



Paella

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L B K
— FLAVOURS —
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Welcome to

LBK

— FLAVOURS —

At LBK Flavours, we bring the world to your plate with our diverse menus inspired by international cuisines. Our skilled chefs are at their most inspired when researching authentic recipes to create unique and flavourful dishes.

We work hard to provide our clients with a bespoke catering experience tailored to their tastes, preferences, and budget. Our goal is to delight your taste buds and leave a lasting impression on your guests.

Monica

Philosophy

Our philosophy is simple.

We offer bespoke, high quality catering to individuals and companies, large and small.

First and foremost, we're professional, nice and good fun to work with, taking the stress out of event planning and turning it all into the most enjoyable of experiences.



Our catering journey was started by Monica Gil Ruiz in March 2017 with London Basque Kitchen, out of which LBK Flavours was born.

Spanish-born Monica made London her home over 20 years ago and has explored her passion for Spanish and global food ever since, working with household name brands, private individuals and corporate companies.



Hot Buffet Menus

FINGER FOOD
HOT BUFFET
MINI DESSERTS

Grazing table

PERFECT SUBSTANTIAL BITES FOR PEOPLE TO GRAB. SELECTION OF OUR FAVOURITE CHARCUTERIES AND CHEESE PLATTERS WITH ADDITIONAL FINGER FOOD OPTIONS



OUR GRAZING BOARDS

SPANISH IBERICOS; A SELECTION OF YOUR FAVOURITE MEATS;
IBERICO HAM, SALCHICHON, BEEF CECINA, CHORIZO, LOMO

SELECTION OF SPANISH CHEESE:

GALICIAN SAVEL BLUE, TETILLA, AGED MANCHEGO OR ROSEMARY MANCHEGO, RIOJA GOAT'S CHEESE, "CAYO" EWES FROM CASTILLA Y LEON, MONTE ENEBRO, IDEAZABAL, LA PERAL, LA RETORTA, PAYOYO) (This will vary depending on season and availability)

SERVED WITH RUSTIC SOURDOUGH BREAD AND PICOS
OLIVES AND CAPERBERRIES
MEMBRILLO (QUINCE JELLY)

OUR DIPS

ALL SERVED WITH ZA'ATAR FLATBREADS

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SPANISH ALMOND ROMESCO SAUCE (VG)
FETA AND PISTACHIO DIP (V)
BURNT AUBERGINE AND LABNEH (V)
HARISSA HUMMUS (VG)
BEETROOT HUMMUS WITH FETA (V)
BABA GANOUSH (VG)

V- VEGGIE
VG- VEGAN

FINGER FOOD - ROOM TEMPERATURE

SPANISH TORTILLA WITH CARAMELISED ONION AND PIQUILLO PEPPER (V)

SAUTÉ PADRON PEPPERS (V)

CHORIZO AND FENNEL SAUSAGE ROLLS

CHICKEN AND CHORIZO EMPANADILLAS

TUNA, ONION AND ROASTED PEPPERS EMPANADA BITE

"RUBIA GALLEGA" BEEF, SLOW ROASTED CHERRY TOMATO, ROCKET, PARMESAN & AIOLI BRUCHETTAS

CANTABRIAN ANCHOVY, TOMATO TARTARE, CHARRED SOURDOUGH

IBERICO HAM, TOMATO TARTARE ON CHARRED SOURDOUGH BREAD

RUSIAN SALAD ON FILO CUPS ; TUNA, EGG, OLIVE, CARROT AND POTATO SALAD

"MATRIMONIO" ("MARRIAGE"); ANCHOVY, BOQUERON, GRILLED PEPPER, TOMATO CROSTINI

"GILDAS"; OLIVE, GUINDILLA AND ANCHOVY SKEWER.

"SALPICON DE MARISCO"; SEAFOOD SALAD WITH VINAIGRETTE (OCTOPUS, MUSSELS, PRAWNS)

AUTUMN VEGETABLE EMPANADILLAS (V)

Big platters

HEARTY SHARING
DISHES AND
IRRESISTABLE MINI
DESSERTS

LBK
FLAVOURS

SHARING MAINS

Sherry braised iberico pork cheeks

Herb, garlic & albarino wine marinated slow roasted lamb shoulder w/ salsa verde.

“Albondigas” Sherried glazed pork meatballs, slow roasted tomato sauce

Spanish marinated roasted chicken w/ romesco sauce & olive salsa

”Rabo de toro”; rioja braised oxtail

Monkfish, chorizo & mussel stew

Chicken, chorizo, prawn and squid paella

Roasted hake with romesco sauce

Grilled octopus, paprika mashed potato, mojo verde or roasted pepper salsa

Roast cod with a cannellini bean, squid and tomato stew

Cod in a Basque style red pepper and tomato sauce

Hake with prawns in a red peper and tomato sauce

Artichoke, peppers, fennel and cherry tomato paella (Vg)

Cauliflower steak, romesco sauce, olive salsa (vg)

SALADS Y SIDE DISHES

Creamy mash potato and parsnip crisps

“Cogollos de Tudela” Charred baby gem lettuce, piquillo pepper, Ideazabal cheese. Pedro Ximenez reduction

Thyme ad garlic roasted potatoes (V)

Green beans and pea salad with manchego cheese, toasted pine nuts and balsamic dressing

Frisée and chicory salad with chorizo, piquillo peppers, capers, garlic, olives and a sherry dressing

Ibicenco tomato bread salad with olives and herbs

Charred hispi cabbage with garlic/cream sauce and crispy onions, grated manchego

saute cavolo nero with anchovy, garlic, lemon and chilli

Charred tender stem broccoli, with lemon and manchego shavings



Mini Desserts

MINI BITES

MINI “SANTIAGO TARTS” ; TRADITIONAL GALICIAN ALMOND CAKE BITES

MINI CARAMELISED BASQUE CHEESECAKE WITH SEASONAL FRUIT COMPOTE

MINI PAVLOVAS WITH PEDRO XIMENEZ POACHED PLUMS AND RASPBERRIES

MINI RASPBERRY AND ALMOND FRANGIPANE TARTS

BUTTERMILK PANNA COTTA BOWLS WITH PEDRO XIMENEZ POACHED PEACHES AND PISTACHIOS

DARK CHOCOLATE BROWNIE BITES

OLIVE OIL CHOCOLATE MOUSSE SHOTS WITH HAZELNUT CHOCOLATE CRUMBLE AND POPPING CANDY

CINNAMON CHURROS, HOT CHOCOLATE DIPPING SAUCE

MINI FILO PASTRY CUSTARD TARTS

DARK CHOCOLATE AND SEVILLE ORANGE CHOCOLATE TARTS

Mini versions of our
favourite desserts,
perfect bites to end a
meal



FIRST WE DINE, THEN WE DANCE

CHRIS & HOLLY
09.09.2022

SHARING TAPAS

- 'PAN CON TOMATE', TOMATO TARTARE ON SOURDOUGH
- SPANISH TORTILLA W/ AIOLI & SAUTE PADRON PEPPERS

MAIN

- CHICKEN, CHORIZO, SQUID, PRAWN & CLAM PAELLA
- CHICKEN & CHORIZO PAELLA
- ARTICHOKE, FENNEL, POTATO, PEPPERS & OLIVES PAELLA (V)

SIDES

- HERITAGE POTATO SALAD WITH MOSCATEL DRESSING
- CHARRED VEGETABLES, PEARL ONION, GEM LETTUCE, PEDRO XIMENEZ DRESSING & PINENUTS

DESSERT

- CRISP BAKED BASQUE CHEESECAKE
- CHERRY COMPOTE

IN LIEU OF TRADITIONAL TIPS, WE HAVE MADE A CHARITABLE CONTRIBUTION TO MACMILLAN CANCER SUPPORT

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Thank you