

High Tea Menu

Week 3

Tiny Tasters

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	Ingredients
Monday	Crackers (Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Palm Oil, Salt, Raising Agent (Sodium Carbonates), Yeast), rice cakes (Brown Rice, Salt), beetroot , cream cheese , humous (Chickpeas (52%) [Chickpeas, Water], Water, Sesame Seed Paste (13%), Rapeseed Oil, Concentrated Lemon Juice (4%), Garlic Purée, Salt, Preservative), carrots , peaches (in own juice)
Tuesday	Tortilla bread (Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Palm Oil, Humectant (Glycerol), Raising Agents (Diphosphates, Sodium Carbonates), Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Citric Acid), Salt, Preservatives (Calcium Propionate), Wheat Starch, Flour Treatment Agent), plain yoghurt , mint sauce (Water, Spirit Vinegar, Glucose-Fructose Syrup, Sugar, Mint (5%), Cornflour, Salt, Colour (Copper Complexes of Chlorophyll and Chlorophyllins), Stabiliser (Xanthan Gum), Spearmint Oil), sultanas , couscous , cumin , turmeric , vegetable stock (Maltodextrin, salt, yeast extract, potato starch, sugar, flavourings, onion* (2,7%), carrot juice concentrate* (2,6%), extra virgin olive oil, parsley root*, parsnip*, onion juice concentrate* (0,4%), garlic powder*, pepper, lovage root*, bay leaves, turmeric), chickpeas , butternut squash , carrots , garlic , lemon juice , pineapple
Wednesday	Puff pastry (Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Palm Oil, Rapeseed Oil, Concentrated Lemon Juice, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Inactive Dried Yeast, Flavouring, Colour (Carotenes), Flour Treatment Agent (Ascorbic Acid), Acidity Regulator), cheese , tomatoes , spinach , sweetcorn , kidney beans , apples
Thursday	British chicken pieces , pasta (durham wheat semolina) peppers , vegan mayonnaise (Rapeseed oil, water, modified maize starch, sugar, acidity regulator (acetic acid), salt, stabiliser (xanthan gum), preservative), sweetcorn , pasta , kidney beans , cucumber , bananas
Friday	Tortilla bread (Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Palm Oil, Humectant (Glycerol), Raising Agents (Diphosphates, Sodium Carbonates), Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Citric Acid), Salt, Preservatives (Calcium Propionate), Wheat Starch, Flour Treatment Agent), cheese , humous (Chickpeas (52%) [Chickpeas, Water], Water, Sesame Seed Paste (13%), Rapeseed Oil, Concentrated Lemon Juice (4%), Garlic Purée, Salt, Preservative), avocado , tomatoes , peach puree , yoghurt

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