, red cabbage, caraway, dressing (GF)

Warm New Potato Salad– Shallots, wholegrain mustard, herbs or Salsa Verde (GF)

Mixed Leaf Salad – Toasted seeds, sprouted beans, miso and sesame dressing (GF)

North African Carrot Salad – Organic carrots, caraway, harissa, cumin, coriander (GF)

Butter Beans – Peppers, spring onions, herbs, sweet chilli, garlic, toasted sesame (GF)

Sprout and Carrot Raw Salad – Herbs, baby spinach mixed sprouts, radishes, kombucha dressing (GF)

Autumn Waldorf – Cobnuts, red cabbage, local apples, dijon mustard mayo, dill (GF)

Puy Lentils - Pickled red onion, semi-dried tomatoes, herbs, sherry vinegar (GF)

Chickpea Salad - Red onion, peppers, cucumber, sumac, virgin olive oil (GF)

Green goddess Salad – Nasturtiums, Romaine, toasted buckwheat, turmeric and ginger dressing

Wakame Noddle Salad – Reisha mushroom (medicinal), edamame, sesame, cucumber, lime

Sprouted Mung Bean Salad – Roasted cumin carrots, fennel, kombucha dressing (GF)

Carrot and Orange Salad – Toasted cumin and cashews (GF)

Celeriac and Kale Salad – Homegrown toasted walnuts, pomegranate, kombucha dressing (GF)

White bean Spiced Salad – Roasted carrots, cannellini beans, preserved lemons, beluza rosa harissa (GF)



Grain Salads

Tabula Kisir – Bulgar wheat or quinoa, peppers, herbs, lemon, cumin (GF on request)

Bulgar wheat - Red pepper, pomegranate molasses, oregano, all spice (GF)

Cous cous – Roasted cauliflower and squash, green olives, pomegranate and hibiscus dressing

Bulgar Wheat – Toasted walnuts, grapes, celery with a dill and poppy seed yoghurt dressing

Mango and Coconut Rice Salad – Red camargue, spring onion, crispy shallots (GF)

Giant cous cous – Fennel, celery, cumin, citrus, walnuts, herbs

Mograbiah grain – Saffron, herbs, bebere spice

Quinoa – Cannellini, lemon, parsley, beet tops (GF)

Big Bites

Chicory and Pear or Parsnip Tart Tartin

Beetroot Tart Tartin – Shallot and parsley vinaigrette

Beetroot and Pine Nut Tarlets – piquant dressing, toasted pine nut puree

Charred veg – puff pastry with lemon and basil aioli

Garden Chard quiche – charred greens, tofu, puff pastry

Kale and Shallot Tart – puff pastry, roasted hazelnuts

Caramelised Aubergine Tarlet – Zhoug, coriander, puff pastry

Chickpea Baharat Tart – Baharat spice, allotment spinach, pastry



Small Bites

Maki Rainbow Sushi Rolls – Rainbow veg, nori, pickled ginger (GF)

Mahummar Hummus – Warm beetroot hummus with dukka and Pitta (GF on request)

Mini 'Crab' Jackfruit Tacos – Chipotle mayo,, pickled cabbage, guacamole (GF on request)

Fermented Wild Mushroom Pate – Lapsang Souchong jelly, local sourdough

Aubergine Tartare – Almonds, baby capers, tomato, flatbread

Artichoke Crostini- Rocket, romesco, sourdough

Edamame and Pea Falafel – Fresh mint and cucumber raita (GF)

Thai Squash puff bites – butternut squash with lemongrass, chili, galangal

Squash and Chard Baby Fritters – Homemade plum chutney, garden chard, yoghurt (GF)

Live Cashew and Chive Cheese - Raw Oatcakes with homemade brindal chutney

Smokey Walnut Mahammara dip – Homegrown walnuts, cumin, roasted peppers

Charred veg on bamboo skewers – Ponzu dressing (GF)

Vietnamese Rice paper Rolls – Alloment veg, nasturtiums, raw beetroot, sesame dressing (GF)

Puy Lentil puff bites – Spinach, yoghurt, cumin

Crudites – Tarator sauce or yoghurt kaffir lime dip (GF)

Mini Kimchi Pancakes – Firecracker cauliflower

We are plant based caterer using seasonal, wholegrain food that is sourced as local as possible. We prepare everything from scratch, using natural cold-pressed oils (Rapeseed from Suffolk), pure sea salt (Maldon) and unrefined sugars. We use fermentation and soaking nuts and grains to make our food more nutritious and digestible and use foods rich in probiotics, nitrates, vitamins, minerals and healthy fats. We also forage when the season is right. We are happy to include or take away ingredients according to your taste and dietary requirements, where possible.

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