

Guarida Community Cafe

Menu 1 – Buffet Style Lunches



1. Casava cheese bread

Traditional Brazilian pick-me-up made with casava flour, eggs, milk, salt, butter and cheese



2. A variety of sandwiches

Made with cold meats and other fillings and served with a platter of plain salads



3. A variety of mini pizzas

Snack sized mini pizzas with different toppings, perfectly bite-sized!



4. A variety of quiches

Bite sized quiches including vegetarian and quiche lorraine



5. Vegetable pancakes

Cabbage, mushrooms, onions, garlic, fresh herbs, pesto sauce, cherry tomatoes, mixed peppers, courgettes and a creamy stilton cheese sauce



6. Plain salad bowl

Mixed leafy salad with or without dressing



7. Coleslaw salad

Made from bunch carrots, onions, herbs, beetroot and cabbage



8. Mixed fried vegetables

Traditional Brazilian dish made from broccoli and cauliflower, eggs and bread crumbs, fried to perfection and served with a variety of dips



9. Vegetable salad in a vinaigrette dressing

French beans, cauliflower, carrots, onions, hard-boiled eggs, fresh herbs, beetroot, sweetcorn, peas and new potatoes



10. Potato salad in creamy dressing

French beans, celery, carrots, onions, fresh herbs, sweetcorn, peas and new potatoes served in a platter of fresh lettuce leaves



11. Chicken nuggets

Chicken supreme marinated in lime juice, garlic, Brazilian seasoning and mustard and coated in eggs and bread crumbs

**12. Patties**

With various fillings including beef, chicken and mixed vegetables

**13. Barbeque Ribs**

Succulent ribs with Brazilian flavours and Caribbean spices

**14. Baked salmon**

Served with lime juice, fresh garlic and fresh fennel

**15. Jerk chicken**

With added Brazilian flavours and cooked to perfection