



CLARA COOKS CATERING MENU 2024

Clara Cooks Catering Cork, we provide catering for small to medium sized parties in the Cork region.

We believe in the quality of food. Clara is an advocate for supporting local farmers and producers. All our Meat is sourced from Irish sustainable farmers, we use Irish Free Range Chicken, Glenbrook Farm Free Range Pork, Prime Irish Beef, Ballycotton Seafood. Our veg is from local farmers and we try to keep it seasonal where possible. Everything is made with no additives and preservatives. Made fresh per order.

We believe in zero waste and require at least a week in advance to order produce to make sure we have everything ordered fresh.

The sooner you can book your date please do, the menu can be agreed upon after that but dates book up very quickly.

We cater for parties of up to 60 people.

If there is anything not on the menu that you would like, no problem just let Clara know and she will get back to you and discuss.

Please Note

*Food collected will be cold and must be reheated at home

*Delivery is available at an extra cost

*Set Up and Full Service is available at extra cost

*Allergens in brackets after each dish and listed at the bottom of the menu.

BREAKFAST

THE SWEET BREAKFAST (€8.50 pp)

Homemade scone with cream & jam (g,w,d,e)

Almond Croissant (g,w,a)

Sweet pastries (g,w, d, e)

GOURMET BREAKFAST SPREAD (€12 pp)

Variety of pastries; (g,w,d,e)

Yoghurt Cup using Velvet Cloud Yoghurt, delicious berry compote and organic granola.

Clara Cooks Free Range Apple & Sage Sausage Rolls with Tomato Relish

THE CONTINENTAL: €15 pp (g,w,d,e)

Variety of pastries

Just out of the oven bread

Selection of cured meats and cheeses with Clara Cooks tomato relish and chutney

Mixed

BAGEL BOX - €5.50 pp (g,w,d,e)

Delicious mix of bagels with our breakfast fillings

FRESH JUICE €2.50 pp ©

Green Goddess - Mix of celery, apple, cucumber, water kefir and pineapple

Orange and Pineapple

Carrot & Beetroot

SMOOTHIES - €3.50 pp (g)

Banana & Oat

Vitamin C

Berry Magic

Beetroot and pineapple

Banana & Oat

BUDDHA BOWL: - €6.95 pp

Natural yoghurt, fruit compote, coconut, granola (d, w, g, a)

LUNCH

THE WORKING LUNCH - Min 5 PPL

Soup of the day served with Nanas Treacle and honey brown bread **€6.50 pp**

Seafood chowder served with brown bread **€9.95 pp**

Seasonal salad bowl **€8.50 pp**

- Add Free Range Chicken - **€3.50 pp**
- Add Salmon Fillets - **€4.50 pp**
- Add Free Range Baked Ham **€3.95 pp**

Quiche Platter served with 2 salads (serves 8-10) - **€105**

Sandwich Platter - Mix of sandwiches **€8.50 pp**

Mini Mixed Dessert Tray - Perfect bite-size sweet treats for lunch - **€5 pp**

LUNCH BUFFET - Min 5 people

Claras Gourmet Quiche - 12 inch **€45**

Claras mini Quiches - **€3.50pp**

Choices are

- Bacon & Onion
- Leek & Potato
- Brie, Thyme and Leek
- Sweet Potato & Feta
- Chorizo & Goats Cheese

Roasted Free Range Chicken Fillets - **€4 pp**

Free Range Honey Baked sliced Ham - **€4 pp**

Salmon Fillets - **€4.50 pp**

Salads - **€3.50 pp**

Choices are

- Mexican Rice Salad
- Moroccan Quinoa Salad
- Chunky Bulgur Tabbouleh **(w)**
- Pasta, pesto & Black Pudding **(w,g,cn)**
- Asian Red Cabbage Slaw **(s)**
- Claras Gourmet Coleslaw **(e)**
- French Style Potato Salad **(e)**
- Mediterranean Greek CousCous **(w)**

Mix of Canapés - Selection will be decided by client when ordering. Price will be dependent on selection. Email for choices and prices

Add Bread, mix of baked white soda and brown traditional baked loaf - **€1.50 per person (w, g, e)**

*GF can be added on request

MAINS

Our catering Trays serve 8-10 ppl. Pck the main dish and then sides to compliment.

Beef Lasagne - Our Beef Lasagne is a traditional Italian recipe using the best of Irish and Italian ingredients! 3 layers of our delicious tomato beef ragu, italian durum pasta and our bechamel sauce €70 **(w, g, d)**

Beef Bourguignon - A traditional French dish of slow cooked beef in a red wine sauce, with small onions, button mushrooms and bacon lardons. We recommend sides of creamy mash/Potato Gratin with roasted root veg, €80

Italian Beef Stew - A hearty dish made from cubes of chuck roast, mushrooms, carrots, and celery braised in a red wine and tomato sauce. We recommend sides of creamy mash/Potato Gratin with Medley of Green Veg €80 ©
Beef & Guinness Stew

Greek Beef Stifado -Stifado, pronounced stiff-ah-do, is a hearty Greek beef stew seasoned with warming spices, red wine, loads of onions and Greek orzo pasta. We recommend sides of Mediterranean baby Potatoes, with Medley of Green Veg €80 **(w, g)**

Cottage Pie - Comfort food doesn't get much more classic than this cottage pie, layered with prime Irish beef mince & buttery mash. We recommend serving with our Medley of Green Veg - €70 **(d)**

Thai Red Beef Curry - Clara spent 3 months in Thailand living with families and learning about their cuisine. Our red thai curry paste is made using one of the recipes she got from a family in Pai in Northern Thailand. This is cooked using Prime Irish diced beef. We recommend serving with our lime and coriander basmati rice - €70 **(cr)**
*This is quite spicy

Beef Brisket - Ultra tender, juicy Slow Cooked for 7 hours Beef Brisket smothered in our Moroccan spices is a definite crowd pleaser. We recommend a selection of salads €150

Lamb Tagine - This fruity, Moroccan-style lamb tagine is full of goodness and flavour, guaranteed to satisfy! Slow cooked for 5 hours, resulting in melt in your mouth lamb in delicious spices. This is not a hot spice dish. We recommend you serve with a side of our mediterranean couscous and medley of green veg €85

Kleftiko Lamb - A traditional Greek dish of slow-roasted lamb cooked in parchment with potatoes and vegetables. A fabulous party dish for people to help themselves. We recommend you serve this with some of our salads and mediterranean dips and breads €100

Coconut & Lime Chilli Chicken - A delicious zesty chicken dish in coconut milk,

lime and a hint of chilli. We recommend serving with our Lime & Coriander Basmati rice €70

Chorizo Chicken - This tomato based dish is rich in flavour slow cooked with west cork gubbeen chorizo and free range irish chicken fillets. €75

Chicken Korma - Free Range Irish chicken fillets made with our own in house curry paste (mild to medium as requested) and natural yoghurt. A medium spiced favourite curry. We recommend you serve with our plain basmati or lime and coriander basmati €70 **(d)**

Green Thai Chicken Curry - Another one of Claras recipes she learnt on her travels through Thailand - This light and tropical thai green curry is bursting with the flavour of coconut, ginger and lime! We recommend you serve this with our lime and basmati rice or plain basmati rice. **(cr)** €70

Tarragon Chicken with Creamy white wine sauce - Tarragon chicken is a classic French recipe that features a creamy white wine sauce that highlights the flavours of fresh tarragon, Dijon mustard, and lemon zest. We recommend you serve with our creamy mash or plain basmati rice €70 **(d)**

Chicken Satay - A beautiful creamy satay that Clara learnt in Bali in a beautiful cookery school in UBUD. This is a traditional Indonesian dish. Best served with basmati rice €70 **(so,pn,d,s)**

Seasonal Fish Curry (Price dictated by fish type and availability) We use seasonal fish. We know a week in advance what fish this will be. This may change as we rely on what comes in fresh off the Irish fishing boats! The curry is a delicious yellow curry, an indonesian curry that Clara learnt at a cooking school in Bali, made fresh with spices and herbs, tomatoes and coconut milk. **(cr, f)** POA

Vegan Cashew Curry - A beautiful vegan curry using organic cashews, potatoes and greens. Serve with one of our rice side dishes. €65

Vegetarian Lasagne - One of our most loved vegetarian dishes - Layered with mediterranean veg, spinach, our tomato ragu, layers of cheese and our bechamel sauce. Serve with a selection of our salads €70 **(d,g,w)**

Vegan Pearl Barley & Bean Stew - A delicious comforting stew in a rich tomato and red wine sauce. €65 **(w,g)**

Vegan Red Lentil Dahl - This must try Red Lentil and potato Dahl is a flavorful curry, that's vegan and protein-rich. It's delicious, healthy and one of the best lentil dishes around. Comes with a yoghurt base dressing on the side and wedges of lime.. €70 **(d)**
in yoghurt dressing only

Potato, Cauliflower & Broccoli Cheese Bake - We get our potatoes, cauliflower and broccoli from a local organic farmer. This is roasted and baked in our Gruyere & bechamel sauce, and topped with breadcrumbs. Gorgeous on its own or as a side with one of our beef dishes or on its one with our crusty garlic bread. €70 **(d)**

SIDES

Organic roasted root veg mix - A mix of seasonal veg from a local organic farmer, roasted in our delicious seasoning. €35

Roasted Potato - We use seasonal irish potatoes from a local farmer and season them as requested by our clients. You can have simple plain roasted to moroccan flavoured €35

Potato Dauphinoise - Potatoes au Dauphinoise is the ultimate potato recipe! French classic with layers of thinly sliced potato, cream, butter & garlic. Indulgence at its best! €35 **(d)**

Creamy Mash - Us Irish love a good mash! Our potatoes are steamed, cooked with warm milk, loaded with butter and seasoned mashed up to make it oh so creamy! €35 **(d)**

Basmati Rice with lime and coriander €25

Basmati Rice €20

Brown Rice €20

SALADS & MEAT PLATTERS

Mexican Rice Salad

Moroccan Quinoa Salad

Chunky Bulgur Tabbouleh **(w)**

Pasta, pesto & Black Pudding **(w,g,cn)**

Asian Red Cabbage Slaw **(s)**

Claras Gourmet Coleslaw **(e)**

French Style Potato Salad **(e)**

Organic Green Salad

Roasted Free Range Chicken Fillets - **€40**

Free Range Honey Baked sliced Ham - **€40**

Salmon Fillets - **€45**

Roast Beef - **€40**

BREADS

Traditional White Soda Loaf - **€4 (g,w,d)**

Honey and Treacle Brown Soda Loaf **€4.50 (g,e,w,d)**

Sourdough Loaf **€6 (g,w)**

Naan Breads- **€2.50 (g,w,d)**

Garlic Ciabatta - **€3.50 (g,w,d)**

SWEET THINGS

The below s a list of desserts however we can also custom make for Gluten Free and Vegan

Carrot Cake - Moorish Carrot cake topped with cream cheese and white chocolate frosting decorated with walnuts **(w,g,n,d,e)**

10' €65

12' €85

Rum Walnut Cake - A delicious boozy cake served with orange whipped cream **(d,e,w,g, n)**

10' €65

12' €75

Tunisan Orange Cake - Made with almond flour and orange syrup. this is a beautiful moist cake served with orange whipped cream **(d,e,n) (GF)**

10' €65

12' €75

Lemon Syrup cake with lemon curd filling and Chantilly cream - made with almond flour **(d,e,n,) (GF)**

10' €65

12' €85

Red Velvet Cake with cream cheese topping-

10' €65 **(d,e,w,g)**

Chocolate Sponge Cake with buttercream icing-

10' €65 **(d,e,w,g)**

Lemon Roulade €40 (d)

Berry Roulade €40 (d)

Sweet Bites - A variety of mini sweet treats for that little bit of sweetness! 12 per box €30 **(w,d,g,e)**

- Check with Clara for choices

Canapés and Cheese Boards

We do a variety of canapés that we can send on to you on request. This could be anything from our homemade crostins with various toppings, seafood canapés, meat canapés, devilled eggs, min savory tarts and many more.

Our cheese and meat boards vary in size and price depending on what you require. We use the best of Irish Artisan cheese, fabulous cured meats and make delicious dips, spreads, chutneys and pickles to go with. These all come with crackers and baguettes.

WINES

We have a wonderful selection of organic and biodynamic wines all sourced from family run vineyards around the world. Please let Clara know if you wish to see a wine list for your event.



All prices quoted are for cold collection, food to be reheated at home.

Feel free to ask for advice on quantities or menu suggestions. Fees may apply for event planning consultancy.

Email enquiry now info@claracooks.ie or call Clara on 0862396975

Allergens are tagged on each menu item

Gluten (g) Wheat (w) Crustaceans, e.g., crabs, prawns, lobsters (cr) Eggs (e) Fish (f) Peanuts (pn) Soybeans (so) Dairy (d) Cashew (cw) 'almond' (a) nuts (n) Celery (c) Mustard (m) Sesame seeds (s)