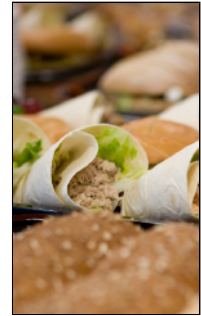




SHLURP! is an award winning caterer specialising in healthy eating. We have been providing quality and value fabulous food in Manchester since 2002 and have been highly reviewed by The Guardian, the Manchester Evening News, Time Out, City Life and Olive Magazine. We have received three Gold Great Taste Awards and won the Manchester Food & Drink Festival twice. We are delighted to be providing the catering and trust you enjoy your choices...



## BREAKFAST MENU

platters of croissants, danish pastries & muffins with platters of melon wedges... (v) **£4.00pp**  
 platters of toasted filled bagels – smoked salmon & cream cheese, blt, cumberland sausage & tomato, cream cheese & cucumber, avocado & tomato with melon wedges... **£5.50pp**  
**minimum order is for 10 people.**

## SANDWICH LUNCHES (build your own...)

contemporary platters of wraps, bagels, ciabatta & granary rolls with a fresh fruit basket... **£4.50pp**  
**or** traditional platters of crustless finger sandwiches on granary & white bread with fruit... **£4.50pp**  
 add platters of traditional cake slices... **£0.75pp**      add rolls & butter selection... **£0.50pp**  
 add a SHLURP! seasonal soup... **£1.50pp**      add individual crisp packs... **£1.00pp**  
 add individually wrapped cakes, cereal bars, cookies & muffins... **£1.50pp**

**£15.00 delivery surcharge for orders less than 10 people.**

## HEALTHY EATING BUFFET LUNCH

**£9.00pp**

platters of hummus & salsa with crudités...(v) spicy chicken skewers... selection of rolls & butter...(v) greek salad with feta & marinated olives...(v) roasted sweet potato, chickpea & spring onion salad with toasted seeds...(v) selection of meat, fish & veggie open sandwich bites, platters of sliced italian meats with parmesan & rocket... platters of cheese with grapes & chutney...(v) fresh fruit kebabs...(v)  
**minimum order is for 15 people.**

## CANAPE BUFFET

**£9.00pp**

choose six options from the canapé list overleaf

**minimum order is for 15 people. hot canapés available – POA (full kitchen facilities necessary)**

## AWARD WINNING HOT OPTIONS

**£10.00pp**

north african lamb tagine with apricots... irish lamb stew with pearl barley & veggies... traditional cottage pie... lancashire beef in ale with baked dumplings... five spiced beef chilli... sri lankan chicken curry with cashews... thai chicken & aubergine red curry... creamy chicken & leek one pot... chicken, chickpea & chorizo one pot... creamy fisherman's pie with leeks... aubergine & courgette lasagne...(v) mexican chilli bean pot...(v) mushroom stroganoff...(v) cauliflower, chickpea & spinach jalfrezi...(v) thai red veggie curry...(v)  
 all dishes served with wholegrain rice, a fresh green salad, dressing and rolls & butter...  
 seasonal fruit crumble with pouring cream...(v) classic tiramisu...(v) fresh fruit salad...(v) lemon tart...(v) chocolate fudge cake...(v) cheese and biscuits with grapes & chutney...  
**minimum order is for 15 people. choose 2 mains & 2 desserts - over 30 people choose 3 mains & 3 desserts...**

**All prices exclude VAT. Evening & Weekend catering available upon request – Please contact us for a quote.**

## DIETARY SPECIFIC LUNCHES

£7.50pp

### VEGAN LUNCH

sweet potato & chickpea salad, toasted pita, fresh fruit, crisps & cereal bar.

### HALAL LUNCH

halal chicken ciabatta, bagel or wholemeal roll, crisps, cake and fresh fruit.

all our chicken is halal. feel free to substitute a vegetarian option.

### NO GLUTEN LUNCH

greek salad with olives, GF roll & butter, GF cereal bar and fresh fruit.

due to current guidelines, we can't call our recipes *Gluten Free* as we are unable to test our food to less than 20mg of gluten per kilo of food. we have been advised to label our products without gluten as

*NGCI (No Gluten Containing Ingredients)*. gluten has been listed in the allergen info pdf @

[www.shlurp.co.uk](http://www.shlurp.co.uk)

### ALLERGEN INFO

found on our website @ [www.shlurp.co.uk](http://www.shlurp.co.uk)

### NUT INFO

as we use nuts extensively in our kitchen, we are unable to cater for anyone with a severe nut allergy but have listed which of our recipes contain nuts on the allergen info pdf @

[www.shlurp.co.uk](http://www.shlurp.co.uk)

---

## CANAPE OPTIONS

6 options for £9.00pp

**VEGGIE:** cream cheese & chive blinis...(v) bruschetta with fresh basil, garlic & tomato...(v) mini falafel balls with a hummus dip...(v) crudites with hummus & salsa...(v) classic andalusian gazpacho shots...(v) crostini with spicy veggie satay...(v) skewers of grilled halloumi with olives...(v) skewers of mozzarella, cherry tomato & fresh basil...(v) croustades filled with lancashire cheese & chutney...(v) croustades filled with feta & roasted pepper...(v) olives, nuts & salted snack selection...(v)

**FISH:** selection of sushi... crostini with smoked mackerel pate... crostini with skinny tuna pate... skewers of thai spiced king prawns... smoked salmon & cream cheese blinis... croustades filled with teriyaki salmon... croustades filled with lemon & dill prawns...

**MEAT:** blinis with peppered pastrami, red onion & horseradish... crostini with chicken liver pate & tomato... crostini with shredded ham & apple chutney... skewers of parma ham & melon... skewers of spiced chicken... melton mowbray mini pork pies with apple chutney... chipololata sausages with cumberland sauce... croustades filled with thai beef & cucumber... croustades filled with oriental duck... honey & soy glazed chicken drumsticks...

**DESSERT:** chocolate dipped strawberries... selection of mini canapé desserts... fresh fruit kebabs... mini profiteroles... chocolate brownie bites... selection of mini macaroons...

**minimum order is for 15 people. hot canapés available – POA (full kitchen facilities necessary)**

---

## DRINKS

£1.25pp

individual bottles & cans of still or sparkling water... apple or orange juice... san pellegrino sparkling fruit drinks... coke or diet coke...

**£15.00 delivery surcharge for orders less than 10 people.**

---

## FULL SANDWICH LIST... (platters are designed to incorporate as many choices as possible.)

**VEGGIE:** mature cheddar & chutney...(v) cream cheese & cucumber...(v) feta & roasted pepper...(v) brie & red apple...(v) crumbly lancashire cheese & apple chutney...(v) falafel with salad...(v) hummus & grated carrot...(v) spicy veggie satay & cucumber...(v) avocado & tomato...(v) roasted mediterranean vegetable...(v) red cabbage & apple slaw...(v) traditional egg mayo & salad...(v)

**FISH:** skinny tuna pate... smoked salmon & salad... lemon & dill prawns... teriyaki salmon... smoked mackerel pate... smoked salmon & cream cheese...

**MEAT:** cajun chicken... chicken caesar... oriental duck... turkey & cranberry... blt... gammon ham & chutney... salami & roasted peppers... ham & egg... ham & cream cheese... thai chilli beef... pastrami & horseradish...

**SHLURP! are happy to cater individual events. Please contact us to discuss your specific requirements.**

**All prices exclude VAT. Evening & Weekend catering available upon request – Please contact us for a quote.**