# Parsip Nash

We are proud of our reputation for beautifully bespoke menus and seamless event management. We understand the highs and lows of pulling together the perfect event and are on hand to look after every aspect, so you can be confident that we have it covered. Our menus feature locally sourced and seasonal ingredients, every one of our productions takes the shortest route from field to plate, without cutting corners or compromising on quality.

We have menus for every time of day and occasion and are able to cater for all special dietary requirements. If you require any help or advice with your selections, please get in touch.

We look forward to planning the next occasion



## Contents

Amazing Graze	9	p. 4
Canapes		p. 5
Sharing menu		p. 6
Formal Dining		p. 7
	- starters	p.8
	- mains	<b>p.9</b>
	- puds	p.10
High Tea		p.11
Cheese		p.12
Bowl food		p.13

## Menu Key

Vegetarian (v)

Vegan (ve)

Vegan alternatives available (ve alt)

Gluten free alternatives available (gf alt)

Gluten Free (gf)

Dairy Free (df)

Most of our menus can be adjusted to suit gluten free and diary free diets. Vegetarian and vegan alternatives will always be supplied when required.



## **Amazing Graze**

£16.00

Designed for hungry guests during a drinks reception, as an alternative to 'the evening buffet' or simply as a replacement for either canapes or a starter.

Baskets of artisan breads from Hobbs House (ve/gf alt)

Marinated sunblushed tomatoes (ve, gf)

Spiced falafel (ve)

Kalamata Olives (ve, gf)

Strips of harissa fried chicken (gf)

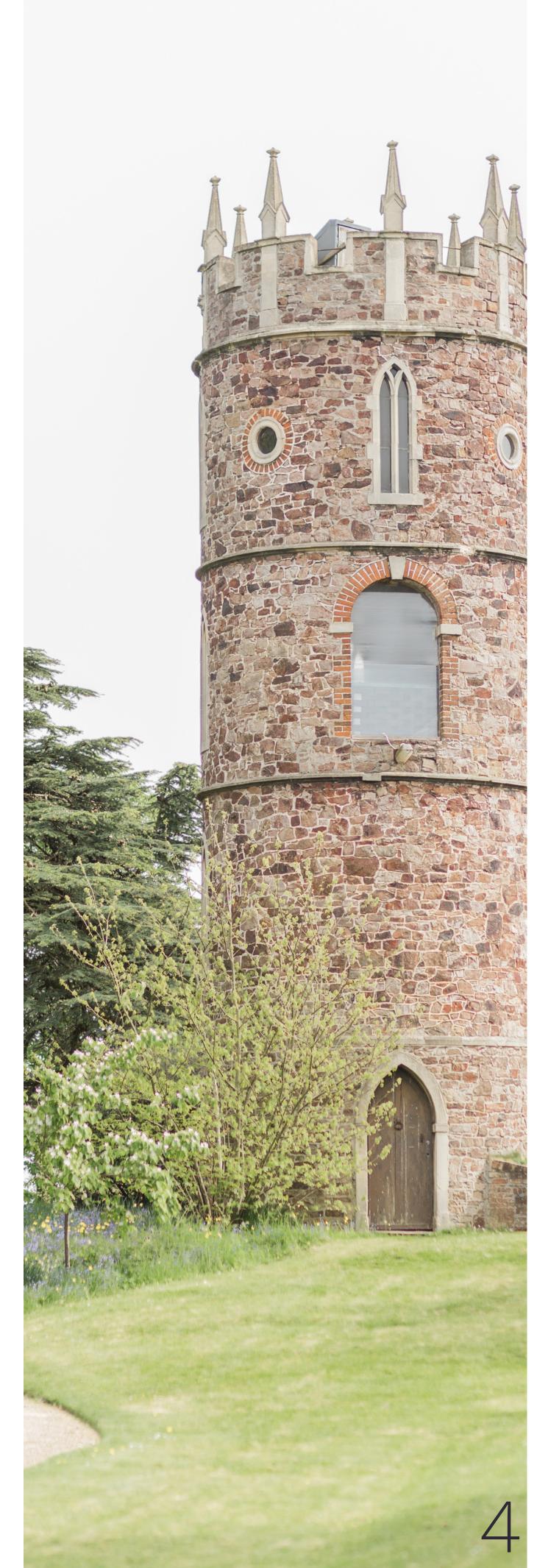
Lemon & red pepper couscous (ve)

Shredded carrot, red onion & red cabbage (ve, gf)

Somerset charcuterie, chorizo, bresaola, coppa, salami

Smoked mackerel and sorrel mousse (gf)

Coriander & lemon hummus (ve, gf)





## Veggie

White Nancy goats cheese, fig marmalade, ciabatta croute (gf alt)

Cambozola, date chutney, cherry balsamic on rye (gf alt)

Barolo and porcini risotto balls, sauce Romesco

Quail eggs florentine, lemon hollandaise tartlet

Parmesan gelato, red wine croute, cotto glaze

Caponata croustades, sour cream

Shots of Beetroot and apple crème fraiche (gf)

#### Fishy

Oak Smoked salmon, chervil blinis, dill mustard
Salmon devilled quail's eggs, smoked paprika (gf)
Green Thai fish cakes, Asian dipping sauce
Gazpacho lime scented crab shots (gf)
Chilli and lime scented brown crab on watermelon (gf)
Smoked haddock and dauphinoise tartlet
Seared tuna, marinated in wasabi and soy, wrapped in nori
Oak smoked trout & sorrel rillette on croute

# Canapés

We suggest 5-7 canapes for your drink reception or 8-12 for a two plus hour reception from £2.85 per selection

### Vegan

Smushed avocado, black bean, chili, ciabatta croute (gf alt)
Roasted beetroot, kaffir lime leaf & pickled cucumber bruschetta
Chana dal, Balti, & Punjabi samosas, lime pickle
Falafel, caramelized onion and tomato confit
surfine caper & olive tapenade crostini (gf)
Roasted celeriac and coconut shots (gf)
Pea and leek arancini, sour cream (gf)

#### Meaty

Carpaccio of beef, garlic croute, truffle mayonnaise, pecorino shavings
Oriental five spice confit duck pancakes, sweet hoisin & coriander
Little Yorkshires, roast chicken, sage and onion stuffing
Chicken tikka skewers, pineapple raita
Rare steak and chip skewer, lashings of béarnaise sauce
Maple & rosemary baby bangers
Aged Somerset beef teriyaki with soy and sesame sauce
Beef and butcombe pie
Little Yorkshires, honey roast pork, apple & cinnamon confit
Yakitori chicken skewers, coconut and lime dipping sauce



#### Sweet canapés

Perfect for serving at the end of a canapé reception to gently hint to your guests that it's time to go! Or serve after dinner instead of a pudding either at the table or offered whilst guests mingle

James's legendary chocolate brownie

Lemon meringue pie

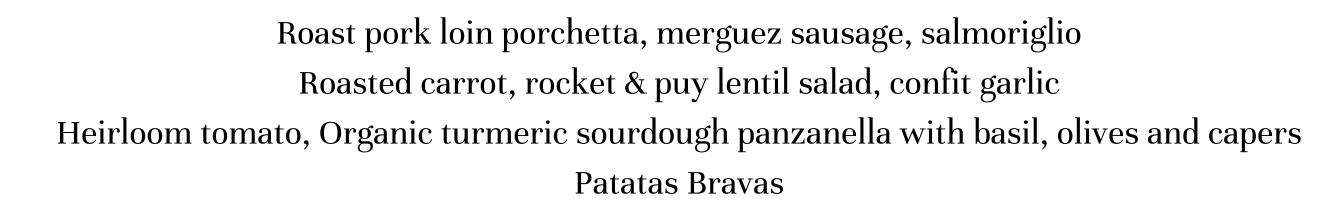
Glazed lemon tartlets

Treacle tart clotted cream

Macarons

## Sharing menus

## Informal to table dining, pass, share, Yum



Champ topped smoked cod & shrimp fish pie
Braised greens, pancetta, cumin
Smashed peas & beans, feta & mint
Italian leaf salad, shaved pecorino, Djon anchovy vinaigrette

Chicken thighs & legs, smoked paprika, cumin, garlic & Kalamata olives
Roasted beets, charred spring onion, Ajo blanco dressing, toasted almond & dill
Baby Gem, pea, radish & asparagus, herb vinaigrette
Patatas Alinadas - spring potato, sherry vinegar, red onion & caper

Slow roast aged beef, salsa rossa picante, charred pimento
Roast rainbow carrots, carrot top salsa verde, toasted pumpkin seeds
Fine beans salad, toasted seeds & nuts, charred radicchio, malted barley syrup
Cornish charlotte potatoes, spring onions, dill, greek yogurt

Whole 12 hour braised lamb shoulder with green harissa, pine nuts and fennel
Roast sweet potato, preserved lemon, poblano chilli & sesame oil
Chopped Israeli salad, roast chickpea, sumac and parsley oil
Mujaddara - spiced lentil, basmati rice, orzo, crispy fried onions & almonds

Plant based alternatives

Caramelized onion, spinach & pine nut pastilla

Imam bayildi - Ottoman stuffed aubergine, smoked garlic & tomato (Ve)

Roast feta on ciabatta croute, caponata, nuts & raisins

Pan fried fried Polenta, wild mushroom fricassee, tarragon crumb (Ve)





## Formal Dining

Perfect for a lunch, dinner or a celebratory event. These menus can be enjoyed as a two, three or four course served meal. Please choose one option for each course. These menus are a just a small selection of what we can offer - please speak to us about building a bespoke menu to suit your tastes. We will adjust the menu or create alternatives to cater for any specific dietary requirements.

Three courses £60.00

Pre starter

Turmeric sourdough with anchovy butter

Drenched rosemary focaccia

Moroccan frena

Lemon hummus, spiced chickpea, coriander oil

Pickled cucumber & fennel

Whipped feta, tomato tapenade & mint oil

£9

Hobbs house Sourdough & breads, Organic butter



Broths & soups

Spinach and pea soup with lemon oil soup (ve)

Cream of wild mushroom soup Madeira, truffle dust

Ribollita broth (cannellini, cavolo nero)

Smoked Halibut chowder, paprika oil

Miso & corn broth, crispy leek, Gyoza (ve)

~

Apple smoked salmon or beetroot & grey goose gravadlax, chervil blinis, keta
Ham hock and pea terrine, mustard pickles
Scallop masala, coconut ginger and green chilli, red onion bhaji, coriander
Pork & cardamom rillette, fig chutney

Apple smoked duck salad with crispy lardons, wasabi vinaigrette
Flaked salmon and leek tart, mizuna, pickled fennel
Smoked salmon & beetroot gravadlax, chervil blini, dill mustard

Tian of Brixham crab, salmon tartare, giardiniera of pickled vegetable, micro herbs Aged Somerset beef carpaccio 'Venetian', surfine capers & anchovy

Slow roasted carrots, charred asparagus, pancetta, crème fraiche, mint pesto, pickled daikon (ve alt)

Dressed Burrata, red onion, pickled plums, scorched chili, rockette, olive oil

Steamed asparagus with béarnaise sauce, lemon oil (v)

Med vegetable tart tatin, goats curd, honey (v)

Wild mushroom terrine, piccalilli (ve)

Za'atar charred cauliflower with tahini 'cream' (ve)

Truffled potato & goat's cheese terrine, dressed rocket (v)

Spiced beetroot & cerney ash goats cheese tartlets, tahini dressed baby leaf (v)

Moroccan spiced roasted chickpea Bruschetta, sun blushed tomatoes (ve)

Tapenade black olive, red onion & tomato concasse, chargrilled ciabatta, roast heirloom tomatoes, & chargrilled courgette (ve)







## To follow

Maple Roast Filet of Beef, gremolata, sarladaise potatoes, marinated mushrooms + £10 supp Herb marinated roast sirloin of beef, chateaux potatoes, Bearnaise + £8 supp Bavette steak, smoked pepper puree, pomme Anna, salsa verde, greens Confit leg of duck, provencal cassoulet, mustard mash, roast carrot, jus Beer braised beef cheek, fondant potato, cumin greens, pan juices Lemon and thyme marinated chicken, pomme Anna, white wine jus Char grilled chicken with wild mushroom and Madeira sauce on Dijon mash Guinea fowl breast, creamed greens, pancetta, jus Pan fried seabass, dulce, clam & pea broth, crushed charlotte potato Seared halibut on chervil mash, moules mariniere Slow roasted pork on black pudding potatoes, apple compote and jus Earl grey infused belly of pork, mustard mash, apple compote, jus Pan fried loin of venison, celeriac puree, carrot, pomme anna, port jus, crispy sage, blackberry jelly BBQ lamb rump, leek puree, pickled tomatoes, pomme Anna and smoked creme fraiche + £5 supp Labanese 7 spice roast rump of lamb, aubergine, daqqa, parmentier potatoes and salsa verde + £5 supp Rump of lamb, roast onion puree, wilted spinach, anya potatoes, pan juices, apple mint jelly + £5 supp Ras el hanout Gressingham duck, Aubergine Chermoula, kale, Pomme Anna, pan juices Roast duck breast, chateau potato, celeriac puree, apple jelly, pan juices Seared duck breast, confit croquettes, rissole potatoes, cherries and almonds, white wine jus Char grilled breast of duck, fennel, orange & pomegranate salad, raspberry vinaigrette, new potatoes Moroccan cauliflower roulade, roasted chickpeas, tahini (ve) Shakshuka, baked eggs (v)

Pan fried polenta, tarragon & wild mushroom, puy lentil and spinach, truffle dust (ve)

Butternut squash and sage fiorelli, basil oil (ve)

Crispy quinoa cakes, tomato & chickpea salad, balsamic (ve)

Jerk sweet potato & black bean cassoulet, jasmine rice (ve)

Melanzane 'parmigiana', griddled courgette, micro basil (v)

Artichoke & kalamata olive galette, caponata & caper berries (ve)

Braised leek and smoked cheddar pithivier (v)
Sweet potato & red onion tart, pumpkin & sunflower seeds (ve)







## To finish

Glazed passion fruit tart, pistachio cream Lemon meringue pie with blueberry compote Lemon posset, brandy snap, basil sugar Summer berry gazpacho, lemon sponge 'croutons' Rich chocolate mousse, mango and hot chilli sorbet, shortbread Baked vanilla cheesecake, rhubarb compote Chocolate fondant, caramel sauce, clotted cream Mille feuille of red berries, vanilla shortbread, passion fruit cream Gooseberry and creme fraiche tart, vanilla syrup Drunken, sunken, chocolate cake, rum spiced cream fresh strawberries Spiced rhubarb pannacotta, ginger snaps Seville orange tart, lime creme fraiche Apple tart tatin, clotted cream ice cream Baked custard tart, honey roast pear, acacia cream Plum and cardamom brulee, shortbread thins Nutella cheesecake, salted toffee pretzels Chocolate pithivier, valrhona chocolate sauce, pistachio ice cream Trio of chocolate - chocolate orange tart, chocolate and cherry mousse, chocolate brownie Roast pineapple, coconut mousse, almond biscotti (ve) Grilled apricots, cheddar strawberries, whipped 'cream' amaretti crumb (ve) Espresso creme caramel, toasted pistachio, shortbread (ve) Vanilla granola cheesecake, salted caramel sauce (ve) Sticky toffee pudding, cinder toffee ice cream (ve) Olive oil lemon cake, raspberry compote, macerated strawberries, lemon 'cream' (ve)

## **Cheese boards**

A selection of cheeses from award winning Pong! of Bath served on boards to the table with oatcakes, fruit, nuts and relish







## High Tea

## £40.00

This menus is designed as a light meal for guests. It can be served to guests seated at clothed tables on tiered cake stands and platters, with white china and linen napkins

4 sandwiches, please choose 4 savoury items and 4 sweet items

All afternoon teas are served with an unlimited selection of teas, herbals and coffee

## Sandwich selection

Cucumber & cream cheese, dill & mint (v)

Egg mayonnaise and pea shoots (v)

Scottish smoked salmon, lemon butter

Breast of chicken, tarragon mayo

## Why not add?

Pink Prosecco

Jugs of minted Pimms

Jugs of cloudy lemonade

## Cakes

Scones with clotted cream and homemade jam
Carrot loaf cake
Victoria sponge
Chocolate orange brownies (ve)
Lemon drizzle cake
Iced ginger loaf cake
Vegan chocolate cake (ve)
Macaroons

#### **Savouries**

Honey and mustard sausages
Quiche Lorraine
Goat's cheese and red onion marmalade tartlets (v)
Sesame and poppy seed sausage rolls
Chicken korma skewers
Wild mushroom quiche (v)
Wedges of pork pie with pickle
Gravadlax blinis with horseradish and beetroot relish
Falafel, harissa and sundried tomato confit (ve)

## Vegan High Tea

Coronation chickpea, grated carrot, corrainder Rosemary hummus, olives, cucumber, tomato Guacamole, roast piquillo pepper, red onion, kale

#### **Savouries**

Vegetable samosas
Falafel, tomato & caramelised onion chutney
Plant based 'sausage' roll
Olives

#### Cakes

Chocolate orange brownie
Vegan scone, 'cream' & jam
Chocolate loaf cake





# Say Cheeese

Pong of Bath displayed as
cheese wedding cake
with fresh figs, grapes, vine ripened tomatoes &
flare
Later presented to feed hungry revellers with
artisan biscuits, pickles, relishes & breads

(minimum 70 guests)

## **Cheese Boards**

A selection of cheese from award winning Pong! of Bath served on boards with fresh figs, grapes, vine ripened tomatoes, artisan biscuits, pickles, relishes & breads

From £80

## **Pork Pies**

Why not add a Pork Pie layer to your cheese cake





# Bowl food

Please choose

1 meat and 1 veggie/vegan option
£16.00

Green Thai chicken with basmati rice, mango pickle, shards of papadums

Thai vegetable curry, fragrant rice, Tomato kachumber, Papadums (ve)

'dirty mac' with crispy bacon, chorizo, shrooms!

Mac and 'cheese', crispy thyme crumb (ve)

Vegan 'cheese' gratin, slow braised puy lentil, chestnut mushroom shepherd's pie

Five spice roast pork belly Pho, noodle, bok choi, garlic, lemongrass, sweet basil

Tofu Pho Chay, giant rice noodles, oyster mushrooms, bean sprouts, Asian basil, bok choi, spring onion, lime (ve)





Looking for Wines & Tipples

<u>Click here</u>

We want to hear about your event, so why not get in touch today

inspired@parsnipmash.co.uk

Call the team
0117 312 0121

