



LUCY MAY

— VEGAN CREATIONS —



SAMPLE MENU

EXAMPLE 1

Sesame flatbreads with whipped feta cheese,
roasted peppers, black olive tapenade & rocket.

Spanakopita parcels
(spinach & feta in filo pastry)

Greek tomato & red onion salad
with preserved lemon dressing



Lemon, elderflower & turmeric cake

All vegan

instagram@lucy2may



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SAMPLE MENU

EXAMPLE 2

Green Herb Couscous

Maple & Black Pepper Roasted Butternut
Squash, Sweet Potato & Chickpeas.

Mixed Salad

Roasted Pepper & Paprika Hummus



Coconut, Lime & Courgette Cake

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SAMPLE MENU

EXAMPLE 3

Mushroom, linseed & kale satay cakes,
Peanut & coconut rice,
Courgette, pea & lemon salad,
Lemon & coriander hummus.



Carrot, orange & hazelnut cake with soya
cream and a hazelnut biscuit crumb.

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SAMPLE MENU

EXAMPLE 4

Kashmiri chaat masala

Lightly spiced walnut mince pasty
with fresh coriander,

sesame & mango chutney dip



Alcohol free pomegranate & blackberry
mulled wine



Sticky lime & ginger cake with nutmeg
& coconut custard
Spiced Christmas crumble slice

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EXAMPLE 5

Persian Slow Cooked
Chickpea Stew

Caramelised Onion, Cumin
& Smoked Cheese Stuffed
Mini Flatbreads



Mini Frangipane Baklava Parcels

Chocolate, Rose & Raspberry
Bounty Bites

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SAMPLE MENU

EXAMPLE 6

Moroccan Empanada Filled with
Roasted Tomato, Confit Garlic,
Organic Black & White Chickpeas
& Moroccan Spices

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Salad Leaves

•

Spinach & Basil Hummus

•

Turmeric Spiced Crunchy Rainbow
Cous-cous



Christmas Spiced Sticky Toffee Cake
With Cinnamon Cream Cheese Frosting,
Toffee Nutmeg Sauce & Roasted Pecans

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SAMPLE MENU

EXAMPLE 7

Roast Vegetable, Chickpea & Butterbean
Shawarma Spiced Cakes

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Super Greens with Mixed Grains
Freekeh, bulgar wheat, cous-cous & buck-
wheat mixed with spring onion, cucumber &
kale with lime zhoug & mint dressing

•

Smoked Paprika & Roast Garlic
Chickpea Dip

•

Red Pepper, Walnut & Rocket Salad



Courgette, Coconut & Lime Cake
with Cream Cheese Frosting

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SAMPLE MENU

EXAMPLE 8

Sweet potato & roast carrot pakoras.

Rainbow pearl barley salad with a
spiced turmeric dressing.

Salad leaves.

Smoked paprika houmous.

Minted yoghurt dressing.

Seed sprinkle.



Vanilla & cardamom sponge
served with rhubarb, gooseberry &
chia seed compote with a hint of rose,
spiced crumb & single cream.

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