

## about us

We provide an excellent quality and competitively priced catering service to businesses, organisations and private events throughout Manchester.

Choose from our range of buffet options or create your own menu by choosing individual items. Also, if you would like something specific or extra for that special occasion, please speak to one of our staff who will be happy to accommodate your needs. We can also meet the needs of those on special diets, so please mention this when ordering.

We endeavour to use as much locally grown and organic produce as possible, including using the food we grow ourselves.

Good Mood Food is a social business and is part of the larger mental health charity HARP. Any profits made by this business are fed back into HARP and are used to help support our full range of mental health services. We offer work and volunteering opportunities to people with mental health needs. We provide a full supervision, support and training package to people working for us and in return we get to give highly motivated and dedicated workers the chance to create our Good Mood Food.

Your support really does make a difference. Thank you.

## order a buffet

To order a buffet call  
**0161 232 6202** or  
**07917 444 760**

Or email us at  
**[goodmoodfood@harp-project.org](mailto:goodmoodfood@harp-project.org)**

Or fill out and fax back our order form to  
**0161 232 9970**

You can download an order form from  
**[www.goodmoodfood.org](http://www.goodmoodfood.org)**

### Please note

Menu items are subject to change.

Minimum order requirements are 10 portions.

Orders less than 10 will incur a delivery charge.

Plates, napkins, knives and forks are provided with food and are made from recycled materials.

The trays we provide can be reused so please keep them until we are able to collect them.

Good Mood Food  
Zion Community Resource Centre  
339 Stretford Road  
Hulme  
Manchester  
M15 4ZY

Reg. Company No. 5391417

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PART OF  
**HARP**

# buffet menu



## buffet menu

Choose from the following set buffet menus or create your own buffet from the individual items.

### light lunch 1 ..... £3.90

- Assorted sandwiches, rolls and wraps
- Vegetable samosas served with a sweet chilli sauce
- Mini spinach and pine nut quiche

### light lunch 2 ..... £4.90

- Assorted sandwiches, rolls and wraps
- Vegetarian spring rolls with plum sauce
- Butternut squash tartlets
- Choice of a salad from the salad menu

### halal selection ..... £5.10

- Assorted sandwiches, rolls and wraps
- Spiced halal chicken drumsticks
- Vegetable samosas served with a sweet chilli sauce
- Onion bhajis with a yoghurt and mint dressing

### vegetarian selection 1 ..... £6.10

- Assorted sandwiches, rolls and wraps
- Fennel marinated Greek salad skewers
- Broccoli and tofu puffs
- Vegetable samosas served with a sweet chilli sauce
- Butternut squash tartlets

### vegetarian selection 2 ..... £7.00

- Selection of vegetarian crostini
- Beetroot rosti with a butterbean and horseradish mousse
- Spinach and mozzarella pizza
- Falafel, pitta bread and tahini dressing
- Caramelised onion tartlets
- Choice of a salad from the salad menu

## healthy

## individual items

## hot food

### healthy selection ..... £7.30

- Assorted sandwiches, rolls and wraps
- Selection of dips served with crudités and oat cakes
- Spinach and pine nut tarts
- Red pepper and tofu profiteroles
- Crispy carrot and spring onion cakes with a salsa topping
- Choice of a salad from the salad menu

### individual items ..... £1.20 per item

- Vegetable samosas with a sweet chilli sauce
- Mini spinach and pine nut quiche
- Vegetarian spring rolls with plum sauce
- Fennel marinated Greek salad skewers
- Broccoli and tofu puffs
- Selection of vegetarian crostini
- Beetroot rosti with a butterbean and horseradish mousse
- Spinach and mozzarella pizza
- Falafel and pitta bread with tahini dressing
- Caramelised onion tartlets
- Selection of dips served with crudités and oat cakes
- Spinach and pine nut tarts
- Red pepper and tofu profiteroles
- Crispy carrot and spring onion cakes with a salsa topping
- Spiced halal chicken drumsticks
- Onion bhajis with a yoghurt and mint dressing

### hot food ..... £5.00

- Chicken with rice and peas
- Spinach, potato and chickpea curry (Vegan)
- Spicy chilli with baby new potatoes
- Spicy vegetable chilli with baby new potatoes (Vegan)
- Broccoli and cauliflower cheese bake with green beans

## salads

## sandwiches

## extras

## order

### salads ..... £1.00

Order individually or as part of one of our buffet menu options where indicated.

- Mixed leaf salad
- Moroccan chickpea salad
- Beetroot, carrot, ginger and toasted sunflower seed salad
- Coleslaw
- New potato and spring onion salad

### sandwiches ..... £3.00 per 1½ rounds

Sandwiches are served on wholemeal bread, rolls and wraps and fillings include:

- Free range egg and cress
- Spinach and cream cheese
- Tuna and sweetcorn
- Mature cheddar and pickle
- Houmous and roast pepper
- Pesto chicken
- Prawn mayo
- Brie and cranberry
- Mushroom and olive pâté
- Roast beef and mustard

### extras

- Nut and seed mix ..... £1.20
- Vegetable crisps ..... £1.00
- Hand cooked crisps ..... 80p
- Marinated olives ..... £1.00
- Cake platter ..... £1.50
- Fruit portion ..... 80p
- Seasonal fresh fruit platter ..... £1.50
- Water ..... £2.00
- Juice ..... £2.00

### to order a buffet

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