

Nourish Catering & Events

Lunch Menu – served from 12.30 pm at City College Brighton

Indian potato pie, a lightly spiced potato, sweet potato and pea made with vegan filo (vegan)

Indian potato pie, a version made without pastry (vegan, gluten free)

Spanakopita, chopped spinach, feta cheese, onions or scallions, egg, and seasoning (vegetarian)

Frittatas, a selection of vegetable, egg and potato (vegetarian, gluten free)

Spinach and tofu lasagne, spinach and tomato with tofu lasagne made with free from pasta (vegan, gluten free)

Served with...

Summer pasta salad, black olive, tomato, caper, rocket, chilli and garlic (vegan, gluten free)

Greek salad, tomato, cucumber, red onion, oregano feta on the side (vegetarian, gluten free)

Herby amaranth salad, mixed herbs, olive oil, lemon juice and amaranth (vegan, gluten free)

Curried chickpea and spinach, chickpea, tomatoes, spinach, onion and masala paste (vegan, gluten free)

Mixed salad leaves (vegan, gluten free)

Vegan seasonal soup (vegan, gluten free)

Bread, butter and hummus (gluten free bread supplied)

Cake (including sugar free, gluten free and vegan)

Fruit

Dinner Menu – served from 7 pm at The Synergy Centre

Jacket Potato Bar, with a selection of hot and cold fillings (vegetarian with gluten free and vegan options)

Cheesecakes (including gluten free and vegan)

Fruit