

LBK
—FLAVOURS—

Canapés



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.

Our drop off canape menu is the perfect for events where there is no kitchen space or where the budgets are tight as you will save on not having chefs onsite,

Delicious, seasonal and ready to go canapes with a wow factor!

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.

Drop Off Canapes

Our drop off canapes are the perfect option for events where there is no kitchen space or when the budget is a bit tighter. We have designed an Spanish inspired menu with some of our favourite bites.



MEAT

Spanish tortilla bites with chistotta [E]

Seared Basque beef, slow roasted cherry tomato, rocket & roasted garlic aioli crostini [G][E] *

Iberico ham, tomato tartare on sourdough crostini [G] *

Steak frites: seared Basque beef, aioli, straw potatoes, rocket [E] GF

Grilled chorizo, roasted red peppers & goat's cheese filo tarts [G][M]

Beef cecina, goat's cheese and caramelised onion crostini [G][M] *

Chicken "Txapela", marinated chicken, romesco sauce and grilled padron pepper mini sandwich [G][N][E]

Chicken liver parfait, quince jelly glazed grape, crispy chicken skin [M] GF

Chistorra sausage rolls with espelette pepper garlic aioli [G][E][M]*

"Vaskito" ; chorizo, aioli, rocket, piquillo pepper [G][E]

Mini chistorra and leek quiche [E][G][M] *

FISH

"Gildas"; olive, guindilla and anchovy skewer [F] GF

Cantabrian anchovy, tomato tartare, EVOO, crostini [F][G] *

Quail egg, prawn, olive and mayo skewer [E][C] GF

"Bonito" tuna, piquillo pepper and caramelised balsamic onion crostini [F][G]*

"Ensaladilla Rusa": potato, tuna, carrot, olive and egg mayo salad on filo cup [G][E][F]

Seafood salpicon; octopus, prawn, mussels vinaigrette salad GF [F][C][Mo]

Tuna tataki, guidilla pepper salsa skewer [F][Su] GF

Crab salad, broad bean and pea crostini with aioli. [G][C][E]*

"Txangurro" mini tartlet; spider crab tarlet, salmorejo [C][E][G]

"Boqueron" and olive skewers [F] GF

"Felipadas"; salted anchovy, lettuce, mayo and tabasco mini sandwiches. [G][F][E]

VEGETARIAN /VEGAN

Spanish tortilla bites with roasted garlic aioli [E] GF

Marinated cauliflower floret, romesco sauce, seeded cracker [G][N] **Vegan**

Mini guacamole tostadas, tomato and jalapeno salsa (GF) **Vegan**

Wild mushroom, tarragon and leek mini quiche [M][G][E]

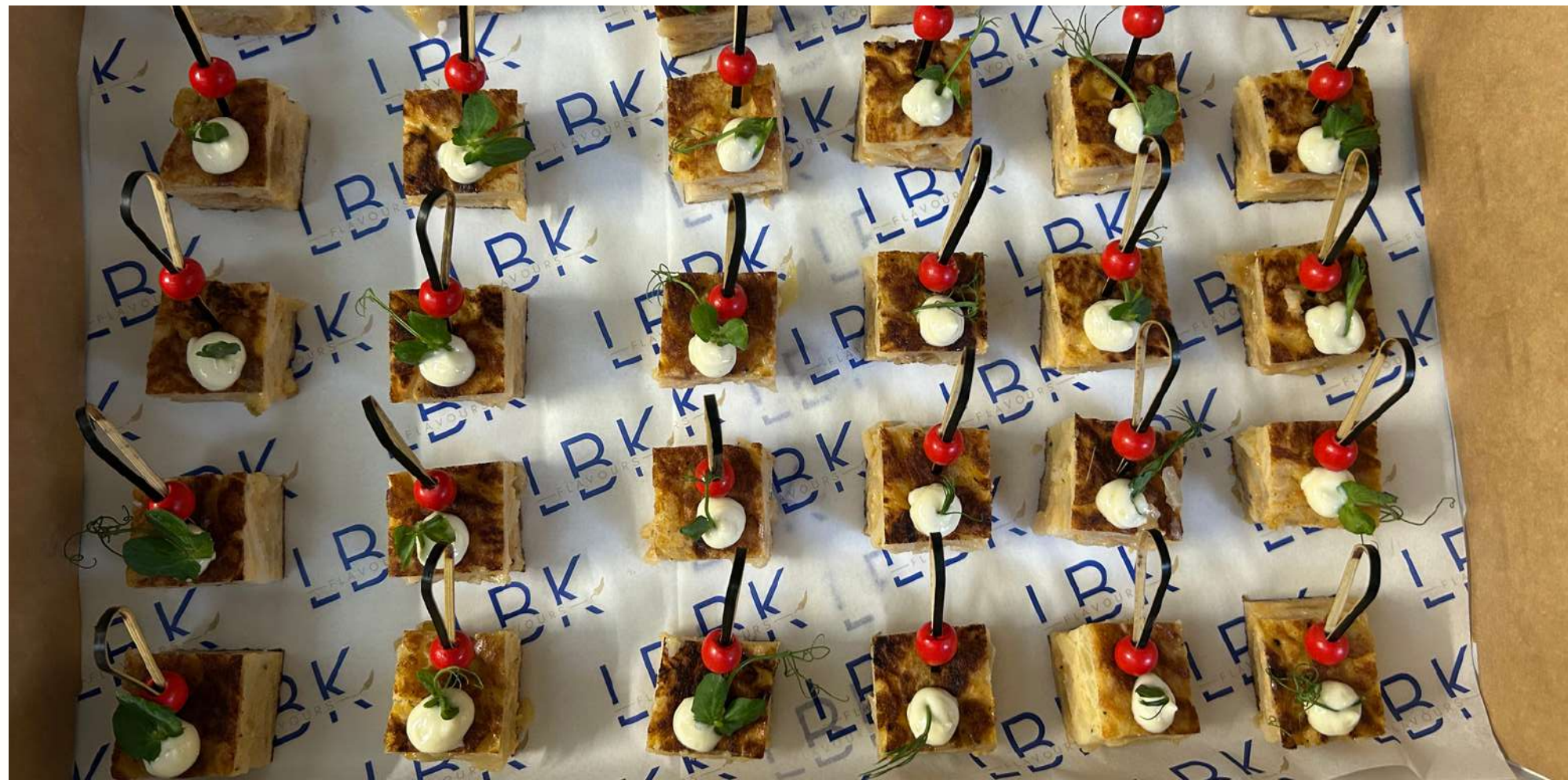
Piquillo pepper & caramelised onion Spanish tortilla bites [E]

"Pan con tomate": charred sourdough, tomato tartare, EVOO [G] **Vegan**

Slow roasted cherry tomato, basil, chilli & bocconcini crostini (V)* [G][M]

Borad bean, pea and mint crostini with manchego shavings [G][M]

- Can be made GF



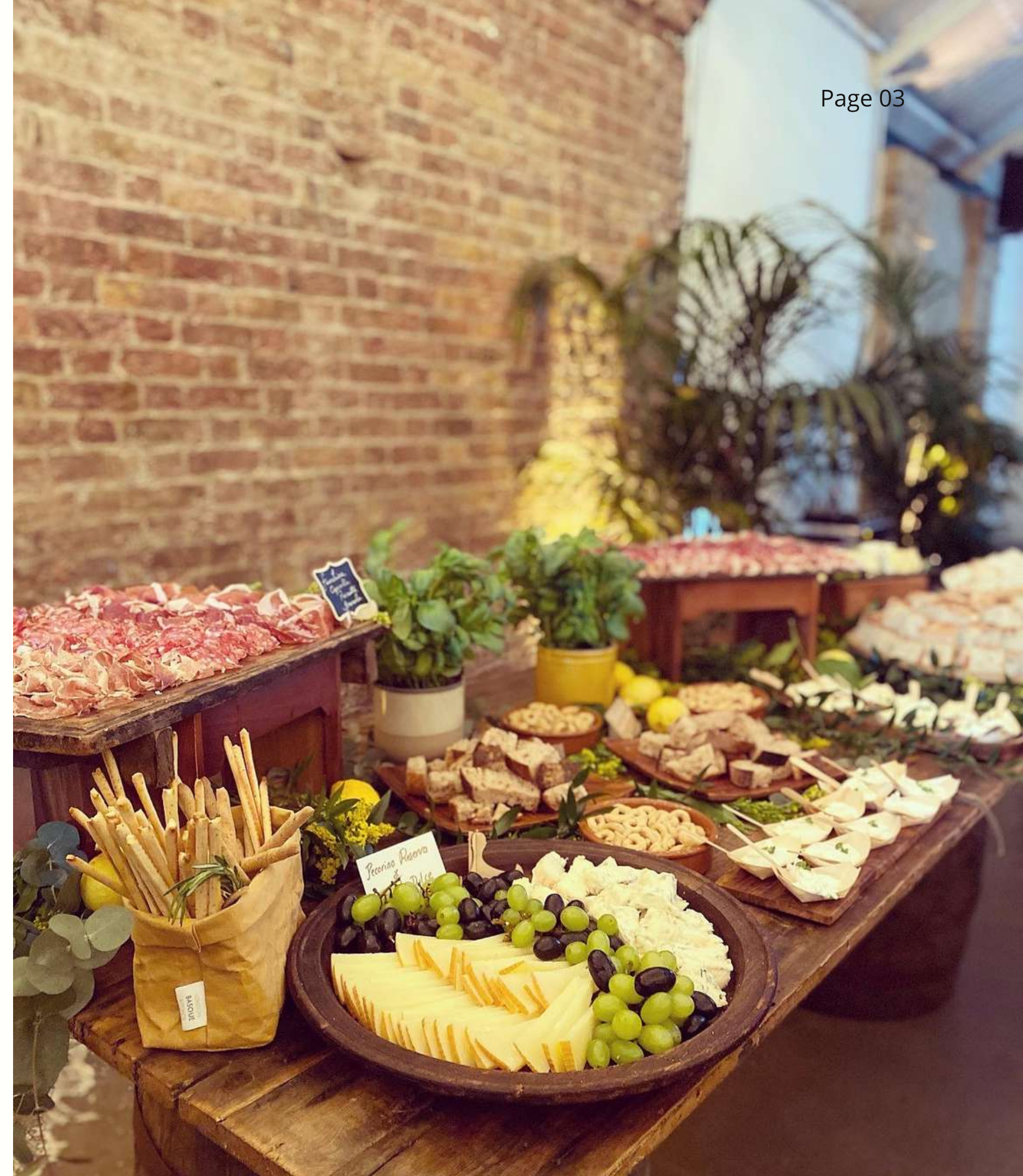




Grazing table

PERFECT SUBSTANTIAL BITES FOR
PEOPLE TO GRAB.

INCLUDES A SELECTION OF OUR
FAVOURITE CHARCUTERIES AND
CHEESE PLATTERS WITH ADDITIONAL
FINGER FOOD OPTIONS



OUR GRAZING BOARDS

We get our ibericos and cheeses from our friends from L’oculto, a Galician restaurant and import company in Brockley. They source the best quality meat and cheese from Galicia and the rest of Spain.

SPANISH IBERICOS; IBERICO HAM, SALCHICHON, BEEF CECINA, CHORIZO.

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 (can varied depending on season)

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

OUR DIPS

ALL SERVED WITH ZA’ATAR FLATBREADS

.
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 SAUTÉ PADRON PEPPERS (V)

CHORIZO AND FENNEL SAUSAGE ROLLS

CHICKEN AND CHORIZO EMPANADILLAS

CHICKEN “TXAPELA”, MARINATED CHICKEN, ROMESCO SAUCE AND GRILLED PADRON PEPPER MINI SANDWICH

TUNA, ONION AND ROASTED PEPPERS EMPANADA BITES

MORCILLA (SPANISH BLACK PUDDING), APPLE AND CARAMELISED ONION FILO PASTRIES WITH PIQUILLO PEPPER JAM

“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

Thank you



LBK
— FLAVOURS —