

Hosted & Un-hosted Salad Bar



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Spier's 

Signature Salads

Chickpea Power Salad

Seasoned chickpeas & grilled courgette served with feta, red onion, parsley and a lemon dressing

Broccoli Quinoa

Vibrant Broccoli, mixed quinoa, roasted almonds, mustard, lemon and fresh parsley

Sweet Pearl Barley

Fibre-rich pearl barley with crunchy peppers and cucumber mixed with raisins, chopped parsley and poppy seeds

Friday Potato

Paprika roast new potatoes, garlic, pickled red onion and parsley

Go-to Greek

Crunchy cucumber, tomatoes and red onion with fresh feta, mint, black olives and lemon

Signature Middle Eastern Slaw

Crispy red & hispi cabbage with grated carrots and tahini served with a lemongrass & ginger dressing

Protein Toppers

Spicy Chicken

Marinated in chilli, garlic paprika and lemon juice

Vegan Fritter

Crispy carrot & sweetcorn, parsley, red onion and gram flour

Lamb Kofta

Fresh coriander, chilli and garlic with Moroccan spices

Falafel

Homemade chickpea falafel with fresh garlic, coriander, parsley, mint and onion

Halloumi

Roasted halloumi slices

Sauces

Mild Moroccan Beetroot

Salsa Verde

The Best Chilli Salsa

Slaw-esque Salads

(minimum order of 20)

Spiers' slaw – served with tahini, carrots, red cabbage and a lemongrass & ginger dressing (Vegan, GF, NF. **Allergen:** Sesame)

Traditional slaw – served with English mustard and yoghurt (VG, GF, NF. **Allergens:** Dairy, Mustard)

Celeriac Rémoulade & Green Apple – served with red cabbage, wholegrain mustard, and yoghurt (VG, GF, NF **Allergens:** Dairy, Mustard, Celery)

Beetroot & Parsnip – served with mixed seeds, spinach and a red wine vinegar dressing (Vegan, GF, NF. **Allergen:** Sulphite)

Beetroot & Beansprout – served with spring onion and a citrus dressing (Vegan, GF, NF)

Brussels Sprout & Radicchio – served with dill, wholegrain mustard and a red wine vinegar dressing (Vegan, GF, NF. **Allergens:** Mustard)

Beansprout & Carrot – served with spring onion, lemongrass, light soya sauce and a sesame dressing (Vegan, NF. **Allergens:** Sesame, Gluten, Soy).

Fennel & Goat's Cheese – served with sugar snaps, mangetout, walnuts and a lemon dressing (VG, GF. **Allergens:** Dairy, Nuts)

Feta & Pomegranate – served with sunflower and pumpkin seeds, coriander and a red wine vinegar dressing (VG, GF, NF. **Allergens:** Dairy, Sulphite)

Carrots & Frisée – served with pumpkin & poppy seeds, ginger and lemongrass (Vegan, GF, NF)

Light, Veg-based Salads

Cauliflower & Beans – black olives, sweetcorn, cranberry, dill, basil (Vegan, GF, NF)

Classic Greek salad – feta, black olives, cucumber, tomato, mint, lemon (VG, GF, NF. **Allergens:** Dairy)

Cucumber & Roast Garlic – peppers, basil, spring onion, feta (VG, GF, NF. **Allergens:** Dairy)

Celery & Grapefruit – radish, dill, sunflower seeds (Vegan, GF, NF. **Allergens:** Celery)

Courgette & Edamame – mint, spinach and a citrus dressing (Vegan, GF, NF. **Allergens:** Soya)

Broccoli & Feta – spinach, peas, chives and a citrus dressing (VG, GF, NF. **Allergens:** Dairy)

Aubergine & Edamame – cabbage, sesame, ginger (Vegan, NF. **Allergens:** Sesame, Gluten, Soya)

Light Grain, Pulse and Legume-based Salads

Israeli Pearl Couscous & Courgette – red pepper, radish, parsley, pomegranate, raisins, sweet paprika, cumin (Vegan, NF. **Allergen:** Gluten)

Mixed Quinoa & Beetroot – pumpkin and sunflower seeds, mixed herbs, spinach and a citrus dressing (Vegan, GF, NF)

Quinoa & Edamame – cabbage, coriander, carrots, spring onion and a lemon dressing (Vegan, GF, NF. **Allergens:** Soya)

Sweet potato & Cranberry – sunflower and pumpkin seeds, beans, peas, spinach, sunflower and a red wine vinegar dressing (Vegan, GF, NF. **Allergen:** sulphite)

Chickpea & Courgette – feta, red onion, parsley, cumin and a citrus dressing (VG, GF, NF. **Allergens:** Dairy)

Paprika Potatoes & Caramelised Red Onion – chives, garlic and a red wine vinegar dressing (Vegan, GF, NF. **Allergen:** Sulphite)

Sweet potato & Edamame – mixed peas, sugar snaps and a mint and lemon dressing (Vegan, GF, NF. **Allergens:** Soya)

Quinoa & Broccoli – chives, almonds, Dijon mustard, spring onion (Vegan, GF, NF. **Allergen:** Mustard)

Bulgur Wheat Tabbouleh & Tomato – pomegranate, parsley, pumpkin seeds and an olive oil dressing (Vegan, NF. **Allergen:** Gluten)

Beans & Sweetcorn – herbs, rocket, chilli, balsamic, spring onion (Vegan, GF, NF. **Allergen:** Sulphite)

Hearty, Carb-based Salads

Sweet Potato & Cranberry – mixed herbs, poppy seeds, chilli and a ginger dressing (Vegan, GF, NF)

New Potato & Sweetcorn – chilli, basil, chives, paprika, and an olive oil dressing (Vegan, GF, NF)

Pearl Barley & Pepper – cucumber, raisins, coriander, paprika, poppy seeds and a balsamic and olive oil dressing (Vegan, NF. **Allergens:** Gluten)

Split Pea & Pomegranate – red onion, tomato, cucumber, mint and sundried tomato (Vegan, GF, NF)

New potatoes & Beans – sundried tomato, Provençal olives, and a balsamic dressing (Vegan, GF, NF. **Allergen:** Sulphite)

New potato & Peanut – rocket, chives, parsley, dill, coriander and a red wine vinegar dressing (Vegan, DF. **Allergens:** Nuts)

Salad Bar

Choice of 6 Salads

Choice of 2 Toppers

Choice of 2 Dressings

£19.80 + VAT per person (Hosted, Minimum of 50 guests)

£16.50 + VAT per person (Un-hosted Minimum of 25 guests)

Lunch orders must be made and confirmed with accurate numbers two weekdays before the event to ensure availability.

Drinks

Tea and Coffee - **£3.30 + VAT per person, or £4.30 + VAT with biscuits**

Orange or Apple Juice - **£3.00 + VAT per litre**

Still or Sparkling Water - **£3.00 + VAT per litre**

Fizzy Drink/Pop - **£1.20 + VAT per can**

Individual Bottled Water - **£1.20 + VAT per 500ml bottle**

Package add-ons

Crisps - **£1.50 + VAT per person**

Individual salad box - **£3.65 + VAT per person**

Fruit platter - **£2.60 + VAT per person**

Cake Platter - **£2.60 + VAT per person**

We do NOT operate a nut-free kitchen. There may be traces of nuts found in all our products.