

Parsnip Mash



Delivered Menus

The Parsnips have adapted to support our clients requirements for catering at meetings and events. The individual buffet menus are available to order for a contactless delivery, in fully disposable, compostable packaging, without compromising on the deliciousness!

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.

All prices quoted are excluding VAT
and some ingredients are subject to the availability of the season.

uob@parsnipmash.co.uk

0117 3120121

www.parsnipmash.co.uk

There is a minimum order value of £100 + vat
We will require 5 working days lead time



Lunch Bags

£9

**Each bag will include a Sandwich
Seasonal Fruit, Real Hand Cooked Crisps (ve),
Fruit Protein Bar (ve)**

All served on brown granary bread unless otherwise stated

Minimum order 12 persons

Each LB selection will provide 50/50 of each filling

For bespoke orders of 50 or more please email

uob@parsnipmash.co.uk

LB1

Prawn Marie Rose, shredded peppers, little gem
Coronation chickpea, grated carrot, coriander, leaf (ve)

LB2

Bacon lettuce and tomato, tomato mayonnaise
Mature cheddar cheese, red onion, sticky fig relish (v)

LB3

Tuna mayonnaise, egg, lettuce and capers
Guacamole, roast piquillo pepper, red onion, kale (ve)

LB4

Caprese sandwich, mozzarella, tomato, basil pesto and rockette (v)
Chicken and tarragon mayo, vine tomato, lettuce

Drinks

Reusable Aluminium water bottle

770ml, BPA free
Introductory offer
£8.00 each

Folkingtons 250ml

Traditional hot ginger beer
Sparkling elderflower
Sparkling lemon & mint presse
Sparkling rhubarb & apple presse

San Pellegrino 330ml

Pompelmo (grapefruit)
Limonata (lemon)
Aranciata (orange)
£1.80 each



Individually Boxed Finger Buffet £11

Individually boxed buffet
on wholemeal bread with nibbles.
Boxes are disposable and fully compostable.
Please choose the same BB for the whole group.
Minimum order 12

BB1

Sandwiches

Guacamole, roast piquillo pepper, red onion, kale (ve)
Coronation chickpea, grated carrot, coriander, leaf (ve)

Savoury

Falafel, spicy vegetable samosa, mixed olives, vegan sausage roll

BB2

Sandwiches

Caprese sandwich, Mozzarella, tomato, basil pesto and rockette (v)
Mature cheddar cheese, red onion, sticky fig relish (v)

Savoury

Mini vegetable quiche, pea, spinach and ricotta arancini,
onion bhaji, beetroot falafel

BB3

Sandwiches

Bacon, lettuce and tomato, tomato mayonnaise
Chicken and tarragon mayo, vine tomato, lettuce

Savoury

Mini scotch eggs, satay chicken skewer, vegetable pakora, mixed olives

Add drinks and cakes, menus on page 5

Smørrebrød £14

All served on Rye bread

with pickles such as pickled fennel, sweet cucumber, kimchi, boreline onions, Beetroot, sweet & sour onions, Caper berries,

Olives, red cabbage

Includes a protein bar & soft drink

Please choose 2 toppings, minimum order 12 persons



Poblano chile, guacamole, baby gem, coriander & seeds (ve)

Chargrilled aubergine, roasted vine tomatoes, gem, radish, capers (ve)

Oak Smoked salmon, curried egg, chopped gherkin, gem, dill mustard

Paprika chicken & bacon, shredded roast pepper, gem, cucumber



Add drinks and cakes, menus on page 5

Hot Drinks

Tea, coffee and Herbals with china £2.00

Tea, coffee and herbals with paper cups
£2.50

Tea, coffee and a selection of pastries
£4.50 (with china)
£5.00 (with paper cups)

Tea, coffee and individually packaged
biscuits
£3.85 (with china),
£4.35 (with paper cups)

all delivered with milk
& dairy alternatives



Soft Drinks

all £1.80 each

Folkingtons 250ml
Traditional hot ginger beer
Sparkling elderflower
Sparkling lemon & mint presse
Sparkling rhubarb & apple presse

San Pellegrino 330ml
Pompelmo (grapefruit)
Limonata (lemon)
Aranciata (orange)

Reusable Aluminium water bottle
770ml, BPA free
Introductory offer
£8.00 each

Cakes

Vegan chocolate loaf cake (ve)
Chocolate orange brownie (gf)
Granola flapjack
Bakewell slice

£3.80 each

Ooodles of Noodles

£9

Large pots of seasonal fresh ingredients & herbs

Simply add boiling water & stir

Minimum order 10



Pho ga

Garlic grilled chicken, rice noodle, ginger, shallot, fish sauce, spinach lime and fresh mint

Spicy tofu and mushroom pho

Spiced tofu, oyster mushrooms, rice noodle, bean sprouts, pak choy and coriander
(Ve)

Vegetable ramen

Green vegetables, rice noodles, sriracha, soy, ginger and garlic
(Ve)

Finger Buffet

£19.00 pp min 30 persons

Boxed buffet with a selection of the below including cakes and a selection of fruit juices

Sandwiches

Coronation chickpea, curry mayo, apricots and baby leaf (ve)

Rosemary hummus, olives, cucumber, tomato (ve)

Chicken Tikka baguette - Tikka spiced chicken with cucumber, mint raita

Poached salmon, lemon mayo and rocket

Nibbles

Honey and mustard sausages

Goat's cheese and red onion marmalade tartlets (v)

Vegan 'sausage' roll (ve)

Wedges of pork pie with pickle

Falafel, harissa and sundried tomato confit (ve)

Cakes

Choc orange brownie (gf)

Granola flapjack (ve/gf)

Vegan chocolate cake (ve)



Hot Drinks

Tea, coffee and Herbals with china £2.00

Tea, coffee and herbals with paper cups £2.50

Tea, coffee and a selection of pastries

£4.50 (with china)

£5.00 (with paper cups)

Tea, coffee and individually packaged biscuits

£3.85 (with china),

£4.35 (with paper cups)

all delivered with milk & milk alternatives

Why not add?

Granola yogurt pots £4

Chocolate brownie £3

Fruit bowl £4



Treat the Office

Birthday celebration or
mid-week pick-me-up for the Team?

£26

Granola Flapjack tray bake (16pc)

Lemon Polenta tray bake (16pc)

Bakewell tray bake (16pc)

Vegan Chocolate loaf cake (16pc)