

STIR



VEGAN



Eco-conscious all-stars

V - VEGETERIAN | VOA - VEGAN OPTION AVAILABLE

an alternative, entirely vegan menu. Enjoy every vegan course from canapés through dessert without sacrificing on STIR food's superior flavour or form.

PRICE RANGE:

Canape's	R 25.00
Starters	R 85.00
Main Course	R 125.00
Canape' Desserts	R 30.00
Plated Desserts	R 65.00

VEGAN CANAPÉS

Puy Lentil Parfait with Burnt Peach

Vegetable Maki Sushi with Wasabi Cream and Soy Dipping Sauce

Summer Vegetable Brochettes with Chimichurri

Chickpea and Aubergine Fritters with Harissa Yoghurt

Vegan Siu Mai Dumplings with Shiitake, Cabbage, Spring Onion & Soy Sauce

Pea & Potato Samosa with Homemade Chutney

Thai-Marinated Tofu Satay with Coconut Curry Dipping Sauce

Exotic Mushroom Spirals with Olive and Truffle Tapenade

VEGAN STARTERS

*Confit Bayildi - Roast Roma Tomatoes & Aubergine
Layered with Fragrant Onion and Toasted Seeds*

Poached Fennel & Orange Quinoa Salad

Cherry Tomato Gazpacho with Avocado & Rye Cracker

VEGAN MAIN COURSE

Pan Roasted Cauliflower with Cashew Cream & Cauliflower Couscous

Portobello Mushroom Kiev with Garlic Béchamel, Broccoli & Hazelnuts

*Smoked King Oyster Mushrooms with Romesco, Basil Pesto &
Whipped White Beans*

Sweet Potato Chili with Black Beans, Cacao Nibs & Avocado

Teriyaki-Tamarind BBQ Aubergine with Cucumber Raita & Root Vegetable Chips

VEGAN DESSERT

Caramel Confit Pineapple with Banana Sorbet, Pink Peppercorn & Pistachios

*"Pampoenkoekies" with Citrus-Salted Caramel Sauce,
Cinnamon Mousse & Naartjie Peel Confit*

*Chocolate, Cherry & Honeycomb Terrine with Oat Milk Custard
and Macadamia Praline*

VEGAN CANAPÉ DESSERTS

Coconut Yogurt & Maple-Roasted Granola with Fresh Fruit

Banana Bread Donuts with Chocolate-Almond Glaze

Black Sesame Pudding with Peanuts

Espresso Crème Caramel with Pistachio

*Chocolate-Avocado Mousse with Hazelnut Praline
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TALK TO US

info@stirfood.co.za

+27 (0)79 6977 271

[**www.stirfood.co.za**](http://www.stirfood.co.za)

Lourensford Wine Estate | Lourensford Road
Somerset West | Western Cape | South Africa