

# SugarPepper Cooks

For Effortless Entertaining

0845 3304533

## Salads

Chicken / prawn / poached salmon Caesar salad

Marinated lemon and tarragon sliced chicken breast on mixed leaves

Marinated chicken in a creamy sun dried tomato, basil, garlic and Parmesan dressing

Coronation chicken salad with fresh spinach leaves

Mexican chicken with tomatoes and an avocado and soured cream and coriander dressing salad

Moroccan lemon chicken and cous cous

Salade Nicoise

Poached and smoked salmon pasta salad with a dill, chive and parsley dressing

Smoked salmon, watercress, and new potato salad with a buttermilk, shallot and dill dressing

Tuscan white bean, tuna (optional) peppers, red onion and parsley

Potato salad with watercress, shallots & smoked salmon, and a buttermilk and dill dressing

Shredded five spice duck salad, rice noodles, fresh spinach leaves, radishes, spring onions and with a sweet soy dressing

Thai beef salad

Chorizo, chickpeas, red onion with a paprika and parsley dressing

Puy lentils, feta, parsley, Italian sausage (optional) and rocket with a Dijon mustard dressing

Green Bean salad with tomato and crispy Pancetta/bacon (optional) with a sherry vinegar and honey dressing topped with Parmesan shavings and crispy shallots

Toasted goat's cheese and fresh herb croutes on a bed of mixed leaves OR harissa marinated goat's cheese on cous cous with Mediterranean vegetables

Pan fried paprika halloumi, cucumber, cherry tomato, olive, red onion, lettuce, mint and parsley salad with a honey, lemon, garlic and chilli dressing

Mixed leaf

Romaine, avocado and radish

Pear, Gorgonzola and walnut

Salade aux lardons - mixed salad leaves, croutons, boiled egg, crispy bacon and shallot vinaigrette

Spinach, rocket and watercress salad with raspberry vinaigrette

Tomato salad with tomato and garlic dressing -optional onion and olives

Potato salad with dill vinaigrette

Potato salad with a Greek yoghurt, mayonnaise and chive dressing

Deluxe potato salad with bacon (optional) boiled egg, gherkins, spring onions, chives, dill, parsley, mayonnaise and yoghurt

Green bean salad with cherry tomatoes and a honey and basil dressing

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English garden salad with new potatoes, flat green beans, spring onions and a crumbled Cheshire cheese, honey and mustard dressing

Pasta, cucumber, olives, cherry and sun blush tomatoes, with roasted red pepper and basil dressing

Pasta, pesto, toasted pine nuts and green olives  
and Roasted Cherry Tomatoes

French bean and cherry tomato with honey and basil dressing

French bean with a lemon, mint, parsley and cayenne dressing topped with feta and toasted chopped hazelnuts

Grilled aubergine salad with yoghurt and dill dressing

Waldorf salad

Three bean and cucumber salad with fresh herb dressing

Kidney bean, sweetcorn, tomato and cucumber salad with a chilli, garlic and soy sauce dressing

Harissa marinated goat's cheese on cous cous with Mediterranean vegetables

Toasted goat's cheese and fresh herbs croutes on a bed of mixed leaves

Puy lentil, marinated feta, roasted red pepper and mint salad with a fresh herb dressing

Marinated Mediterranean vegetables with marinated mozzarella, lemon and chilli dressing