

### **Dining for pleasure**

Our ethos is to cater beautifully crafted food that appeals to the palate and is deeply nourishing, leaving your guests feeling energised and happy.

Nataliya is a CNM trained natural chef with an instinct for beautiful presentation and flavour combinations that delight the senses. Your catering will be cooked fresh for you with love.

We take pleasure in combining multiple seemingly light dishes in a way that is deeply satisfying.



## Sample menu 1

### **Pumpkin Dal with Coconut Raita**

Green lentils, pumpkin, spinach, onion, ginger, garlic, black mustard seed, red chilli, curry powder, turmeric, coconut cream, cultured coconut, mint

#### **Tuscan Kale Salad**

Tuscan kale, curly kale, olives, pumpkin seeds, Himalayan salt, olive oil, ginger, tahini, maple syrup, miso paste, raw apple cider vinegar, tamari

#### Thai rice

Purple rice, brown jasmin rice, cumin seed, Himalayan salt, extra virgin olive oil

#### Miso avocado

Avocado, lemon juice, white miso paste

#### Celeriac coleslaw

Celeriac, carrot, parsley, lemon, vegan mayonnaise, black pepper, Himalayan salt, ground black, white, green, pink peppercorns

### **Strawberry icecream**

Strawberries, banana, coconut cream, dates, vanilla, Himalayan salt



## Sample menu 2

#### Mung bean dal, sweet potato, cashew

Mung beans, chana dal, coconut cream, white onion, tomato, garlic, ginger, fresh coriander, and lemon juice spiced with coriander, cumin, curry leaves, turmeric, black pepper, cinnamon, star anise, clove, chilli, caraway seed, fennel seed, black mustard seed, fenugreek seed, green cardamon, brown cardamon, Himalayan salt.

#### **Buckwheat**

Buckwheat, Himalayan salt, olive oil black cumin seed

#### Beluga lentil salad

Beluga lentils, pumpkin, plum tomatoes, wild rocket salad, dill, parsley, mint dressing

#### Salad with spiced chickpeas

Carrot, cucumber, bell pepper, parsley, and dill dressed with lemon, olive oil, agave nectar, salt, and pepper tossed with chick peas fried in ground chilli, coriander, cumin, and garlic.

#### Korean cabbage salad

White cabbage, carrot, garlic, turmeric, coconut sugar, Himalayan salt, chilli, coriander, white vinegar, extra virgin olive oil

#### Fusion fruit salad

Mango, strawberry, raspberry, blueberry, blackberry, passionfruit



## Sample menu 3

#### Panch puran soup

Sweet potato, onion, cumin, nigella seeds, fenugreek seed, fennel seed, mustard seed, coconut cream

#### **Tamari mushrooms**

Chestnut mushrooms, oyster mushrooms, shallots, fresh thyme, fresh rosemary, fresh sage, fresh tarragon, tamari sauce

Bang bang cauliflower
Cauliflower, chickpea, red onion, extra virgin olive oil, ginger, fresh coriander, cornflour. Firecracker sauce: tamari sauce, black bean sauce, sriracha sauce, sweet chilli sauce, chilli flakes, honey, Himalayan salt

#### Summer mixed salad

White cabbage, cucumber, red pepper, green pepper, carrot, marinated ginger, dill, parsley, lemon, olive oil, Himalayan salt

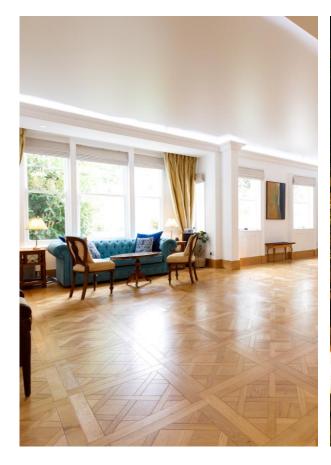
#### Russian beetroot salad

Beetroot, garlic, Himalayan salt, ground black, white, green, pink peppercorns, walnuts, vegan mayonnaise

### Thai mango chia dessert

Coconut milk, coconut water, chia seed, mango, passionfruit, maple syrup, vanilla, lime juice, Himalayan salt, chilli











# **Dining spaces**

You can choose to have the drawing room set elegantly with tables, a friendly buffet in the gorgeous serving kitchen, or casual dining on the lawn or deck.

### **Contact**

Contact Nataliya to discuss your menu

07969 514 967

magic@healinghouse.uk

