



LBK  
—FLAVOURS—

# Inspiration



# Welcome to



At LBK Flavours, we bring the world to your plate with our diverse menus inspired by international cuisines. Our skilled chefs are at their most inspired when researching authentic recipes to create unique and flavourful dishes.

We work hard to provide our clients with a bespoke catering experience tailored to their tastes, preferences, and budget. Our goal is to delight your taste buds and leave a lasting impression on your guests.

Monica



# Philosophy

## **Our philosophy is simple.**

We offer bespoke, high quality catering to individuals and companies, large and small.

First and foremost, we're professional, nice and good fun to work with, taking the stress out of event planning and turning it all into the most enjoyable of experiences.



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Our catering journey was started by Monica Gil Ruiz in March 2017 with London Basque Kitchen, out of which LBK Flavours was born.

Spanish-born Monica made London her home over 20 years ago and has explored her passion for Spanish and global food ever since, working with household name brands, private individuals and corporate companies.





# Joyful Events

PRODUCT LAUNCHES  
PRESS EVENTS  
CORPORATE ENTERTAINING  
WEDDINGS  
PRIVATE DINING  
BRAND ACTIVATIONS  
EXPERIENTIAL

From seated banquets for weddings or corporate hospitality to product launches, food development projects or social influencer events, we've done it all.

In a very short period LBK has developed a wide range of clients, from luxury brands and communication agencies to art galleries, food manufacturers and public schools. We're unfazed by high pressure situations, tight timescales and short turn-arounds.



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LBK create the most memorable part of each occasion. The food is nothing short of exquisite, with Monica's **legendary canapés** are often talked about between guests for years after the event.

**Emily Shanks**

Founding Partner at Blanket Group  
(Communications & Partnerships Agency)

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We have been working with London Basque Kitchen for almost 2 years and it has been an absolute pleasure. Their menu is fantastic and delight our customers every single time, plus they have wonderful vegan options! We recommend their magnificent food and gem of a team. I would like to sincerely thank LBK for their extraordinary work and enthusiasm – working with you is always a breeze!

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KITTY UTRERAS  
Senior CRM Executive  
Swarovski Crystal Business

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**LBK**  
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Monica and the incredible team at London Basque Kitchen gave us the wedding breakfast of our dreams! From a love of Greek food, we wanted our guests to enjoy a shared feast across banquet tables and enjoy a sociable experience enjoying the meal. From the most delicious taste, to the most beautiful presentation, Monica had thought about our meal to the fine detail and her love and passion was shown in her food!

We had our drinks reception on a boat that could not have a kitchen on board, Monica created THE best canopes that guests are still talking about being the best canopes they've ever had. No location, no barrier was ever an issue for the London Basque Kitchen team, it was always a pleasure for them to help make the food a fantastic, exciting part of our special day. We will be forever thankful that we chose LBK to be our caterers, and will keep in touch for many more events of ours in the future.

Our guests have all said it was the best food they have ever experienced at a wedding- and it really was just the BEST! Thank you will never be enough- Mr and Mrs Pepper ❤️ xx

03/09/2023 - Trinity Buoy Wharf

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The Wedding Arrangers have been working with Monica and her team since 2016 - we regularly work LBK on weddings big and small across a variety of venues in London.

Our clients are always **absolutely bowled over** by the exceptional food and the care and enthusiasm shown by Monica and her chefs.

They are a joy to work with and I hope our relationship continues for many years to come.

”

**Chris Adnitt**

Owner / Founder

The Wedding Arrangers

**LBK**  
FLAVOURS

INSPIRATION 2024





# Signature Menus

**While we love to design bespoke** we understand that a little inspiration goes a long way. In this pack you'll find some of our most loved dishes, from canapés to fine dining, covering a range of cuisines & styles.





# Canapés

THIS MENU IS FULL OF  
OUR HERO DISHES, OUR  
MOST LOVED, MOST  
ORDERED, WOLFED  
DOWN BITES!

REMEMBER, YOU CAN GO  
BESPOKE, JUST ASK US  
TO DESIGN SOMETHING  
TO FIT YOUR BRIEF.



INSPIRATION 2024

## MEAT

Keralan popcorn chicken, curry leaf mayo, crispy curry leaf

Chicken liver parfait, quince jelly, grape, crispy chicken skin

Chipotle chicken mini taco, avocado mousse & charred sweetcorn tomato salsa

Spicy chorizo croquetas, roasted garlic aioli

Pulled ham hock, mustard mayo, pickled apple, crispy chicken skin

Bang bang chicken, crunchy salad, peanut sauce, crosutade

Beef tartare, cured egg yolk mousse, crispy caper, seedy crispbread

“Steak frites” ;seared beef, straw potatoes, truffled mustard mayo, grated parmesan, rocket

Mini Yorkshire puddings, seared beef, caramelised onion, horseradish cream

## FISH

Cornish crab and asparagus salad, salmorejo, croustade.

Spicy tuna tartare mini taco, ponzu mayo, wasabi tabico, pickled chilli, sesame seeds

Seared scallops cauliflower puree, tempered mustard seeds, crispy curry leaf

Taco Baja California: prawn tempura, chipotle mayo, pickled red cabbage & radish

Sea bass ceviche, tiger’s milk, chilli and mint on blue corn tostada

Crispy calamari, black brioche slider, pickled Turkish chilli aioli

Beetroot cured salmon, potato rosti, lemon cream cheese

Prawn “pil pil” croquetas

“Octo-dog” spicy paprika octopus, siracha mayo, padron pepper, guindilla pepper

## VEGGIE/VEGAN

Loaded potato skin, truffle pomme puree, cured egg yolk

Tempura asparagus, miso mayo, caraway seeds (Vg)

Sweetcorn & kafir lime leaf fritter, tomato & chilli sambal, pickled cucumber (vg)

Pani puri, potato & chickpea masala, coriander chutney, mint yogurt & sev (vg)

Wild mushrooms & truffled arancini, tarragon mayo

Grilled goat’s cheese, poached rhubarb, lovage crostini

Marinated cauliflower, romesco sauce, seedy crispbread

Dukkah crusted quail egg, harissa mayo, croustade

Baba ganoush, labneh, za’atar on sweet potato crisp

Beetroot gravalax, vegan cream cheese, potato rosti (vg)











# Bowls

WHEN CANAPÉS ALONE JUST  
WON'T CUT IT, MIX IN SOME  
OF OUR DELICIOUS,  
SIGNATURE BOWL FOODS

WE CAN ALSO DESIGN  
STREET FOOD INSPIRED  
MENUS OR TASTING MENUS!



INSPIRATION 2024

## MEAT

Slow cooked lamb shawarma,  
jewelled rice, pomegranate

Tacos “Al Pastor”: pulled pork,  
charred pineapple salsa

Chicken and chorizo paella

Braised oxtail, 3 cheese mac &  
cheese mini casseroles, pickled  
onion

Korean fried kitchen slider,  
kimchi slaw, sesame brioche  
buns

Buttermilk fried chicken, spicy  
slaw, rainbow slaw

Asian 5 spice confit duck and  
squash salad with chilli lime  
dressing

Vietnamese lemon grass and  
chilli chicken, brown rice &  
sesame seeds

Pork & fennel polpette, sherried  
tomato sauce, wild rice

## FISH

Crab, fennel and nduja risotto

Za’atar prawns, herby tabbouleh,  
tahini sauce

King prawns with orzo, tomato,  
fennel and marinated feta

Roast salmon, fennel, tomatoes,  
new potatoes & gremolata

Sticky pomegranate salmon, 3  
grain salad, sumac spiced  
pomegranate dressing

Tuna tataki, almond ajoblanco,  
pickled grape, lovage oil

Sri Lankan prawn curry, jasmine  
rice

Soy glazed salmon with crunchy  
hot & sour mangetout, bean  
sprouts & cashew nut salad

Crab rolls, chilli and fennel slaw

Fish & Chips; sole goujons, chips  
and tartare sauce

Tuna poke bowls

## VEGGIES/VEGAN

Broad bean, pea and courgette  
risotto with parmesan crisp

Truffled mac & cheese, thyme  
gratin

Burratina, heritage tomatoes,  
romesco sauce, basil

Shakshuka with quail’s egg, feta &  
olives

Ricotta gnudi, asparagus, peas,  
lemon & thyme pangrattato

Coronation cauliflower, fruity  
curry sauce, pilaf rice (vg)

Miso glazed aubergines with  
kimchi rice, pickled chilli and  
spring onions (Vg)

Cauliflower “Al Pastor” taco,  
charred pineapple salsa, chipotle  
mayo (vg)

Sweet potato wedges, jalapeno  
mayo, queso fresco, spiced  
pumpkin seeds













JUST THE TIP OF THE  
ICEBERG. HERE ARE  
THREE FINE DINING  
MENUS TO GIVE YOU  
AN INSIGHT INTO OUR  
STYLISH, PLATED  
FOOD DESIGN.

SEASONAL  
BRITISH

Venison carpaccio, mushroom mayo, toasted hazelnuts, pickled blackberries and parsnip crisps

Seared scallops, cauliflower puree, charred cauliflower, tempered mustard seeds, crispy curry leaves.

Cornish crab salad, pickled fennel, radish, broad bean & lemon mayo

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Duck breast, spiced beetroot and orange puree, heritage beetroot, pickled blackberries, chicory , spiced pumpkin seeds

Duo of lamb; rack of lamb, pulled lamb shoulder croquette, pea salsa verde, potato terrine, asparagus

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Summer berry & sweet sherry poached peaches pavlova

Sticky date pudding, salted butterscotch sauce, clotted cream

PAN-ASIAN  
INSPIRED

Beef tataki with onion ponzu, tempura enoki mushrooms and crispy lotus leaves

Spicy tuna tartare, truffle ponzu mayo, wasaki tabiko, pickled red chilli, mizuna cress, sesame seeds, wonton crisps

Baked scallops, miso ginger butter, apple & chilli salsa

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Sweet and sticky Asian braised beef short ribs, smacked cucumbers, steamed rice

Griddled beef filet, miso herb butter, shishito peppers and charred hispi cabbage with spicy miso gochujang dressing

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Coconut panna cotta, mango sorbet, raw peach salad, amaretti crumble, candied tarragon

Chocolate and miso caramel tart, crème fraiche

PLANT-  
BASED

Seared artichokes, almond ajo blanco, pickled grapes, lovage oil

Cashew goat’s cheese stuffed crispy courgette flowers, tomato tartare, basil sauce, toasted pine nuts

King oyster scallop, celeriac puree, hazelnut vinaigrette, oyster leaves, grated autumn truffle

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Charred hispy cabbage, braised cannellini beans, slow roasted daterini tomatoes, salsa verde

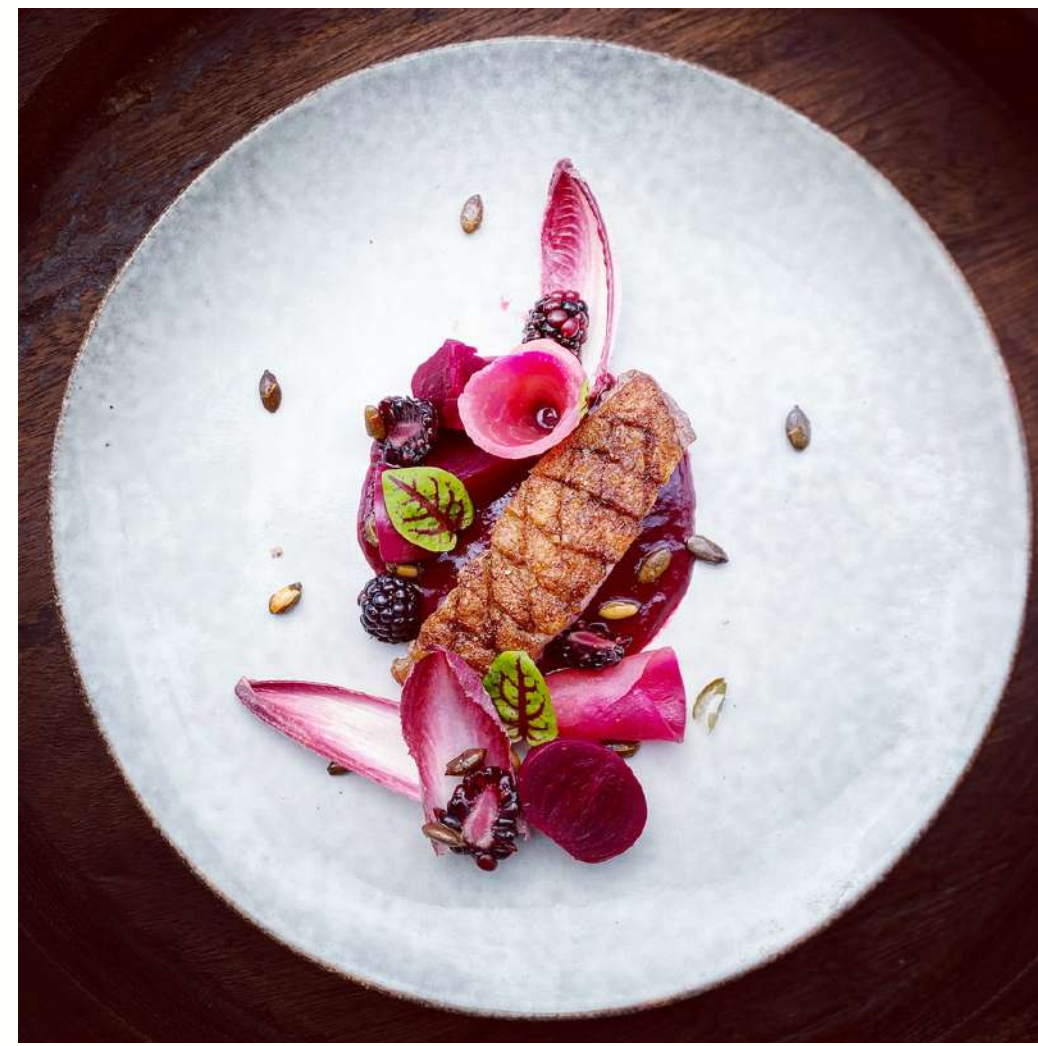
Griddled king oyster, truffled parsnip and potato puree, sake/miso mushroom jus, cavolo nero and chestnut pesto, parsnip crisp

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Vegan raspberry and almond frangipane tart, oat fraiche

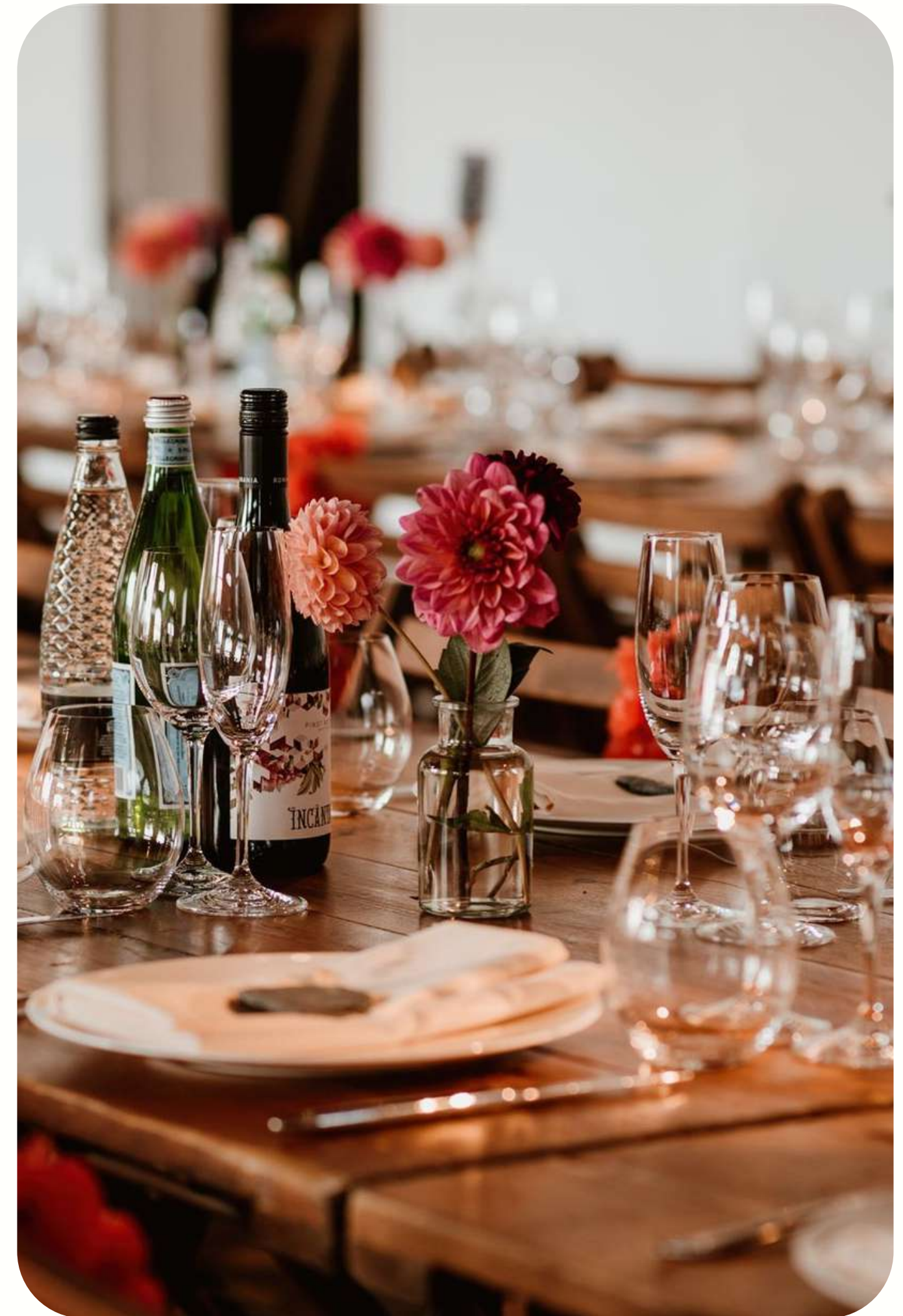
Macerated strawberries, white chocolate crumb, mint, oat fraiche





FROM WEDDINGS TO  
CORPORATE ENTERTAINING,  
PRIVATE PARTIES TO BRAND  
LAUNCHES, ELEGANT PLATED  
DINING IS OUR FORTÈ.

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# Sharing & Feasting

ALONG SIDE OUR PLATED MENUS WE ALSO OFFER FEASTING AND SHARING MENUS. GENEROUS, COLOURFUL, BOUNTIFUL COURSES, PERFECT FOR AN INFORMAL FEAST. THIS IS JUST A SMALL SAMPLE, GET IN CONTACT FOR OUR CUISINE BASED MENUS

INSPIRATION 2024

## MIDDLE-EASTERN SPICES

Burrata, honey griddled peaches, pistachio dukkah, orange blossom dressing (V)

Sumac & pistachio dukkah prawns w/ Lebanese salad & tahini sauce

Duo of dips w/ za'atar flatbreads; pistachio & feta/baba ganoush/harissa hummus/muhammara

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Pulled lamb shawarma, dukkah, herb & guindilla salsa

Griddled ras el hanout spiced chicken w/ preserved lemon gremolata

Sticky pomegranate molasses & sumac roasted salmon

Cauliflower shawarma, tahini dressing, pomegranate & pine nuts (Vg)

Za'atar aubergine w/ labneh, shawarma chickpeas, pomegranates (V)

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Feta & honey cheesecake on kadaif pastry nest w/ peaches & toasted almond

Dark chocolate & cardamom tart, sweetened crème fraîche, toasted hazelnut

## ITALIAN BANQUET

Italian charcuterie platter w/ rosemary focaccia; Parma ham, finocchiona, coppa & capocollo.

Ricotta gnuddi, asparagus and peas, oregano pangrattato (V)

Burrata, honey and thyme griddled peaches, bresaola w/ balsamic dressing & pine nuts.

Grilled prawns, fennel and tomato orzo, feta & chilli.

Tuscan wild board ragu w/ penne.

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Herb, garlic & white wine marinated slow roasted lamb shoulder w/ salsa verde

Braised pork belly, cannellini beans, salsa verde, pork crackling

Garlic, thyme & herbs marinated & roast chicken supremes w/ salsa dragoncello

Pancetta, Vin Santo & herb stuffed porchetta w/ salsa verde

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Almalfi lemon meringue tart, sweetened crème fraîche

Chocolate nemesis w/ vin santo, mascarpone & amaretto

## MODERN BRITISH

Ham hock & pistachio terrine, pickled apple, picallili, pork scratchings

Gin, fennel & beetroot cure salmon, celeriac remoulade, fennel crispbread

Isle of Wight tomatoes, burrata, lovage & pistachio pesto, garlic croutons (v)

Cornish crab salad, pickled fennel, chilli, lemon mayo & avocado cream w/ fennel crispbread

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Somerset cider braised pork belly w/ griddled fennel, apple puree, shallot petal, pork jus & roasted pepper & tomato salsa

Garlic, rosemary & white wine slow cooked lamb w/ pea & mint salsa verde

Thyme, garlic & lemon buttered roasted chicken supremes, crispy chicken skin & tarragon salsa verde

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Pavlovas w/ Pimms poached peaches & summer berries

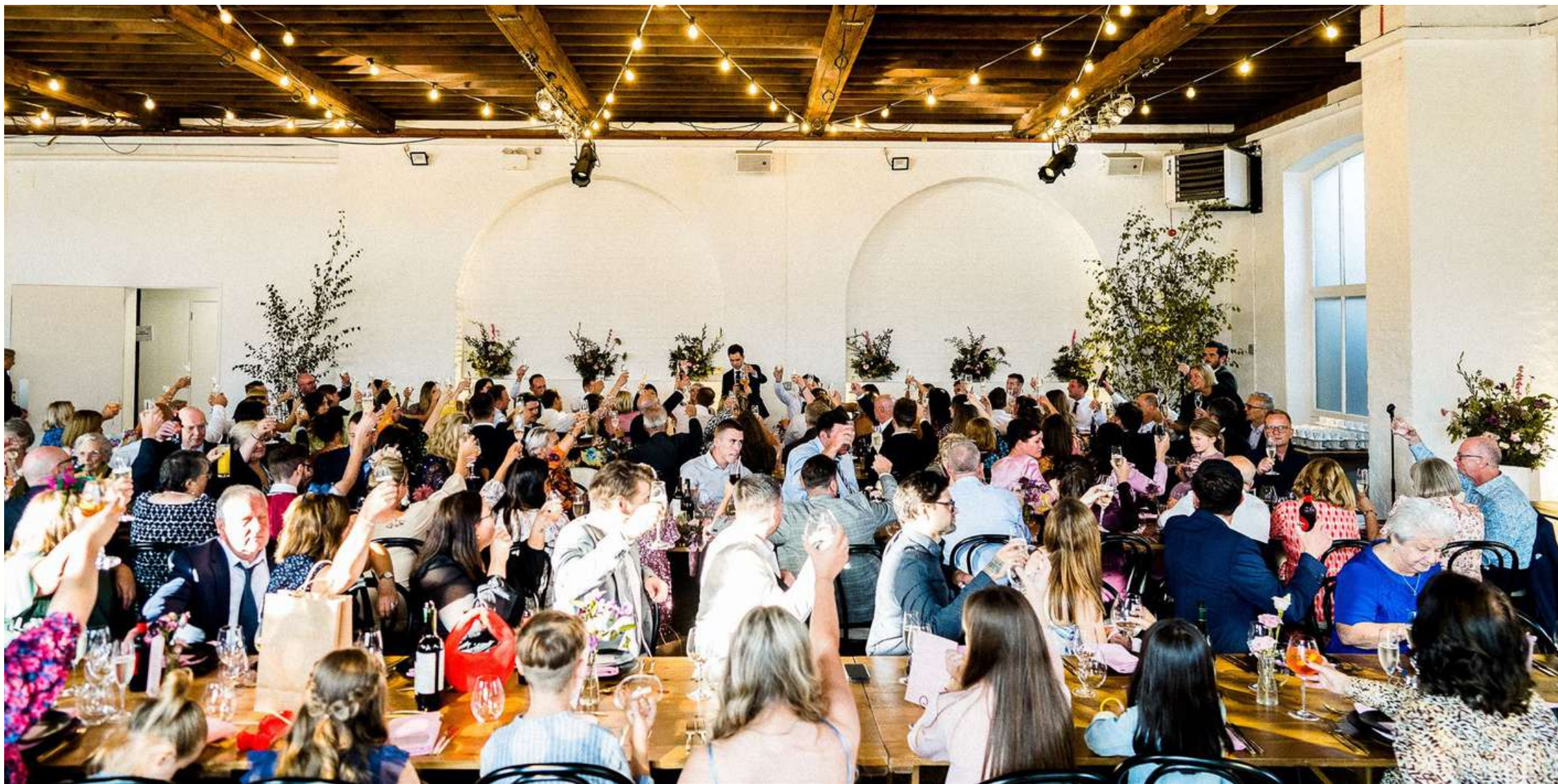
Raspberry frangipane tart w/ vanilla ice cream

Sticky toffee pudding w/ salted caramel sauce & vanilla ice cream













FIRST WE DINE, THEN WE DANCE

CHRIS & HOLLY  
09.09.2022

SHARING TAPAS

'PAN CON TOMATE', TOMATO TARTARE ON SOURDOUGH  
SPANISH TORTILLA W/ AIOLI & SAUTE PADRON PEPPERS

MAIN

CHICKEN, CHORIZO, SQUID, PRAWN & CLAM PAELLA  
CHICKEN & CHORIZO PAELLA  
ARTICHOKE, FENNEL, POTATO, PEPPERS & OLIVES PAELLA (V)

SIDES

HERITAGE POTATO SALAD WITH MOSCATEL DRESSING  
CHAMPAGNE GEM LETTUCE, PEDRO XIMENEZ DRESSING & PINENUTS

DESSERT

DELICIOUS BAKED BASQUE CHEESECAKE  
CHERRY COMPOTE

IN LIEU OF TRADITIONAL FLOURS, WE HAVE MADE A CHARITABLE  
CONTRIBUTION TO MACMILLAN CANCER SUPPORT

LBBK  
— FLAVOURS —

Thank you