



Herb Garden Café  
The Herb Garden Café  
5 Spa Centre  
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## *Working lunch* buffet menus

With this modular system you can design your own meal. Keep it very simple or make it into something quite memorable. Start with sandwiches and add the extras.

Prices are per head. **VAT is not included. VAT will be charged at 20%.**

### **Selection One**

**One round of sandwiches per head on a garnished platter: £3.00.**

Our sandwich fillings — a mix of vegetarian and non-vegetarian — vary with what is seasonal and available. All are freshly made on our own premises and we label the platters. We use a variety of locally-made breads - white, wholemeal and granary.

### **or One-and-a-half**

**A round-and-a-half of sandwiches per head: £4.00.**

We offer this in case you're keeping it simple but don't want to risk going hungry.

### **Selection Two**

**Add a generous slice of cake: £1.50**

We make our own cakes and they can be sampled in the café. The range may vary but we usually send a selection of:

**Carrot cake** with cream cheese icing

**Lemon drizzle cake**—a light sponge soaked in fresh lemon juice (dairy free)

**Rich chocolate fudge cake**

**Apple and cinnamon cake** (dairy free)

**Coffee cake**

Gluten free cakes are available and, for those with special dietary needs, we are happy to send a piece of fruit instead.

### **Selection Three**

**Add a piece of fresh fruit: £1.00**

Salads and the fancy foods are on page 2.

## Selection Four

### Add a salad bowl: £1.00

Actually this is two salad bowls - a mixed green leaf salad of fresh herbs, grapes and avocado with a simple French dressing, plus one of the following (tell us which you would like)

- Roast Italian Vegetables on a bed of couscous with a spicy harissa dressing.
- Homemade fruity cole slaw
- Carrot, beetroot and seeds salad with a lemon dressing
- Potato salad - a simple, traditional recipe
- Greek tomato salad - tomatoes, feta cheese, olives, basil, vinaigrette.

## Selection Five

### Three dishes chosen from this list: £3.50

**Quiche** (freshly cooked, our quiches usually arrive sliced and still hot) The range of styles varies but may include

Mediterranean (V) (goats' cheese, olives and sundried tomato),

Leek and sweetcorn (V)

Traditional Quiche Lorraine (bacon, cheese, spring onion and parsley)

**Filo pastry parcels**, filled with spinach and feta cheese with pine nuts (V)

**Savoury choux puffs**, filled with mascarpone cheese and dusted with fresh parmesan (V)

**Vol-au-vents**. Fillings vary, for example Prawn, coriander and ginger or Mushroom cream (V)

**Bangkok Chicken Goujons**, marinated and cooked in a spicy mango chutney sauce.

**Carrot and courgette layer** - slices of this moist and delicious loaf (V)

**Dips with pitta bread and crudités**. Choose two flavours from hummus, tsatsiki and guacamole.

**Proper crockery, cutlery (where needed) and paper napkins are provided within the listed prices. We do the washing up. Delivery and collection of empties is free within two miles of Llandrindod.**

**Prices exclude VAT.**

**We cater for dietary requirements such as gluten free and dairy free. Please tell us what you need. Foods containing nuts are always labelled.**

### **Note on Powys County Council's procurement rules 2010**

Many people have been given the impression that organisations who use premises owned by Powys (Rhayader Leisure Centre or Llandrindod Museum, for example) are only allowed to buy food from caterers on the Council's own list of "approved suppliers". **THIS IS UNTRUE**. We have asked Powys for an explanation of how the untruth was spread. They haven't answered. We have asked them to issue a clarification to the managers of their buildings. They haven't, as far as we know. If you want it in writing we have put it on this web page - [www.herb gardencafe.co.uk/powyspremises.htm](http://www.herb gardencafe.co.uk/powyspremises.htm)

Powys says purchasers who are bound by the Council's own procurement rules are forbidden to buy our food because we refuse to undergo and pay through the nose for an unnecessary audit. See [www.herb gardencafe.co.uk/sywop.htm](http://www.herb gardencafe.co.uk/sywop.htm) for the ridiculous detail and the purple threats PCC has issued.