



Seven Sisters' Spices is an independent micro food business providing healthy, vibrant, freshly prepared food for events throughout Sussex.

Established in Lewes in 2013 and now based in Muddles Green, the food prepared in our farm based kitchen has its roots firmly in the London upbringing of Chloe Edwards, our founder and top cook and bottle washer.

The flavours we create are all about the various food cultures Chloe grew up amongst and enjoyed while living in London for her first 40 years – on the following pages you will find dishes that celebrate the food of various regions including India, Bangladesh, The Levantine and parts of East Asia.

Prices shown are for the cost of the food delivered in recyclable packaging – if you would like your food delivered in our reusable stainless steel tiffins, lunch boxes or enamel serve ware there is an additional charge of £1 per person.

If you would like staff there is an additional fee of £15 per staff member per hour, £35 an hour for Chloe to cook on site and a crockery and cutlery hire charge of £1.50 per person.

We very much hope to cook for you soon.



CATERING MENUS

There is a minimum order requirement of 6 portions per item.

Children's portions are equivalent to a half portion, both in size and cost.

Most of our dishes are suitable for children, those with high chilli heat are marked as such, please get in touch if you have any enquiries sevensistersspices@yahoo.co.uk

SOUPS

Lentil, Tomato & Spinach vegan £6

Roasted Squash & Coconut vegan £6

Mildly spiced with our Sri Lankan Curry Powder, finished with fresh coriander & lime

Allergen: Mustard

Ribollita vegan £6

Tuscan bean soup

Flint Owl bread available on request

SALADS

Charred Cabbage, Coconut & Panch Phoran vegan £6

Allergen: Mustard

Roasted Aubergine, Courgettes & Confit Tomatoes with Baby Leaf Spinach vegan £6.50

French Bean & Fennel with Capers & Olives vegan £6.50

Shawarma Roasted Cauliflower, Cashews & Coriander Chutney Dressing vegan £6

Allergen: Cashews (nuts), Mustard

Roasted Squash with Rocket, Sultanas & Almonds vegan £6

Allergen: Almonds (nuts)

Shredded Cabbage & Roots with Lime, Chilli & Toasted Nuts & Seeds vegan £6

Allergen: Nuts, Sesame

Roasted Chickpeas, Pickled Red Onion, Radish, Cucumber & Tomato vegan £6

Allergen: Mustard

Mixed Leaves with Lemon & Dill Dressing vegan £4

Masala Roasted New Potatoes in a Yoghurt Dressing £6

Allergen: Mustard, Dairy (yoghurt)

Mejadra – Spiced Rice with Lentils, Crisp Fried Onions, Pomegranate & Rocket vegan £5

Rice Noodles with Radish, Cucumber & Crunchy Satay Dressing vegan £5

Allergen: Peanuts



VEGETARIAN & VEGAN MAIN ITEMS served hot or cold

Onion & Spinach Bhaji *vegan* £2.50

Allergen: Mustard

Seasonal Vegetable Samosa *vegan* £3.50

Allergen: Gluten (wheat), Mustard

Ku Ku - £4.50

Allergen: Egg

Spanakopita - £4.50

Allergen: Gluten (wheat)

Salsa Verde Roasted Portobello Mushroom *vegan* £3.50

MEAT & FISH MAINS served hot or cold

Shawarma Roasted Chicken with Preserved Lemon & Yoghurt £9

Two boned chicken thighs marinated in shawarma spices, lemon & garlic

Allergen: Mustard

Tandoori Spiced Roasted Chicken with Mint Raita £9

Two boned chicken thighs marinated in mild spices, yoghurt & lemon

Allergen: Mustard, Dairy (yoghurt)

Pork Pattie with Satay Sauce £9.50

Ground pork with Lime, Chilli & Coriander, grilled

Allergen: Shellfish

Beef Kofta with Masala Tomato Sauce £10

Minced beef marinated for 24 hours before being rolled into balls and fried

Allergen: Mustard

Smoked Salmon with Dill & Horseradish Sour Cream £9

Allergen: Dairy (sour cream)

Chilli Coriander King Prawns with Sweet Chilli Dipping Sauce £9

Allergen: Shellfish

VEGETARIAN & VEGAN HOT DISHES

Coconut & Spinach Dal vegan £5

Allergen: Mustard

Makhanawala £7

A rich Goan curry made with seasonal vegetables in a buttery creamy cashew sauce. Medium chilli heat.

Allergen: Mustard, Cashews (nuts), Dairy (cream)

Aubergine with Sesame & Peanuts vegan £7.50

A delicious dish of roasted aubergine, cooked on in a sauce made with tahini, peanut butter & cut through with tamarind. Curry leaves and spices compliment the other flavours. Mild chilli heat.

Allergen: Mustard, Sesame, Peanut

Rummaniyeh vegan £7

A Palestinian stew made with lentils, aubergine & pomegranate molasses.

Allergen: Sesame

MEAT & FISH HOT DISHES

Butter Chicken £9

Chicken marinated in tandoori spices, grilled & finished in a masala tomato sauce. Mild chilli heat.

Allergen: Mustard, Dairy (cream, butter)

Balinese Slow Roasted Pork £10

Pork shoulder marinated in a fragrant Balinese spice paste of nuts, ginger, spices and lemongrass and then slow roasted till meltingly tender. Medium Chilli Heat.

Allergen: Mustard, Shellfish, Nuts

Beef Vindaloo £12

Rich, fragrant & delicious – hot with chilli but not so hot as to drown the other flavours.

Allergen: Mustard

Chicken Sofrito £10

Whole chicken thighs, cooked slowly with lemon, paprika & turmeric over sliced onions, garlic & potatoes.

Aubergine Stuffed with Lamb or Hogget £12

Minced lamb or hoggetcooked with cinnamon, paprika, cumin & fresh parsley, roasted on halved aubergines in a sweet & tangy sauce of tomatoes & tamarind.

Prawn Madras £12

Prawns in a rich, spicy tomato masala sauce, finished with grated coconut & lemon - medium chilli heat.

Allergen: Mustard, Shellfish

Hyderabadi Fish Stew £12

Haddock fillets poached in a rich sauce made from ground sesame, spices & peanut butter.

Allergen: Mustard

HOT MAIN ACCOMPANIMENTS

Pilau Rice, Saag Aloo, Mango Chutney vegan £10

Allergen: Mustard

Lemon & Herb Roasted Potatoes, Butternut Squash with Spinach, Tzatziki vegan £10

Allergen: Dairy (yoghurt)



SWEET TREATS

Vegan & gluten free versions available on request

Date Slice £3.50

Allergen: Gluten (wheat, oats), Dairy (butter)

Custard Tarts £2.50

Allergen: Gluten (wheat), Dairy (butter), Eggs

Apple Kuchen £3.50

Allergen: Gluten (wheat), Dairy (butter), Eggs, Almonds (nuts)

Rich Chocolate Torte £5

Allergen: Dairy (butter), Eggs, Almonds (nuts)

Orange Polenta Cake £4

Allergen: Dairy (butter), Eggs, Almonds (nuts)

Rose Pistachio Cake £4.50

Allergen: Gluten (wheat), Dairy (butter), Eggs, Pistachios (nuts)

Seasonal Fruit Puddings:

Pavlova £4

Allergen: Eggs

Cheesecake £5

Allergen: Gluten (wheat), Dairy (butter, cheese), Eggs

Fool £3.50

Allergen: Dairy (yoghurt, cream)



TERMS & CONDITIONS

Booking Terms:

There is a minimum of 7 working days' notice prior to your event for all bookings – please note that the more notice you give, the more likely we will be able to fulfil your request.

Once menus have been agreed the booking is confirmed.

Payment Terms:

A deposit of 25% of the total cost is required on confirmation of your booking – in the event of a cancellation by the client, this sum is non-refundable.

The full balance of the invoice will be due 7 working days prior to the event.

Cancellation Policy:

In the case of an unfortunate need to cancel the event on the part of the client, a refund of the total amount due (less the 25% deposit) will be given unless the cancellation falls on or within 14 working days prior to the event date.