

# Food and mood

## Beetroot gazpacho zinger

With cumin yoghurt and toasted pumpkin seeds

## Hot smoked mackerel and horseradish pate'

With alfalfa salad served on rye crisp breads

## Meze flatbread wraps

Filled with olive pate, roasted squash hummus and quinoa tabbouleh

## Corn nachos

With guacamole and raw cacao salsa

## Blackcurrant and vanilla fool

With omega brain balls

Dishes prepared today are low in fat, salt and sugar and designed to be made with seasonal ingredients which can generally be sourced locally.

For more information about what we do contact:



[www.communitychef.org.uk](http://www.communitychef.org.uk)