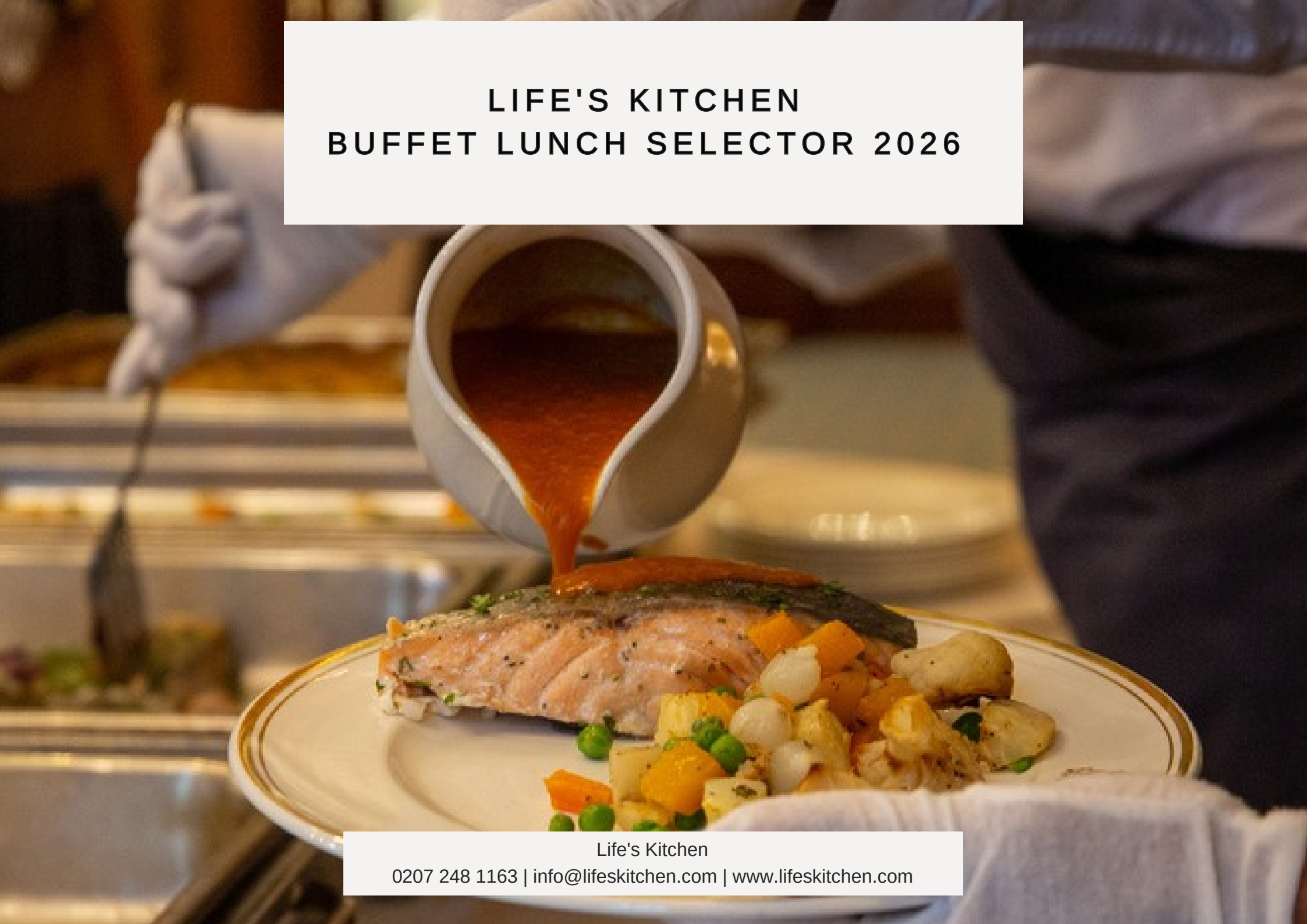


A close-up photograph of a chef's gloved hand pouring a thick, orange-red sauce from a white ceramic pitcher onto a piece of cooked salmon. The salmon is served on a white plate with a gold rim, accompanied by a colorful vegetable medley of diced carrots, green peas, and white potatoes. In the background,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

LIFE'S KITCHEN BUFFET LUNCH SELECTOR 2026

Life's Kitchen
0207 248 1163 | info@lifeskitchen.com | www.lifeskitchen.com

HOT FORK BUFFET OPTIONS

PLEASE CHOOSE ONE OF THE FOLLOWING

- THE CHINESE BUFFET MENU -

-Main Courses-

Ginger, Soy & Honey Chicken

~

Sweet & Sour Salmon

~

Salt & Pepper Tofu with Vegetables (VG)

-Sides-

Egg Fried Rice

~

Vegetable Chow Mein

-Salad & Dip-

Oriental Slaw

~

Sweet Chilli Sauce

-Desserts-

Coconut & Mandarin Tart

~

Fruit Platter

- THE MIDDLE EASTERN BUFFET MENU -

-Main Courses-

Shawarma Spiced Chicken Breast

~

Zaatar Marinated Seabass Fillet, Samphire

~

Baked Aubergine in Harissa, Tomato, Garlic Sauce,

Vegan Feta Crumble (VG)

-Sides-

Lemon Bulgar Wheat

~

Pickled Vegetables (GF)

-Salad & Dip-

Sumac Spiced Tabbouleh Salad (GF)

~

Hummus

-Desserts-

Lemon & Pistachio Tart

~

Fresh Fruit Salad (VG, GF)

VG - Vegan

GF - Gluten Free

- THE INDIAN BUFFET MENU -

-Main Courses-

Tandoori Chicken, Lime & Coriander

~

Prawn Madras

~

Chana Masala Curry (VG)

-Sides-

Basmati Rice

~

Vegetable Samosa

-Salad & Dip-

Tomato, Cucumber & Red Onion

~

Raita

-Desserts-

Mango & Passionfruit Mousse

~

Watermelon & Garden Mint Salad (VG, GF)

HOT FORK BUFFET OPTIONS

PLEASE CHOOSE ONE OF THE FOLLOWING

- THE ITALIAN BUFFET MENU -

-Main Courses-

Classic Beef Bolognaise

~

Seafood Linguine

~

Three Cheese Baked Rigatoni with Roast Vegetables (VG, GF)

-Sides-

Roast Mediterranean Vegetables

~

Gnocchi with Sage

-Salad-

Vine Plum Tomato & Basil Salad (VG)

-Desserts-

Gâteau Opera

~

Fresh Fruit Salad, Pouring Cream (GF)

- THE BRITISH BUFFET MENU -

-Main Courses-

Steak & Ale Pie

~

Lemon Thyme Crusted Hake Fillet

~

Truffle Baked Cauliflower Cheese (GF)

-Sides-

Seasonal Vegetables

~

Parsley Potatoes

-Salad-

Mixed Garden Salad

-Desserts-

Butterscotch & Chocolate Cheesecake

~

Fresh Fruit Salad (VG, GF)

VG - Vegan

GF - Gluten Free

GF* - Gluten Free on Request