

## AIRPORT

United Kingdom, London - Luton

## CONTACT

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## ORDER DETAILS

Delivery Date:

Delivery Time (LT):

A/C Registration:

Handling:

Heating Equipment:

Name:

Phone:

Email:

Bulk or ready to serve?

## COLD MEALS

STARTERS	QTY
<b>HEART'S DESIRE (vegan)</b> <i>Specially selected artichoke hearts sauteed with fresh aromatic herbs served on a bed of rocket leaves with a roasted pepper sauce</i>	
<b>PITTA DIPS (vegan)</b> <i>Warm organic wholemeal pitta bread with a selection of dips: Humus, Pimento and Avocado.</i>	
<b>SPINACH AND AVOCADO SALAD (vegan)</b> <i>Tossed in toasted sesame oil dressing</i>	
<b>PURE AVOCADO (vegan)</b> <i>Raw, cold soup made with fresh avocados</i>	
<b>SIMPLY ASPARAGUS (vegan)</b> <i>Raw asparagus spears drizzled with extra virgin olive oil and mixed pepper dressing</i>	
<b>RAW DIPS (vegan)</b> <i>A selection of julienned vegetables served with raw humus, pimento and avocado dips</i>	

SALADS	QTY
CHEF'S SALAD (main course - vegan) <i>Seasonal vegetables, avocado slices, asparagus, potatoes, tomatoes and marinated artichokes in an extra-virgin olive oil dressing.</i>	
CHEF'S SALAD (main course - raw/vegan) <i>Totally raw version of our hearty salad garnished with pumpkin and sunflower seeds</i>	
SPINACH AND AVOCADO SALAD (vegan) <i>Tossed in toasted sesame oil dressing</i>	
SIMPLY ASPARAGUS (vegan) <i>Raw asparagus spears drizzled with extra virgin olive oil and mixed pepper dressing</i>	
MIXED LEAF SALAD (vegan) <i>With extra virgin olive oil dressing</i>	
BEETROOT, RED CHARD AND ROCKET SALAD (vegan) <i>With a light pesto dressing</i>	

## HOT MEALS

SNACKS & STARTERS	QTY
BEAN AND TOFU PANCAKE (vegan) <i>A delicious blend of black-eyed beans and tofu wrapped in a tender wholemeal pancake topped with tomato and vegan cream sauce.</i>	
LENTIL PEAK (vegan) <i>A Mediterranean-style dish with oven-baked ripe tomatoes stuffed and topped with seasoned green lentils. Served with leek and carrot.</i>	

SOUPS	QTY
SOUP OF THE DAY (vegan) <i>A rich, warming and wholesome seasonal soup served with organic wholemeal bread</i>	

MAIN DISHES - VEGETARIAN	QTY
<p><b>OYSTER MUSHROOM AND SPINACH RACLETTE (vegan)</b>  <i>An original combination of spinach and tofu cottage cheese on a bed of roast potatoes, topped with sauteed oyster mushrooms and a light creamy sauce.</i></p>	
<p><b>VEGAN ROAST (vegan)</b>  <i>Hearty vegetarian roast with potato and parsnip mash laced with fragrant herbs. Served with onion gravy and steamed french beans.</i></p>	
<p><b>DAILY SPECIAL (vegan)</b>  <i>Vegan main course of the day</i></p>	
<p><b>SEITAN STROGANOFF (vegan)</b>  <i>A favourite with our customers. This deliciously creamy dish with seitan strips, caramelised onions, fresh herbs and pepper cubes in cashew cream is served with organic brown basmati rice.</i></p>	
<p><b>BEN'S SPECIAL (vegan)</b>  <i>In-house special stir-fry with either organic brown basmati rice or organic wheat-free noodles. Prepared with seasonal vegetables and your choice of seitan or marinated tofu (additional option of oyster mushroom with the wheat-free noodles). Prepared mild, medium or spicy to your taste.</i></p>	
<p><b>222 BURGER (vegan)</b>  <i>Organic tofu and veggie mince burger on a wholemeal roll. Served with fresh leaf salad, oven-baked chips and home-made ketchup.</i></p>	
<p><b>PUMPKIN NOODELS WITH GRATED COCONUT (raw/vegan)</b>  <i>Pumpkin and courgette noodles mixed with fresh coconut, chopped brazil nuts and a selection of vegetables in a tangy lime and ginger sauce</i></p>	
PASTA & RISOTTO	QTY
<p><b>PUMPKIN AND PINENUT RISOTTO (vegan)</b>  <i>Rich and creamy (dairy-free) dish with baked pumpkin and butternut squash. Garnished with aromatic fresh herbs.</i></p>	
<p><b>PASTA BASILICO (vegan)</b>  <i>Wholemeal pasta with fresh basil and home-made Italian-style tomato sauce topped with roasted peppers and courgettes.</i></p>	
SIDE DISHES	QTY
<p><b>BAKED PLANTAIN (vegan)</b></p>	
<p><b>BAKED SWEET POTATOES (vegan)</b></p>	
<p><b>SEASONED WILD RICE (vegan)</b></p>	
<p><b>GARLIC BREAD (vegan)</b></p>	

#### DESSERTS & FRUIT

DESSERTS	QTY
TOFU CHEESECAKE (vegan) <i>with ice cream</i>	
TOFU CHEESECAKE (vegan) <i>with vanilla dessert</i>	
APPLE CRUMBLE (vegan) <i>with ice cream</i>	
APPLE CRUMBLE (vegan) <i>with vanilla dessert</i>	
222 PANCAKE (vegan) <i>Vanilla ice cream wrapped in a wholemeal pancake, topped with warm vanilla and chocolate sauce</i>	
SPICE ISLAND PIE (vegan) <i>A delicious raw dessert of cashew and almond cream flavoured with cinnamon, ginger and nutmeg on a crunchy nut and coconut base. Sweetened with agave nectar</i>	
RAW CHOCOLATE TORTE (vegan) <i>A rich, pure raw chocolate treat</i>	
APRICOT AND ALMOND CAKE (vegan) <i>with ice cream</i>	
APRICOT AND ALMOND CAKE (vegan) <i>with vanilla dessert</i>	
CHOCOLATE GATEAU (vegan) <i>with ice cream</i>	
CHOCOLATE GATEAU (vegan) <i>with vanilla dessert</i>	
TROPICALI FRUIT SALAD (vegan)	
VEGAN ICE CREAM (vegan)	
<b>BEVERAGES</b>	
JUICES	QTY
SPARKLING SOFT DRINKS <i>Made with natural ingredients and sweetened with fruit juice: Kicking Cola, Lively Lemonade, Ginger &amp; Ginseng Ginger Beer</i>	
Organic pear juice	
Organic cranberry & apple juice	
Organic pomegranate & apple juice	
Organic orange juice	
Organic apple juice	
Organic pineapple juice	

BEER	QTY
FREEDOM LAGER, 33 cl	
SAMUEL SMITHS LAGER, 55 cl	