

EAT LING

cooking & catering

M E N U

# EAT LING MENU I

## APERITIFS

Smoked black tea & shitake baked spring rolls  
served with a sweet tomato chutney

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Slices of Vietnamese rice paper rolls filled with roasted paprika & smoked tofu  
served with coriander walnut pesto

.

## STARTERS

Hijiki seaweed & edamame salad with miso dressing

.

Sake braised bokchoy & shitake salad

.

Lemongrass tofu, peanut & Thai basil salad

.

## MAIN

Slices of grilled tofu marinated in lime & wasabi  
served with cucumber rice & warm apple

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Mix greens salad with balsamico marinated mushrooms

.

## DESSERT

Chocolate cake cubes topped with balsamico raspberrys

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Pineapple marinated with mint & brown sugar

This is an EAT LING menu example.  
Customised menus are available.



# EAT LING MENU II

## APERITIFS

Slices of daikon radish topped with wasabi potato creme & kress

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Wasabi risotto balls served with mint chutney

## STARTERS

Japanese soba noodle salad with avocado, black sesame & cucumber  
with a ginger sesame dressing

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Roasted pumpkin & shiso salad with umeboshi plum dressing

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Hijiki seaweed , fried tofu & shitake salad with sweet sake dressing

## MAIN

Coconut coated tofu fingers served with banana carrot mash

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Baby spinach salad with a black sesame mirin dressing

## DESSERT

Watermelon & strawberry kebabs smothered in balsamico glasur



# EAT LING MENU III

A middle eastern inspired buffet

A selection of warm Turkish Bread served with:

Roasted red pepper & walnut dip

Hummus

Persian olive, walnut & pomegranite tapenade

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Rosemary, feta & beetroot pastry rolls

.

Vine leaves filled with a lemon & mint flavoured rice, served with a yoghurt mint chutney

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Quinoa tabbouleh salad with sundried tomatoes

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Semi roasted tomato, grilled haloumi & mint salad

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Moroccan tagine:

moroccan tomato stew with potatoes, black olives and raisans, warmly spiced with cinnamon, coriander and cumin

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Dessert:

Mini Banana & raspberry crumbles with a touch of ginger, served with vanilla ice-cream

# EAT LING LOOKBOOK





























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