



TASTE HAVEN
CATERING

OUR MENU



www.tastehaven.co.uk

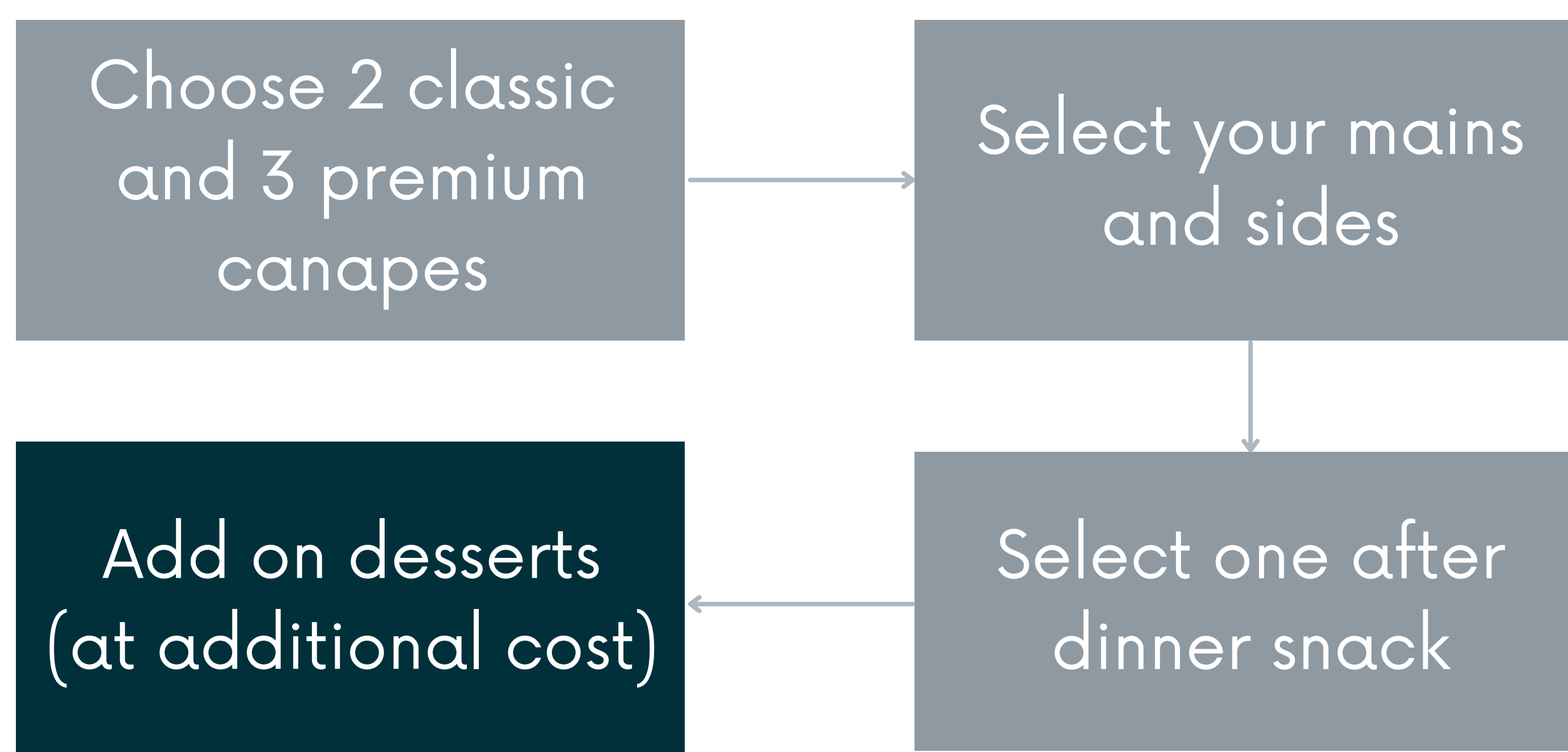


@tastehaven

Our Package

We offer a comprehensive package that includes a wide selection of canapes, mains and after dinner meals.

Please note that for all vegetarian options on offer, we can also provide vegan options upon confirmation from you.



Canapes

We offer a wide range of canapes to suit a variety of different tastes. Within our meal package, the following options are available:

- 2 classics and;
- 3 premium canapes

CLASSIC	PREMIUM
<ul style="list-style-type: none">• Vegetable spring rolls* (v)• Vegetable samosa (v)• Fries (shooters) (v)• Puff puff* (v)• Money bags• Hummus and crudites in miniature cups (v)• Kelewele and peanuts in Miniature cups (v)	<ul style="list-style-type: none">• Chicken wing drummettes*<ul style="list-style-type: none">◦ peri peri◦ honey and BBQ glazed• Spicy gizzard with a mixed pepper and onion garnish• Chicken satay skewers*• Jerk chicken skewers• Chicken in creamy sauce vol au vents• Salt and pepper king prawns*• Miniature mac and cheese cups• King Prawn wrapped in Filo Pastry*• Tuna & sweetcorn sliders• Mini beef slider burgers*• Beans and plantain boats* (v)• Popcorn chicken/crispy chicken bites• Roast plantain topped with peanut sauce (v)• Roast plantain & mackerel sauce• Miniature chicken salad cups• Mini blinis with smoked salmon and cream cheese• Bite sized Jamaican style patties<ul style="list-style-type: none">◦ Vegetable (v)◦ Ackee and salt fish◦ Chicken◦ Beef

**Dishes with an asterix are incredibly popular and a party favourite*
Dishes with a 'v' are suitable for vegetarians

Canapes

Super premium selections offer your guests a set of premier options. These can be selected as an upgrade or added on to any package at an additional charge.



SUPER PREMIUM

- Beef suya*
- Mini slider bagels
 - Salmon and cream cheese
 - Coronation chicken
 - Chicken and sweetcorn in a creamy mayo dressing
- Miniature lobster rolls
- Mini lamb kebabs with tzatziki sauce
- Miniature seabass fillets on a bed of fried plantains

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Our Mains

All meals can be served:

- Buffet style
- Family style

Please select the total number of dishes included in your buffet or family style bowl service package. More dishes can be added on to the package if required at an additional cost

RICE AND NOODLE DISHES

- Plain white rice (v)
- Jollof rice* (v)
- Caribbean rice and peas* (v)
- Ghanaian waakye rice and beans (v)
- Stir fried vermicelli noodles* (v)
- Special fried rice

MEATS, CHICKEN AND PROTEIN DISHES

- Grilled soft chicken*
 - BBQ glazed
 - Peri peri
 - Oven Jerk chicken
- Authentic coal jerked chicken**
- Stewed and garnished tender beef*
- Stewed hard chicken
- Goat meat in pepper sauce
- Fried and garnished turkey wings
- Chicken drumstick*
- Spicy lamb cuts
- Grilled herbs and garlic lamb chops**

FISH DISHES

- Peppered/garnished hake steaks
- Garnished seabass fillets**
- Fish stew
- Baked salmon**

STEWES AND SAUCES

- Oriental shredded beef in oyster sauce
- Caribbean oxtail stew*
- Caribbean curry goat/ mutton*
- Sweet and sour chicken
- Tiger prawns in vegetables & spring onion sauce*
- Curry chicken
- Chicken casserole with seasonal vegetables

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***Dishes with a double asterix incur additional charges*

Dishes with a 'v' are suitable for vegetarians

Our Mains

All meals can be served:

- Buffet style
- Family Style

Please select the total number of dishes included in your buffet or family style bowl service package. More dishes can be added on to the package if required at an additional cost

TRADITIONAL NIGERIAN NATIVE SOUPS

- Efo riro
- Efo elegusi
- Ayamase sauce
- Ofada sauce
- Oha soup
- Edikainkong soup

SIDE DISHES

- Moi Moi (steamed bean pudding) (v)
- Gizdodo*
- Fried plantain* (v)
- Kelewele (v)
- Roast potatoes (v)
- Creamy mash potatoes (v)
- Mac and cheese* (v)

SALAD

- Coleslaw (v)
- Luxury salad
- Mixed leaf salad (v)
- Mediterranean Salad (v)
- Iceberg , sweetcorn , cucumber and baby plum tomatoes salad (v)

OTHER MAINS

- Yam pottage ('Asaro') and stew (v)
- Ewa agonyin ('Sweet honey beans served with a traditional agoyin Sauce') (v)
- Ewa riro
- Pounded yam (v)
- Ghanian shitto

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Dishes with a 'v' are suitable for vegetarians

After Dinner Snacks & Meals

As part of our package, please note that you can select one option from the 'package options'.

Additional items can also be selected at an additional cost.

PACKAGE OPTIONS

- Hot wings and chips
- Yam & plantain fries with pepper sauce
- Assorted Meat Peppersoup
- Smoked turkey cutlets smothered in pepper sauce
- Sweet Potato Fries in Cones

The following after dinner options are available at an additional cost:

AFTER DINNER BITES

- Bbq grilled turkey wings*
- Beef suya*
- Asun/spicy goat meat
- Peppered snails
- Pepper snails and tiger prawn Mix
- Mini burgers and fries
- Miniature fish and chips
- Chicken burgers
- Authentic BBQ jerk chicken
- Jerk wings and chips*
- Puff puff (v)

PREMIUM AFTER DINNER DISHES

- Amala/Abula (station including amala, gbegiri , ewedu and assorted meat stew)*
- Grilled tilapia fish served with fried plantain , luxury side salad and pepper sauce
- Tiger prawns in a spicy sweet pepper mix served with fried yam or plantain
- Spaghetti Stir fried with diced peppers and mixed vegetables mixed in a delicious pepper sauce serve with whole grilled turkey wings
- Fresh tilapia light soup

**Dishes with an asterix are incredibly popular and a party favourite
Dishes with a 'v' are suitable for vegetarians*

Evening Buffet

The evening buffet offers you the option of providing your day or extra evening guests with a late night dinner service that is comprised of 4 selections from the our mains and sides menu.

The menu can be extended to include more meals upon request.

Below are some sample menus to give you an idea of what you could offer your guests.



Evening Buffet

- Jollof rice
- Fresh tilapia fish soup
- Fried plantain
- Stir fried vermicelli noodles



Evening Buffet

- Oven baked jerk chicken
- Special fried rice
- Coleslaw
- Fried Plantain



Evening Buffet

- Ayamase
- White rice
- Garnished fish
- Fried plantain



Evening Buffet

- Stir fried vermicelli noodles
- Chicken drumsticks
- Luxury Salad
- Roast Potatoes

Sample Menus

Due to the extensive nature of our menu, we have some suggestions of the menu you could put together to suit your guests. Our selection is designed to appeal to a variety of cultural backgrounds so here are some ideas that could suit your guests. These are just samples and can be customised to your taste.

African (Nigerian) & Caribbean



Canapes

- Puff puff
- Vegetable spring rolls
- Beans and plantain boats
- Jamaican patties
- Jerk chicken skewers

Mains and Sides

- Jollof rice
- Rice and peas
- Beef stew
- Curry goat
- Stir fried vermicelli noodles
- Chicken
- Sea bass escovitch style
- Mac and cheese
- Salad

After Dinner Snack

- Smoked turkey cutlets smothered in pepper sauce

African (Nigerian)



Canapes

- Puff puff
- Vegetable spring rolls
- Beans and plantain boats
- Spicy gizzard
- Salt and pepper king prawns

Mains and Sides

- Jollof rice
- Special fried rice
- Stewed beef
- Yam pottage
- Garnished fish
- Luxury salad
- Ayamashe
- Efo riro
- Pounded yam
- Fried plantain

After Dinner Meal

- Assorted meat peppersoup



Sample Menus

African (Nigerian & Ghanaian)



Canapes

- Puff puff
- Vegetable spring rolls
- Beans and plantain boats
- Spicy gizzard
- Salt and pepper king prawns

Mains and Sides

- Jollof Rice
- Stir fried vermicelli noodles
- Kelewele
- Waakye rice and beans
- Shitto sauce
- Prawns in vegetable & spring onion sauce
- Garnished fish
- Stewed beef
- Grilled chicken
- Luxury salad

After Dinner Snack

- Yam & plantain fries with pepper sauce

Caribbean



Canapes

- Puff puff
- Vegetable spring rolls
- Salt and pepper prawns
- Jamaican patties
- Jerk chicken skewers

Mains and Sides

- Authentic jerk chicken
- Slow cooked marinated curry Goat
- Seabass fish escovitch style
- Rice 'n' peas
- White rice
- Fried Plantain
- Mac and cheese
- Mixed salad
- Coleslaw

After Dinner Snack

- Jerk wings and chips

Sample Menus

English



Canapes

- Vegetable spring rolls
- Fries (shooters)
- Salt and pepper king prawns
- Mini beef sliders
- Mini smoked salmon and cream cheese bagels

Mains and Sides

- Roast Chicken
- Grilled lamb chops
- Steamed white rice with vegetables
- Cheese pasta
- Roast potatoes
- Mixed salad
- Coleslaw

After Dinner Snack

- Miniature Fish and Chips



Allergy Notice

IF YOU HAVE A FOOD ALLERGY
OR A SPECIAL DIETARY REQUIREMENT
PLEASE INFORM A MEMBER OF
THE HOSPITALITY TEAM



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