

A close-up photograph of a chef's gloved hand pouring a thick, orange-red sauce from a white ceramic pitcher onto a piece of cooked salmon. The salmon is served on a white plate with a gold rim, alongside a medley of vegetables including peas, carrots, and potatoes. In the background, a buffet line with various food trays is visible, though out of focus.

# LIFE'S KITCHEN BUFFET LUNCH SELECTOR 2025

Life's Kitchen  
0207 248 1163 | [info@lifeskitchen.com](mailto:info@lifeskitchen.com) | [www.lifeskitchen.com](http://www.lifeskitchen.com)

# HOT FORK BUFFET OPTIONS

## PLEASE CHOOSE ONE OF THE FOLLOWING

### - THE CHINESE BUFFET MENU -

#### -Main Courses-

Kung Pao Chicken (GF)

~

Ginger & Soy Bass Fillet (GF)

~

Vegetable Spring Rolls (VG)

#### -Sides-

Egg Fried Rice (GF)

~

Vegetable Chow Mein (VG)

#### -Salad & Dip-

Oriental Slaw (GF)

~

Sweet Chilli Sauce (VG, GF)

#### -Desserts-

Coconut & Lychee Delice

~

Fruit Platter (VG, GF)

### - THE MIDDLE EASTERN BUFFET MENU -

#### -Main Courses-

Grilled Ras el Hanout Chicken Breast (GF)

~

Baked Lemon & Saffron Salmon Fillet (GF)

~

Roasted Eggplant with Tahini Sauce (VG, GF)

#### -Sides-

Jewelled Cous Cous (VG)

~

Roasted Herb Vegetables (VG, GF)

#### -Salad & Dip-

Feta & Heritage Tomato Salad (GF)

~

Hummus (VG, GF)

#### -Desserts-

Honey & Rose Water Yoghurt Parfait

~

Fresh Fruit Salad (VG, GF)

### - THE INDIAN BUFFET MENU -

#### -Main Courses-

Chicken Rogan Josh (GF)

~

Lime, Chilli and Coriander Prawns (GF)

~

Chana Masala Curry (VG, GF)

#### -Sides-

Basmati Rice (VG, GF)

~

Garlic Naan Bread

#### -Salad & Dip-

Tomato, Cucumber & Red Onion (VG, GF)

~

Raita (GF)

#### -Desserts-

Mango Mousse (GF)

~

Watermelon & Garden Mint Salad (VG, GF)

**VG - Vegan**

**GF - Gluten Free**

# HOT FORK BUFFET OPTIONS

## PLEASE CHOOSE ONE OF THE FOLLOWING

### - THE ITALIAN BUFFET MENU -

#### -Main Courses-

Classic Beef Bolognaise

~

Seafood Risotto (GF)

~

Zucchini & Herb Pasta with Parmesan (VG, GF)

#### -Sides-

Roast Mediterranean Vegetables (VG, GF)

~

Gnocchi with Sage

#### -Salad-

Vine Plum Tomato & Basil Salad (VG, GF)

#### -Desserts-

Individual Tiramisu

~

Fresh Fruit Salad, Pouring Cream (VG, GF)

### - THE BRITISH BUFFET MENU -

#### -Main Courses-

Roast Chicken Breast & Gravy (GF\*)

~

Herb Crusted Cod Fillet (GF\*)

~

Vegan Cheese, Beetroot & Mushroom Tarts (VG, GF)

#### -Sides-

Seasonal Vegetables (VG, GF)

~

Rosemary Roasted Potatoes (VG, GF)

#### -Salad-

Mixed Garden Salad (VG, GF)

#### -Desserts-

Toffee Cheesecake, Pouring Cream

~

Fresh Fruit Salad, Fruit Coulis (VG, GF)

VG - Vegan

GF - Gluten Free

GF\* - Gluten Free on Request