



Blazing Salads Catering Menu

Easy entertaining options for
you!

How To Order

1. At The Deli In Person
2. By Phone 01-6719552
3. Email Request to
info@blazingsalads.com
4. 8 hours in advance

Canapés (€12 per dozen)*

1. Corn polenta pancakes with natural Greek style yoghurt and red onion marmalade **egg, milk**
2. Spinach, Feta and Rosemary Filo Turnover **milk**
3. Vegetable Samosa with yoghurt/mint dip **gluten**
(vegan with tofu/mint dip)
4. Vegetable and Tofu Spring rolls with soy/ginger dip **vegan**
5. Potato and pea tortilla bites **Gf, egg, milk**
6. Sweet potato, quinoa and goats cheese bites. **Gf egg, milk**
7. Tofu chickpea bites with roasted vegetables. **Gf vegan**

***Minimum order 4 dozen, 2 dozen of 1 item**

Pizza €15

Pizzas are 32cm x 22 cm. Can be cut in 6, 8, 10 or 12 pieces to order.

We make our pizza bases using organic 100% wholemeal spelt flour, yeast and rapeseed oil.

1. Mozzarella Pizza with roasted peppers and basil pesto **sf gluten, milk**
2. Tofu Pizza with butternut squash, red onion and coriander pesto **sf, vegan gluten, soya**
3. Goat's Cheese Pizza with baby spinach, flat mushrooms, and red onion **sf gluten, milk**

Individual Savoury Items €2.45

minimum order of 10 of each item

1. Vegetable Samosa with yoghurt mint dip sf, gf **gluten, milk**
(Vegan with tofu mint dip)
2. Vegetable Tofu Spring Rolls with soya ginger dip vegan, sf, **gluten, soya**
3. Spinach, Feta, Rosemary Filo Turnovers sf, gf **gluten, milk**
4. Butternut Squash, Aduki, Corn Turnovers vegan, sf **gluten**
5. Red Lentil, Brown Rice Burger with chilli, fresh coriander vegan, gf, sf, gf
6. Millet, Sweet Potato Burger with cumin, ginger vegan, gf, sf, gf
7. Buckwheat Vegetable Burger vegan, sf, gf **gluten in soya sauce**
8. Butterbean, Mushroom, Bulgar Burger vegan, sf, gf **gluten**
9. Organic Brown Rice Balls stuffed with aduki and vegetable vegan, sf **gluten in soya sauce**

TARTS €24

11 inch tart and serves 8 people

1. Leek, carrot, courgette tart with vegetarian parmesan cheese sf, gf.
Made with an organic wholemeal spelt flour base. **free range egg, milk**
2. Courgette and goats cheese filo tart. **Free range egg, goats milk**
3. Sweet potato, spinach and goats cheese tart with quinoa base. Gf, sf
contains free range eggs, goat's milk
4. Tofu and chickpea pie with roasted vegetables Vegan, Gf **soya, sesame**

LASAGNE €45

Serves 8 people

1. Vegetable and Puy Lentil Lasagne sf
(Wholemeal Spelt lasagne sheets layered with vegetables, puy lentils, and a vegetarian cheese sauce with vegetarian parmesan cheese.) **gluten, milk**
2. Butternut Squash Lasagne with sage and walnut, sf **gluten, milk**
(Wholemeal Spelt lasagne layered with butternut squash, fresh sage leaves, toasted walnuts and a vegetarian cheese sauce with vegetarian parmesan cheese)

Main Courses €45

Serves 8 – 10 people

1. **Vegetable Shepherds Pie** vegan, sf, gf gf
Vegetable and lentils baked in a tomato sauce with a potato topping
2. **Aubergine Parmigiana** sf, gf, wf, gf **eggs, milk**
Roast aubergine baked in a rich tomato sauce with free-range eggs and fresh parmesan cheese
3. **Potato and Celery Gratin with Ratatouille** sf, gf, gf **milk**
Layers of potato, celery and garlic baked with fresh cream and topped with ratatouille vegetables and vegetarian parmesan cheese
4. **Butternut Squash, Butter Bean and Spinach Gratin** sf, gf, gf **milk, gluten**
Layers of butternut squash, spinach, butter beans and feta cheese, baked with fresh cream and a breadcrumb sage vegetarian cheese topping
5. **Black Bean Hotpot with Cornbread Topping** vegan, sf, gf **gluten**
Black beans, sweet potato, corn, celery baked in a tomato sauce with cumin and paprika and a cornbread topping
6. **Vegan Nut Lentil Roast €18** Serves 6 portions vegan, sf **gluten, nuts, soya**
Cashew nuts, lentils, quinoa, **oats** baked with vegetables, spices and topped with fresh plum tomato.

Curries €45

Serves 8 people

1. **Vegetable Curry with Cashew Nuts** gf, sf, vegan.
(A selection of vegetables cooked in a mild curry sauce with cashew nuts and fresh coriander.)
2. **Red Thai Vegetable Curry** gf, sf, vegan.
(A selection of vegetables and baby new potatoes in a Thai curry sauce with coconut milk and lemon grass)
3. **Chilli Black Bean Stew with Tofu** gf, sf, vegan.
Peppers, carrot, celery cooked with black bean, tomato, tofu, fresh chilli, garlic, cumin, and fresh coriander. **Soya**

Salads €15.90

Serves 10 portions

1. Spicy Moong bean Noodles with balsamic/soya dressing **gluten, soya**
2. Moroccan Style Carrot, Chickpea, Pumpkin Seed, Apricot Gf
3. Asian Style Slaw, rice vinegar, ginger, chilli dressing Gf
4. Tossed Kale and Mixed leaves with red wine vinegar & mustard seed dressing Gf
5. Chickpea Salad with Roasted Curried Cauliflower, tahini/mustard dressing Gf **sesame**
6. Roasted Potato with creamy tofu, fresh dill dressing Gf **soya**
7. Quinoa with Aduki bean, Green lentils and Butternut Squash Gf
8. Buckwheat with Roasted Cauliflower, Edamame Beans and Roasted Aubergine Gf **soya**
9. Greek Salad with plum tomatoes, red onion, cucumber and black olives Gf
10. Cannellini, Kidney Beans Radicchio with basil pesto Gf
11. Beetroot, Celery, Apple Salad with Horseradish Gf **nuts**
12. Wholemeal Couscous Tabouleh with Roasted Pumpkin, Squash, Spices **gluten**
13. Hummus **€12 a kilo** (Please check for special) **sesame**

All our salads are vegan and sugar free

CAKES & SWEET TREATS

1. Vegan Tofu Cheesecake. €40 or €24
A vanilla tofu cheesecake baked with a date and nut base with a pumpkin & agar jelly topping
Gf, sf, vegan **soya, nuts**
2. Ginger Cake with Lemon €35
A moist ginger cake drizzled with fresh lemon sf, vegan. **gluten**
3. Almond and Raspberry Cake €45
(rich almond sponge baked with a thin wholemeal spelt base & sugar free raspberry jam filling topped with toasted almonds) sweetened with maple syrup sf, Df, **gluten, free range eggs**
4. Carrot Cake with natural yoghurt/ orange/maple topping €30 sf.
Sweetened with apple concentrate **gluten, eggs**
5. Chocolate Traybake €30
(A cacao sponge sweetened with Agave, covered with Divine 70% dark chocolate topping)
Df **gluten, free range eggs**
6. Selection of our Date & Nut Protein Balls €8 per half dozen **nuts**
Brazil nut & Orange, Almond, Coconut no Cacao, Fresh Mint, Peanut & Banana Gf, sf, vegan
7. Cacao Coconut Slice, Cacao Caramel Slice, Cacao Crunch Bar vegan, sf, gf
€11 for 6 pieces **nuts**

Depending on the party numbers you are catering for, each cake No's 1 to 5 can be cut into bite size pieces. Please ask for further information.

We do not use any refined sugar in any of our foods. In our cakes we use apple concentrate, organic agave syrup or organic maple syrup as a sweetener or dates. All our desserts are made using organic spelt flour. For further information please ask.

df (dairy free), v (vegan), gf (gluten free), sf (sugar free),

Allergens in bold