

Tastecatering
'Wrap it up' Menu

Freshly prepared for you!
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'Wrap it up'

Take a lettuce filled tortilla wrap or pita and select a main filling. Enjoy topped with your choice of dips, sides & a selection of salads.

Main Fillings

Chef's double coated chicken. Chicken breast in a lightly spiced crunchy crumb. Great topped with tzatziki.

Turkey burger flavoured with parmesan, Dijon & basil. Great topped with sun dried tomato pesto & tzatziki. 🍴

Cajun chicken. Chicken breast marinated in Cajun spices. Great topped with guacamole. 🍴

Falafel Tortilla 🌱 Falafel balls great topped with tahini yoghurt.

Fiesta Wrap : Lightly spiced 100% Irish beef burger. Great topped with sun dried tomato pesto & tzatziki. 🍴

Char-grilled Salmon: Great with wasabi mayonnaise 🍴

Lamb brochette: Diced leg of Irish lamb marinated in olive oil, rosemary & garlic and grilled on a skewer. Great topped with tzatziki.

Served with a selection sides & salads. Wholemeal pita & regular pita's can be added as well as wraps.

Sides

Gratin of potato in cream & garlic topped with cheese.

Baby potatoes baked in rock salt. 🌱🍴🍴

Roasted sweet potato. 🌱

Díps & dressings

Hummus, Guacamole, Tzatzíki, Sun dried tomato pesto, pico de gallo, Blue cheese dip, Fresh basil pesto, wasabi mayonnaise, tahini yoghurt, Lemon dressing Balsamic vinaigrette, Caesar Dressing.

Leaf salads

Tossed Avocado salad: Avocado, watercress, celery, apple, baby leaf, rice vinegar, Soya, black pepper & rock salt 🟢🟡🔪🌐

Tossed rocket salad: Rocket, cherry tomato, sun dried tomato, toasted sesame seeds & Asian dressing. 🟢🟡🔪🌐

Tossed Greek salad: Mixed leaf tossed in Lemon dressing, red onion, green peppers, olives, cucumber & feta cheese. 🟢🟡

Tossed Italian salad: Baby leaf & basil Tossed in balsamic dressing, tomato, figs & mozzarella. 🟢🟡

Tossed Goats cheese salad; Baby leaf salad with goats cheese & figs 🟢🟡

Tossed Caesar salad: Cos lettuce, Caesar dressing, crispy ciabatta croutons, shaved parmesan & black pepper.

Tossed Spinach salad: Spinach & baby leaf salad with sun dried tomato, red onion & citrus dressing. 🟢🟡🔪🌐

Tossed Chinese salad: Bok-choi, Baby tomato, Chinese mushrooms, rocket, bean sprouts, Toasted sesame seeds & Asian dressing. Black pepper & rock salt 🟢🟡🔪🌐

Non leaf salads

Lentil, Quinoa superfood salad: Puy Lentils (French green lentil) Quinoa (Grain) Scallions, radish, chive, lemon zest and juice, salt and white pepper.   

Roasted Beetroot and Pickles : Beetroot gherkins, dill, black pepper, olive oil, salt & mirrin.   

Roast Sweet potato, Dukkah and tahini yoghurt. Dukkah (Arabian seed and spice mix - hazelnuts, sesame seeds, cumin seeds, coriander, Paprika).   

Roast potato Caesar dressing: Topped with bacon & spring onion 

Roast sweet potato blue cheese dressing  

Broad Bean, green pea and barley: Broad beans, green peas, mint, barley, lemon juice, salt and pepper.  

Raw beetroot and carrot : Raw Beetroot, raw carrot, toasted seeds, raw orange juice, orange blossom, cumin seeds, parsley, salt and pepper.

Red & yellow whole cherry tomatoes with cucumber & red onion in balsamic dressing.   

Cous Cous and tomato : Giant cous cous, cherry tomato, mint, tarragon, olive oil, rose water, salt and pepper, olive oil & chives.  

Mediterranean vegetable and Mint dressing: Fennel, Courgette, Aubergine, Peppers, mint, olive oil & white wine vinegar.   

Traditional coleslaw topped with red onion

Egg Mayonnaise & watercress: Boiled egg, mayonnaise, watercress, salt & pepper.  

 Suitable for vegetarian's  coeliac friendly  contains nuts  Dairy free